

International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



A Single Case Study On *Pratishyaya* (Acute Rhinitis) Treated With *Shaman Aushadhi*

Md. Nematullah¹, Madhumita Das², Sufia Mahmood³, P.B Kar Mahapatra⁴

VOLUME 4 ISSUE 8

1-P.G Scholar, Department of Kayachikitsa. Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P. Kolkata, West Bengal.

2-P.G Scholar, Department of Kayachikitsa. Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P. Kolkata, West Bengal.

3-P.G Scholar, Department of Kayachikitsa. Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P. Kolkata, West Bengal.

4- Reader, Department of Kayachikitsa. Institute of Post Graduate Ayurvedic Education and Research At S.V.S.P. Kolkata, West Bengal.

Corresponding Author :- Dr Md Nematullah P.G Scholar, Department of Kaya Chikitsa. Institute of Post Graduate Ayurvedic Education and Research At S.V.S.P. Kolkata, West Bengal, Email:-nematullah.mohd@gmail.com

Article received 27th July 2021

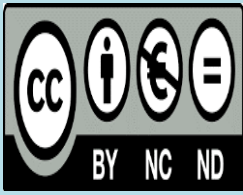
Article Accepted 22nd August 2021

Article published 31st August 2021

ABSTRACT: -

In Ayurveda *Pratishyaya* is described under *Nasa Roga*. Which is characterised by *Shira sula*(headache) ,*Nasa srava* (rhinorrhoea), *Jwara* (fever), *Angamarda* (bodyache), *Kshawathu* (sneezing), *Kasa*(cough), *Aruchi*(Anorexia). *Pratishyaya* may be correlated with Rhinitis in modern medicine where nasal mucous membrane inflamed due to different infection of allergens. In present era, the era of industrialisation and modernization there are some disease which need to be given attention, *Pratishyaya* is one of them. As respiratory system is continuous contact with the external environment since birth considered as prime site of hypersensitization. Improper management or negligence can lead to lots of complications like *Badhira* (deafness), *Andhatva* (blindness), *Gandhanasa* (anosmia) etc. In this case patient of acute rhinitis has been treated with Ayurvedic classical drugs *Triphala guggula* and *Laxmivilas rasa*. After two weeks the features of *pratisyaya* (acute rhinitis) has been reduced markly and patient relieved significantly.

Key words: *Pratishyaya, Rhinitis, Laxmivilas rasa, Triphala Guggulu.*



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How to cite this article: Nematullah M, Das M, Mahmood S, Kar Mahapatra P.B. A Single Case Study On *Pratishyaya* (Acute Rhinitis) Treated With *Shaman Aushadhi* IRJAY. [Online] 2021;4(8): 63-66. Available from: <http://irjay.com> ; DOI:<https://doi.org/10.47223/IRJAY.2021.4807>

INTRODUCTION

The word *Pratishyaya* is derived from two word " *prati& shyay*"^[1]. The word *prati* means *Abhimukha* or in the opposite direction and *shyay* means *gamana* or flowing of over formed secretion. *Pratishyaya* is causative factor for all the other diseases of nasal cavity and hence it is explained with priority in the *Nasa rogas*. According to *Acharya Charak* the vitiated Vayu, *Kapha*, *Rudhira/ Rakta/Pitta* located in the upper portion of nasal passage move towards the *vayu*(located in the head) which leads to manifestation of disease *Pratishyaya*^[2].As per modern view, *pratishyaya* can be correlated with rhinitis, it is defined as the inflammation of nasal mucous membrane owing to infection, allergy and trauma^[3]. The inflammation results in the generation of large

amount of mucous, commonly producing runny nose as well as stuffy nose and post nasal drip. However patient suffering from allergic rhinitis adopt treatment modalities like anti histamines, nasal decongestants, steroid etc. But the patients cannot get satisfied by these techniques because the medication can't give complete relief and these medication give rise to further recurrence of disease. So, to avoid these complication of western medicines, Ayurveda the science of longevity suggests many effective treatment which can provide the optimum cure and prevent further recurrence a by enhancing the body immunity and by following *pathya* and *apathya*(wholesome and unwholesome).

MATERIALS AND METHOD

Material

The details of the drugs , dosages and Anupana are given in Table 1.

	Drugs	Dosage	Anupana
1	Tab <i>Triphala Guggulu</i>	500 mg twice daily after meal.	<i>Ushna jala</i> (luke warm water)
2	Tab <i>Laxmivilas rasa</i>	250 mg thrice daily after meal.	<i>Ushna jala</i> (luke warm water)

Method

1.Centre of the study: Institute of Post graduate Ayurvedic Education and Research, at S.V.S.P.

2.Type of study: Simple single clinical case

study.

3.Plan of treatment: It is a OPD based treatment in this case study patient was treated with (Table -1) *Triphala Guggulu* and *Laxmivilas*

Rasa, also followed *Pathya Apathya* and *Anupana*.

