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## AYURVEDA AND MODERN VIEW ON *PRATISHYAYA* W.S.R. TO PREVENTIVE AND THERAPEUTIC MEASURES

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### Abstract

Pratishyaya is one of the common Nasagata roga which is related to the upper respiratory tract and mainly affects growing children. Hyper sensitization of upper respiratory tract mainly produces major symptoms of diseases. The condition as per modern science can be correlated to the allergic rhinitis. The chronic stage in Ayurveda described as Jirna Pratishyaya which arises due to the prolong and repeated attack of Pratishyaya. Ayurveda described Pratishyaya as Vata-kaphaj roga with characteristic features like; Nasashrava, Ghranauparodha, Shirashoola, Shirogauravam, Jwara, Kasa, Kaphotklesh, Swarbheda, Aruchi and Klama, etc.

The chronic stage of Pratishyaya may witness symptoms of Kasa, Swasa, Rajyakshma and Badhirya, etc. Ayurveda described Langhana, Deepana and Pachana drugs along with detoxification measures like; Swedan, Shirovirechana, Snepana, Vamana and Virechana, etc. therapies for treating Pratishyaya. Panchamula Siddha Ghrita, Sarpiguda, Shadanga Yusha, Chitraka Hareetaki and Vyoshadi Churna, etc. are classical Ayurveda formulations can be advised for Pratishyaya. Nasya of Pathadi and Shadbindu Taila also recommended for curing disease symptoms.

**Key-Words:** Ayurveda, Pratishyaya, Allergic rhinitis, Nasya, Children

## INTRODUCTION

Ayurveda the ancient heritage of Indian civilization mentioned many diseases of respiratory tracts along with their treatment modalities; *Pratishaya* (allergic rhinitis) is one of them which are *Vata Kaphaja* disorder. *Ama*, *Asatmya*, *Virudh aahara* and allergens, etc. mainly involves in allergic conditions. *Pratishyaya* characterized with symptoms of sneezing, heaviness, fever and coughing, etc [1-4].

Allergic Rhinitis is one of the most common allergic disease worldwide. In India, the prevalence of allergic rhinitis in children is 21.99% [5] and it increasing day by day due to change in life style. Allergic rhinitis is a major chronic respiratory disease due to its: Prevalence, Impact on quality-of-life, Impact on school / work performance and productivity, Economic burden and Links with asthma [6].

Allergic Rhinitis correlates with *Ayurvedic* terminology i.e. *Kaphaja Pratishaya* [7]. The entity *Pratishyaya* is a respiratory disease which covers a broad spectrum of nasal and para nasal mucosal inflammation. One of the condition of *Pratishaya* which is having pathological background of allergy to respiratory mucosa is consider here as a disease condition. Studying the *Nidanas* (etiology) of *Pratishaya*, allergic conditions are due to the *Agni-mandhyakara Nidanas* and *Sntarpanotta Nidanas*, which is responsible for *Ammotpatti* at *Rasavaha Strotas* and *Pranavaha Strotas* leading to allergic condition of respiratory system.

In *Ayurveda*, various treatment modalities of *Pratishaya*, explained according to *Avastha* (Stages) (*Apakwa* and *Pakwa*) and *Doshas* (*Vatta*, *Pitta* and *Kapha*).

*Acharya Kashyapa* has described *Pratishaya Chikitsa Adhaya* with its complete *Nandan* (etiology), *Samprapti* (pathology) and its *Chikitsa* (treatment) in *Chikitsasthana*<sup>3</sup> considering its importance in the paediatric patients. Being a master of *Ayurvedic* medicine *Achyrya Charaka* has describe the clinical entity *Pratishaya* under the heading of *Rajyakshma Chikitsa Adhyaya* in *Chikitsa Sthana* considering its immune-compromised clinical condition [8]. *Acharya Sushruta* has elaborately described treatment modalities of

*Pratishyaya* in *Pakwa* and *Apakwa Awastha* that indicate infective and non-infective pathology [9].

