



A Single Case Study On Vataja Pratishaya W.S.R To Allergic Rhinitis - Case Report

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ABSTRACT

Allergic Rhinitis is very common in todays scenario. Busy lifestyle, food habits ,pollution and so many factors are the reason behind it .Having a balanced diet, avoiding more exposure to dust and pollution can reduce the difficulties to an extent. Ayurveda being the life science, plays a very important role in boosting up ones immunity. Improving immunity helps in maintaining a good health. Boosting up immunity has a very important role in improving Respiratory Health .The present case study deals with a 28 years old Male Patient with Chief Complaints of Sneezing, nasal obstruction with heaviness of head since 4 months. Ayurvedic Diagnosis Vataja Pratishyaya was done and managed through Ayurveda. Good improvement was noticed after follow ups . Following a good life style and diet helped in improving the immunity too. Practice of Yoga, Pranayama and meditation for half an hour daily helped in improving the quality of life.

Keywords: Food habits, Pranayama, Meditation, Immunity, Quality of Life, Yoga, Pollution, Pratishyaya

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INTRODUCTION

Rhinitis is a very common disease that disturbs day to day activities .In todays busy lifestyle no one gets enough time for self care which in turn results in weaker immunity. Irregular food habits, junk food intake, inadequate sleep, lack of exercises, pollution everything are the factors that trigger such conditions. Todays lifestyle have changed a lot compared to years before where “Me Time” was given a priority. But now it is difficult for almost everyone to make time for oneself .This affects the quality of life.

Rhinitis is a condition that happens either from exposure to allergens or due to weaker immunity.If exposure to allergens is the cause, then avoiding the exposure will result in the cure.But it is completely not possible because of todays life style in most cases. If weaker immunity is the reason, then Ayurvedic medicines can play a very well role in complete cure. By proper intake of medicines, along with diet and lifestyle management maximum benefit can be achieved. Pranayama and Medications too play a very good role in respiratory ailments. Any discharge from nose ;watery ,mucoid,muco purulent ,purulent or blood stained is called Rhinorrhoea.It may be unilateral or bilateral.

Table 1 : Causes of Allergic Rhinitis

SI NO:	Nature of discharge	Causes
1	Watery	Early stage of common cold vasomotor rhinitis
2	Muroid	Allergic rhinitis
3	Mucopurulent	Sinusitis
4	Purulent	Foreign body in the nose
5	Blood stained	Malignancy, old foreign body

Sneezing is the normal nasal reflex to clear the secretion from the nose but sometimes due to constant nasal mucosal irritation with infection, allergy, exposure to cold,heat, polluted air,etc causes pathological sneezing [1].

Acharya Charaka explains Pratishyaya Nidana in Charaka Chikitsa 26th chapter Trimarmiya Adhyaya. Definition of Pratishyaya. It is the combination of two words prati (opposite direction) ie outside and shyaya -moving of doshas(elimination of doshas)ie. kaphaadi doshas are eliminated out through the nose continuously is known as Pratishyaya. Pratishyaya is the first and most important disease among the

Nasarogas. All the ancient Ayurvedic scholars explain that if the Pratishtyaya is not treated properly or neglected causes so many complications of nose, ear, head, eye and other parts of the body [2].

Importance of Pratishtyaya

Negligence of all types of Pratishtyaya lead to dushtapratishtyaya and in due course of time, being severely aggravated, generates many complications like baadhira - deafness, and hatva blindness, kasa, agnisaada, kshaya etc. Chakrapani, commentator of Charaka Samhita, states that Pratishtyaya is the basic reason for diseases of Pranavaha Srotas. Sushruta stresses the importance of Pratishtyaya by describing it alone in a separate chapter instead of including it in other naasagata rogas. This proves how much importance is given to pratishtyaya by both skilled sages. It is observed in ENT practice, that all aetiological factors for pratishtyaya are also applicable to other nasagata roga [3].

Characteristic Features of Vataja Pratishtyaya

Pricking pain in Shankha, nasa, danta, feeling of insect crawling around eyebrows, serous, cool nasal secretions, repeated sneezing, dryness of throat, palate, lips or mouth, stuffed and obstructed nose, hoarseness of voice, loss of appetite [4].