4. Collection of medicine: All the medicines are collected from apothecary department of Institute of Post graduate Ayurvedic Education and Research, at S.V.S.P.

CASE REPORT

A 25-year-old Hindu male patient, occupation MBA student came to our OPD with these symptoms *Shira Sula*(headache), *Nasa Srava* (rhinorrhoea), *Jwara* (fever), *Angamarda*(bodyache), *Kshawathu* (sneezing), *Kasa* (cough), *Aruchi*(Anorexia) .

1.History of present illness:

Patient was suffering from above symptoms for three days. Patient did not want to undergo any type of allopathic medicine and he was willing to undergo Ayurvedic treatment.

2.Clinical examination:

AstaVidhaPariksha:

Nadi: 92 beats/min

Mutra: Normal

Mala: Constipation

Jihva: Coated

Sabda : Mild heaviness in vocal sound

Sparsha: *Ushna*

Drik: Blurred vision

Akriti: *Sama*

General examination:

Weight: 62kg

Height: 5'6"

Face: Normal

Blood pressure: 130/80 mm of Hg

Respiration: 24/min

OBSERVATION AND RESULTS

The patient was under observation for 14 days and assessments of objective parameter were made by interrogating with patient on each 7 days.

Symptoms	1 st Day	After 7 days	After 14 days
<i>Shira sula</i> (headache)	++	+	-
Nasa srava(rhinorrhoea)	+++	-	-
<i>Jwara</i> (fever)	102°F	98°F	97°F
<i>Angamarda</i> (bodyache)	+	-	-
<i>Kshawathu</i> (sneezing)	++	-	-
<i>Kasa</i> (cough)	+	-	-
<i>Aruchi</i> (anorexia)	++	+	-

DISCUSSION

The word rhinitis means “inflammation of mucous membrane inside the nose” The inflammation is caused by viruses, bacteria, irritants or allergens. The nose produces fluid called mucus. This fluid is normally thin and clear. It helps to keep dust, debris and allergens

out of the lungs. Mucus traps particles like dust and pollen, as well as bacteria and viruses, irritants or allergens (substances that provoke an allergic response) may cause rhinitis. The cells of the body react to these irritants or allergens by releasing histamine and other chemicals. In Ayurveda due to intake of *Vata*

and *Kaphaprakopaka ahara*(diet), *vihara*(habit) leads to vitiation of *vata* and *Kaphadosha*. The vitiated *vata* and *kaphadosha* either individually or together accumulates in the *siras* the propagates to the nose and causes *Pratishyaya* disease [4]. According to *samprapti* *Pratishyaya* is mainly *vata* and *kaph prakopaka vikar* there for management should be based on Pacification of *vata* and *kapha dosha*. In other hand provoked *kapha* causes obstruction of *nasamarga* which leads to *srota avarodh* and aggravation of *vata* take place. *Triphala Guggulu* [5] prepared from *amalaki*, *haritaki*, *bibhitaki* and *suddha guggulu*. *Triphala* pacify the *vatadosha* by its *tridosha samaka* property, *guggulu* balances the *vatadosha* by its *ushna virya*(potency) [6]. *Laxmivilas rasa* [7] is prepared from *Suddha Parad*, *Suddha Gandhaka*, *Karpura*, *Gokshura*, *Krishna abhrakbhasma*, *atibala mula* etc. *Laxmivilas rasa* contain *abhrak*, *vidarikanda*, *satavari*, *nagabala*, *atibala*, *gokshura* which are having *tridosha hara* property, they are antioxidant and immunomodulators. *Jatiphala*, *jatikosh*, *nagaballi* are *ushna virya vata- kapha samak*. *Laxmivilas rasa* nourishes all *dhatus* of the body and has anti pyretic, expectorant anti-bacterial activities. In a nutshell it could be stated that *guggulu* is *sroto sodhak* and *pradaha nasak* anti-inflammatory. *Triphala* mainly *vatasamak*. *Laxmivilas rasa* is *rasayan* as well as *tridoshasamaka* yet its specific action is *kapha nasak* which is very much useful in disease of *urdhwajatru rogas* so these two medicine are hypothetically *tridosha samaka*, *rasayana*, *pradaha nasak* and *sroto sodhak* so when those have been administered in an establishment case of *pratishyaya* have showed satisfactory curative effect within short duration of therapy.

CONCLUSION

From the above study it could be concluded that *Pratishyaya* is *vatakapha* predominant *vyadhi*. *Pratishyaya* has a close similarity with the modern alimant acute rhinitis. *Vata kapha naska* treatment like use of *Triphala Guggulu* 500mg twice a day as well as *Laxmivilas rasa* 250mg thrice daily could show satisfactory curative effect over *pratishyaya*. Nothing significant adverse effect has been observed during the course of therapy.

Acknowledgment: Nil.

Financial Support: Nil.

Conflict of Interest: Nil

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