As per Ayurveda the major causes of disease are as follows:

- *Mandagni* (low digestive power).
- *Kapha vruddhi* (aggravation of *Kapha dosha*).
- Allergens (pollen, dust, gases and chemical, etc.)
- Exposure to excessive diversified climatic condition.
- *Virudh aahara* (consumption of incompatible foods).
- Adverse effects of medicines and presence of other diseases. Ayurveda described various stages of *Pratishyaya* based on the progression and intensity of disease; *Amavastha* and *Pakwavastha*. *Amavastha* stage associated with symptoms of *Aruchi*, *Nasa srava*, *Vaktra virasam*, *Rooja*, *Kshavathu*, *Jwara* and *Shirogurutwama*, etc. The *Pakwavastha* stage of *Pratishyaya* possess symptoms like; *Shirolaghuta*, *Nasalaghuta* and *Ghanapinkaphatwa*, etc [3, 10-11]. Ayurveda classics also elaborated some types of *Pratishaya* based on the involvement of predominant *Doshas*; some of them **depicted in Figure 1**.



**Figure 1: Some types of *Pratishaya***

- *Vatika Pratishyaya* involves obstruction to the nasal passage associated with inflammation and watery discharge, excessive sneezing, dryness in throat and voice modulation.
- *Paittika Pratishyaya* gives yellow coloured discharge from nasal route, feeling of hotness and inflammatory consequences.
- *Kaphaja Pratishyaya* associated with white coloured discharge from nose, feeling of heaviness and headache, etc.
- *Sannipataja Pratishyaya* is associated with frequent attacks of coryza and combine symptoms of vitiation of all *Doshas*.

### ***Samprapti***

**The major *Samprapti Ghatak* of *Pratishyaya* is as follows:**

- ✚ *Nidan:*            *Kapha vata Prakopak Ahara Vihara*
- ✚ *Dushya:*           *Rasa and Rakta*
- ✚ *Dosha:*            *Kapha Vata Pradhana*
- ✚ *Srotas:*            *Pranavaha and Rasavaha*
- ✚ *Agni:*              *Jatharagni and Rasadhatwagni*
- ✚ *Adhithana:*      *Nasa and Shiras*

The aggravation of *Vata* and *Kapha Dosha* in head and upper respiratory tract due to the indulgence in etiological factors (*Kapha vata Prakopak Ahara Vihara*) triggers pathogenesis of *Pratishyaya*. The vitiated *Vata* along with other *Doshas* leads manifestation of *Pratishyaya* when *Pranavaha* and *Rasavaha Srotas* get affected. Disease sometimes involves vitiation of *Rakta* and *Rasadhatwagni* [10-12].

Modern science described many signs and symptoms of disease including obstruction of nasal passage, blockage of nose, running nose, itching, irritating nose, heavy sneezing, congestion, watery eye and fever sometimes, etc. Modern science described some

diagnostic approaches to identify presence of allergic rhinitis such as; allergy test, skin test and blood test.

As per modern theory rhinitis can be classified as allergic rhinitis and non allergic rhinitis. Allergic rhinitis is associated with weak immune system when causative factors like pollen, dust mites, smoke and chemicals, etc. induces hyper-sensitivity. Non allergic rhinitis may occur due to the inherent internal constitution of person, may persist symptoms of nasal blockage and runny nose all around the year, allergens does not play significant role in this case.

Suggested treatment of *Pratishyaya*:

**1. *Samanya Chikitsa***

*Ama Peenasa Chikitsa*, uses of *Langhana*, *Deepana* and *Pachana* drugs.

**2. *Pakwa Peenasa Chikitsa*:**

*Shirovirechana*, *Dhoompana*, *Vamana*, *Snepana*, *Asthapana* and *Virechana*, etc.

**3. *Shaman Aushadha*:**

*Chitraka Hareetaki*, *Sarpiguda*, *Panchamula Siddha Ghrita*, *Vyoshadi Churna*, *Shadanga Yusha*, *Nasya of Pathadi* and *Shadbindu Taila*, etc.