Allergic Rhinitis [5]

Allergic rhinitis is a common disorder, which is usually characterised by spasmodic attacks of severe sneezing and rhinorrhoea. It is a reaction to certain allergens.

AETIOLOGY

1) Age: Usually it affects young adults from the age of 15 years onwards, and tends to recede after the age of 40 to 50 years. It may affect young children also.

2) Sex: Both sexes are affected

3) Predisposing Factors

a) Heridity: It may run in families. If both parents are allergic, there is a high incidence of the disease occurring in children.

b) Hormonal: Since the disease often begins at puberty and increases during pregnancy, a hormonal basis is possible.

c) Climate: Change in humidity, and atmospheric pollution may make the nose more susceptible to allergy.

d) Emotional: Psychological factors may affect the nose, This factor is more likely in cases of vasomotor rhinitis.

4) Precipitating Factors (Allergens)

The allergens are exogenous or endogenous:

EXOGENOUS (External Agents)

a) Inhalants (the commonest allergens), dust, pollens, animal odour, feathers, moulds, house dust and mites

b) Ingestants: Foods like eggs, fish, milk, citrus fruits and cocoa

c) Contactants like cosmetics and powders

d) Irritants like fumes and smoke

e) Drugs: Aspirin, hypotensive drugs, iodides

f) Infection: Bacteria, fungi and products of inflammation may cause allergy, or may be secondary invaders

ENDOGENOUS (within the body)

Intestinal helminthes, tissue proteins in transudates and exudates.

CLINICAL TYPES

The allergy can be of two types

1) Seasonal: Hay fever due to pollen grains occurs at the time of pollination

2) Perennial affects the patient throughout the year.

SYMPTOMS

1) Irritation in the nose is the initial symptom.

2) Paroxysmal Sneezing of recurrent type is usually present which exhausts the patient. In chronic cases sneezing may be less.

3) Rhinorrhoea is watery and copious

4) Nasal Obstruction due to venous stasis is often present.

5) Anosmia may be present intermittently or continuously.

6) Headache can be present

TREATMENT

1) Patient should wear warm clothes and covered head, ears, and protect nose exposure to cold wind.

2) Inhalation of steam gives comfort

3) Warm saline water gargles for pharyngeal congestion [6]

Line of Management of Peenasa is mentioned by Acharya Charaka in Chikitsa Sthana, Rajyakshma Chikitsa

- Line of Treatment includes the hot soup of the meat of lava, tittiri, daksha and vaartaka, added with salt, sour as well as punjent drugs and sneha (oil, ghee etc) should be used for fomentation , massage, fumigation, aalepana (external application), parisheka (sprinkling liquids) bath, preparation of thick gruel, vaatya (preparation of barley water).
- Soup of the meat of goat added with barley, kulatha, ginger, daadima, amalaka, and ghee should be taken and it helps to cure six ailments like peenasa.
- The soup of mulaka and kulatha should be properly prepared. Along with this soup, the patient should take food preparations made of barley, wheat and rice depending upon their wholesomeness(suitability)
- The patient should drink the upper portion of Vaaruni (a type of alcoholic drink) or water boiled with Panchamula.
- The water boiled with dhaanya and naagara or taamalaki or parnichatushtaya should be used for food [7].

CASE REPORT

Patient is having sneezing and nasal blockage along with heaviness of head since 4 months. He is also having difficulty in sleep from last two weeks.

Vedana Vrutanta

A 28 years old Male patient visited Swasthavritta outpatient department of Parul Ayurved Hospital on 10/08/2021. He complains of Sneezing and nasal blockage and heaviness of head since 4 months. He had disturbed sleep from last two weeks. All these affected his quality of life and work performances. He observed that the condition worsens after travelling. He didn't get much relief from allopathic medicines. Hence he came here for better results.

PURVA VEDANA VRUTTAANTA

No history of any major illness or surgical treatments.

Vaiyaktika Vrutanta

TABLE NO: 2 Showing that patient is habituated to Apathya ahara and Vihara. Patient is having disturbed sleep due to the present condition.

AHARA	VIHARA
Mixed diet	Sleep disturbed
Ahara Madhura Amla Rasa Ruksha guna pradhana ahara	Bowel constipated Micturation 3 to 5 times per day
Irregular meal timing	Airconditioner exposure during working hours

He was advised to take plenty of water, diet timely which is easily digestible and also to avoid pickles, curds etc. Follow ups took in every 7 days interval for one month. Later in 15 days interval, follow up was done for next month. Whole duration of treatment was 2 months.

Samaanya Pareeksha

Appearance- fair

Pulse rate-96/mn

BP-120/80 mm of Hg

RR-16/min

Weight-62 kg

Height-158 cm

Temp-Afebrile

RS- Mild rhonchi present

CVS-S₁S₂ Normal, No Abnormal Sound

CNS-Concious and oriented

P/A-soft, non tender, bowel sound +, no organomegaly

ROGI PAREEKSHA

Prakruti -Vata pittala

Sara- Rasa Saara

Satwa-Madhyama

Samhanana-Madhyama

Koshta-Krura

Agni-Vishama

Pramana-Madhyama

Aharashakti-Madhyama

Jaranashakti-Madhyama

Vyayamashakti-Madhyama
 Vaya-Madhyama
 Jihwa-Sama
 Ashtavidha Pareeksha
 Nadi-vatapradhana pittala
 Mala-vibadhata
 Mutra-3 to 5 times per day
 Jihva-saama
 Shabda-spashta
 Sparsha-mridu
 Druk-prakruta
 Akruthi-Madhyama

Laboratory Investigations

Hb-12 g/dl
 Total RBC Count-4.25mill/cmm
 Total WBC Count-12000/cmm

Differential WBC Count

Polymorphs-54%
 Lymphocytes-40%
 Eosinophils:03%
 Basophils-00%
 Platelet Count-261000/cmm

Materials and Methods

Centre of Study: Parul Ayurved Hospital OPD ,Vadodara
 Single Case Study

Treatment Advised

1)Internal Medications

Table No: 3: Internal Medicine with duration

S I No:	Medicines	Dosage Form	Dose	Time of Administration	Duration	Anupana
1	Dashamoolakatutrayam Kashayam	liquid	20ml	6 am and 6pm twice a day before food	2 months	Honey
2	Vyoshadi gutika	tablet	2 tab	Twice a day after meals	2 months	Lukewarm water
3	Cephagraine tablet	tablet	1 tab	Twice a day after food	2 months	Lukewarm water
4	Haridrakhanda	Granules	5grams	bedtime	2 months	Milk

2)Pranayama And Meditation

These were advised to do daily;

- 1) Warm up exercises 10 minutes
- 2)Anuloma Viloma Pranayama 10 minutes
- 3)After that Chanting Omkara 10 minutes advised
- 4)Relaxation with Deep inhalation and Deep exhalation 5 minutes

3) Life Style Modifications

He was advised to cover his Head and Ears properly always while travelling.Advised to use Face Masks regularly.Advised to practice frequent handwashing .Advised to follow respiratory etiquettes.He was told to avoid spicy food,curd,pickles etc from diet and to use boiled and cooled water.And to continue Pranayama and Meditation.

RESULTS

Patient followed all these medications and life style modifications for two months.

He gave the feed back as follows

Sneezing-reduced
 Nasal discharge-completely cured
 Heaviness of head-reduced
 Sleep-sound sleep
 Bowel- regular

DISCUSSION

1) Dashamoolakatutrayam Kashayam

The ingredients are Dashamoola 10 parts, Trikatu 3 parts, Vasa 1 part, Water 16 times to all. It is a very good medicine for swasa, vataja kasa, parshva shoola, prishtha shoola, trika shoola, moordha shoola and amsa shoola [8].