The detoxification measures of *Panchakarma* like *Vamana* followed by *Virechana* can be used in chronic adversity of disease. *Panchakarma* therapy helps to removes accumulated *Ama* and establishes balance of *Tridoshas*. *Nasya* therapy is advises for acute relief, in this regards herbal oils such as; *Anu taila* and *Shadbindu Taila* can be administered through nasal route. This therapy clears channels, removes obstruction of nasal passage; relief symptoms of heaviness and headache.

Ayurvedic medicines like *Neem* and turmeric can be used to increase immune power and anti-inflammatory actions.

Ayurveda formulations like *Chavikasavam* and *Mahalaxmi Vilas Rasa* used to cure symptoms of allergy and fever. These drugs also enhance disease resistance power against common cough and cold. *Narada lakshmi vilas rasa*, *Tribhuvan kirti rasa*, *Anand bhairava*

*rasa, Abhraka bhasma, Shringarabharaka rasa, Sitopaladi choorna* and *Marichayadi yoga*, etc. are suggested for relieving conditions of respiratory distress. These all drugs improve respiratory immunity and strength of upper respiratory tract.

It is advised to keep cloves, black peppers and other medicines always with patients susceptible for acute attack of respiratory distress. *Nilgiri* and mint oil can be rubbed on chest, this gives fomentation thus relieves intensity of acute allergic attack. Cloves, black peppers and other expectorant medicines can be used for patients susceptible to the acute attack of respiratory distress [12-15].

Dietary guideline for *Pratishyaya*:

It is advised to take light and *Kapha nashaka* foods, lukewarm water sometimes can be used to relieve symptoms of diseases. Legumes, soups and freshly cooked hot food stuffs are considered good for respiratory problems. One should avoid heavy & fermented food, food causing congestion also need to be avoided. Cold, sour and excessively sweets foods; curd, yogurt, ice creams and yellow grams, etc. are restricted in such types of diseased conditions.

Lifestyle related guideline for *Pratishyaya*:

- ✓ One should avoid exposure to excessively cold climatic condition.
- ✓ It is advised to keep cloves, black peppers and other medicines always with patients susceptible for acute attack of respiratory distress.
- ✓ One should avoid contact with allergens like; pollen, dust, silicates, sensitive chemicals and gases.
- ✓ Day time sleeping, excessive physical exertion which can put stress on respiratory system and smoking, etc. should be avoided.
- ✓ Suppression of natural urges can accumulate toxins inside the body; therefore it is prerequisite not to suppress natural urges.
- ✓ Self medication especially steroid and antibiotics need to be avoided until not prescribed by physician.

- ✓ Incompatible diets, cold water bath, exposure to hot sunrays and residing around dump area, etc. should be avoided.
- ✓ It is advised to take steam after some time interval for clearing nasal and respiratory passage.
- ✓ Fresh air is helpful thus mild *Yoga & Pranayam* in early morning advised under expert supervision.
- ✓ Sufficient rest, avoidance of stress and grief, etc. may give relief at psychosomatic level.

## Conclusion

*Pratishyaya* is a disease of *Nasa* and *Shiras* associated with the respiratory system, the current scenario of pollutant environment increases such types of cases therefore incidences of allergic rhinitis (*Pratishyaya*) increase day by day. Inevitable pollution, climate variation, awful lifestyle, poor dietary habits and genetic predisposition, etc. mainly triggers pathogenesis of *Pratishyaya*. *Pratishyaya* is *Kapha- vata* predominating disease which also involves vitiation of *Pranavaha* and *Rasavaha Srotas*. There are different stages of disease depending upon pathological progression of disease namely *Amavastha* and *Pakwavastha*. The untreated condition turned to the chronic and advanced stage which is described as *Ajirna Pratishyaya* difficult to treat. *Samanya Chikitsa*, *Pakwa Peenasa Chikitsa* and consideration of concepts of *Pathya- Apathya* play an important role for treating *Pratishyaya*. Ayurveda drugs possessing immune boosting, anti-microbial, anti-inflammatory, anti-allergic and *Kapha- vata* pacifying effects can be advised for relieving symptoms of *Pratishyaya*.

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