Dashamoola, as the name signifies is the potent magical concoction of ten dried roots of ten different plants, which have been widely used in Ayurveda since ages due to amazing health benefits. Owing to its incredible expectorant, analgesic, nervine and febrifuge actions it is extremely significant since it helps to direct the air and space elements, i.e. the vata doshas in the body to flow downward and alleviates most nervine disorders associated with weakness, debility and pain. Dashamula has also been found effective in cases of dry coughs, persistent cough, breathing trouble, asthma, hoarseness, chronic fever and other health anomalies associated with respiratory weakness. [9]

Trikatu contains 1 part Pippali-Piper longum, 1 part black pepper -Piper nigrum and 1 part ginger-Zingiber officinalis. Trikatu offers an absolute remedy for improving the immune system, fighting microbes and shielding the body against various microbial invasions. It also portrays the presence of strong anti viral, anti bacterial and anti fungal properties which is extremely effective in preventing infections like fever, common cold, sore throat and other respiratory anomalies. Renowned as a powerful digestive stimulant, all the three herbs in Trikatu help in breaking down of food particles in the stomach and intestine, while facilitating the secretion of digestive juices and thereby increasing the absorption of essential nutrients through the intestines. [10]

Vasa-Adhatoda vasica, Acanthaceae Family

Vasa is laghu, ruksha in guna, bitter and kashaya rasa with katu vipaka. It is sheeta in veerya and kaphashaamaka and vatavardhaka by laghu, ruksha, bitter and astringent properties. It is very helpful in disorders of respiratory ailments due to its action on blood flow and vagus nerve action, mainly on lungs. Vasa liquefies kapha which gets expectorated. It causes bronchodilation and therefore breathing becomes easier. This is a long lasting effect and thus vasa is used in asthma, breathlessness and throat infection. The action of vasa makes it useful in chest congestion and tuberculosis. The parts used are root, root bark, leaves, flowers [11]

2) Vyoshadi gutika [12]

Ruchya and Svarakara in properties. Vyosha (Trikatu), Amlavetasa, Chavya, Taalisapatra, Chitraka moola, Jeeraka, Tintideeka, Twak, Patra, Ela and Guda are the ingredients. It cures Peenasa, kaasa, Swaasa and Pratishyaya

3) Haridrakhanda

Haridrakhanda is a very famous and highly effective Ayurvedic medicine for allergy. It is in granule form. It is used in Allergic rhinitis with cough due to change of place or change of season. It is usually given along with a teaspoon of honey or warm water /milk. [13]

Juice of Paribhadra, jaggery, goghrita, haridra, root of Chitraka, triphala herbs, mustaka, vayavidangam, black cumin seeds, ajamoda, rock salt, fruit of nirgundi, paatha, vidgam, two saariva herbs (sweta anantamoola and Krishna anantamoola), root of trivrit, root of danti, harenuka, bark of nimba and vaakuchi. This medicine cures 20 types of diseases related to worms and the disorder generated by them as well as dusta vrana, Kushta, nadivrana, bhagandara, sheetapitta, vidradhi, dadru, skin problems, indigestion, jaundice, shotha [14].

4) Cephagraine tablet [15]

Cephagraine tablet is a proprietary Ayurvedic medicine manufactured by Charak Pharmaceuticals. It is a natural therapy for sinusitis and migraine. It promotes decongestion action on nasal mucosa thereby reduces nasal discharge. Provides an analgesic and anti inflammatory action and relieves headache and pain. Prevents decongestion and blockage of nasal cavity. ingredients are keshara (Crocus sativus), Sarjakshara (Sodium Carbonate), Arka pushpa (Calotropis gigantea) pippalimoola (Piper longum) Dhatura, (Dhatura metel), Ajamoda (Carom copticum) Godanti (purified gypsum), Sitopaladi choornam, Nishottara (Operculina turpethum), Bhringaraja, tulasi and shunti.

CONCLUSION

Respiratory ailments can be avoided to an extent if respiratory etiquettes are followed properly. wherever allergy is the cause essential care should be given to avoid maximum contact with the allergens. Following a balanced diet is very useful in maintaining a good immunity. The need of practicing balanced diet, exercises, yoga and meditation etc is to be made aware from childhood days itself. This case study shows the results when medicine along with lifestyle modifications are followed together. Ayurvedic medicines play a very good role in curing Vaataja Pratishyaya.

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