Ayurvedic Literature Review of Pratishyaya w.s.r. Rhinitis

Pinki Meena¹, Aparna Sharma², Ish Sharma³*

¹PG Scholar, Shalakya Tantra Department, National Institute of Ayurveda, Jaipur, Rajasthan, India
²Associate Professor, Shalakya Tantra Department, National Institute of Ayurveda, Jaipur, Rajasthan, India
³The Controller of Examinations, Guru Ravidas Ayurved University, Punjab, Hoshiarpur, India

Abstract

Ayurveda is the ancient most medicine science with equal emphasis upon prevention and cure. Due to environmental pollution, global warming, and lifestyle disorders, a very common disease, Pratishyaya/Rhinitis occurs much more frequently than before. Pratishyaya has been considered as a separate clinical condition in Uttar Tantra of Sushruta Samhita. Improper management or negligence can lead to lots of complications like Badhirya, Andhata, Gandhanasha, Kasa etc. Rhinitis is an inflammation of the nasal membranes, characterized by watery nasal discharge, nasal obstruction, sneezing and nasal itching. This may also be associated with symptoms of itching in the eyes, palate and pharynx. Many treatment modalities are explained in modern system of medicine like corticosteroids, antiallergics, inhalers, antihistamines etc., but none of them are totally effective in curing the disease as well as preventing its recurrence, more over they have their own side effects.

Keywords: Pratishyaya; Ayurveda; Rhinitis.

Introduction

The human body is continuously under the influence of environmental stresses as pollution, chemicals, pesticides, genetically modified food, smoke and errant diet as untimely meals, over eating, cold drinks, ice cream etc., which gives rise to respiratory tract disease. These factors lower the immunity of nasal mucosal membrane leading to various diseases. Among these diseases, Pratishyaya is a very common one.

Pratishyaya is described since Samhita kala in Brihattrayee as well as Laghutravaya. It is described as a premonitory symptom/purvarupa of Tuberculosis/Rajyakshma and as a symptom of Vega vidharanaj, Kshayaja and Vishmasanaja Yakshma. In Sushruta Samhita, it is given in more detailed as a separate chapter.

Acharya Charaka described Pratishyaya as a lakshana of Sahasajanya, Dhatukshayaj, Sandharanajanya and Vishamashanaj Shosha in the chapter-Shoshanidan of Nidan Sthana. In eighth chapter-Rajyayakshma chikitsadhyaya of Chikitsa Sthana, Pratishyaya is given as a purvarupa and lakshana ofYakshma. In this chapter, samprapti as well as general treatment of Pinas (Pratishyaya) is described. In twenty sixth chapter-Trimarmiya chikitsadhyaya, nidana and pathya of Pratishyaya is given. The Symptoms as well as treatment of specific types of Pratishyaya i.e. Vataj, Pittaj, Kaplaj and Sannipataj Pratishyaya is described in this chapter. If patients neglect, all types of Pratishyaya, it can change into Dushta Pratishyaya.

According to Ayurveda, Pratishyaya is one of the most important disease among Nasa roga (Nasal Disease) defined as a condition where the secretion produced due to vitiation of Vata and Kapha at the root of nose which flows down through the nose against the inspired air [1]. Acharya Susruta has described five types of Pratishyaya among in 31 nasaroga [2].

Etymology: Prati + Shyeng + Gatav = Pratishyaya

The word Pratishyaya is derived from “Shyeng” Dhatu which refers to move, when this Dhatu is prefixed by “Prati” and suffixed by “Gatav”, the word Pratishyaya is form.

Definition: The word Pratishyaya is derived from two words – “prati” and “shiyaya”.

Prati – against the direction
Shiyaya – moving or flowing
Acharya Charaka defined it as Kapha, Pitta, Rakta which being present in Ghrana moola, combines with Vata Dosha resulting in the secretion which flow against the inspired air [3].

**Importance of Pratishyaya**

1. Pratishyaya is the causative condition for all the other diseases of the nasal cavity, and hence it is explained with priority in the nasarogas.

2. Pratishyaya is the only disease explained in Shalaka tantra which develops complications even before the signs and symptoms occur. Hence if treated when the purvaroopas are seen, the further pathology can be stopped.

Considering all these facts, Pratishyaya has a special importance and should be treated as soon as detected in its initial stages.

**Nidana of Pratishyaya** - Nidana of Pratishyaya are classified under

1. Sadyojanaka Nidana
2. Kalantarajanaka Nidana

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ajeerna</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sheeta Ambu</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Ati Ambupana</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Mandagni</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Dvividha Dughapana</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Excessive intake of Guru, Madhura, Sheeta padarthas</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Vismashana</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Intake of Ati Sheeta Jala by persons of Shleshma Prakriti</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
</tbody>
</table>

**Table 1: Nidana of Pratishyaya**

<table>
<thead>
<tr>
<th>Viharaja Nidana</th>
<th>Charaka</th>
<th>Sushruta</th>
<th>Vagbhhat</th>
<th>Kashyapa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vega Sandharana</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Rajah Sevan</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Dhooma Sevana</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Ati Bhasana</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Ritu Vaishamyha</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Shirobhitapa</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Ratri jagarana</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Ati Divaswapana</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Avasyaya</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Ati Nariprasanga</td>
<td>+</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Ati Jala Krida</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Ati Pratapa</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Ati Ashru Srava</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Neechaatiucchaupadhan</td>
<td>-</td>
<td>-</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Ati Parshwa Shayana</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Niyta Anupahita Shayana</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Apavrita Mukha Shayaya</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
<tr>
<td>Snana with Sheeta Jala</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>+</td>
</tr>
</tbody>
</table>

**Manasika Nidana**

| Stages of Pratishyaya
|----------------------|
| Acharya Dalhana described two stages of Pratishyaya as [8] – (1) Amavastha (2) Pakwavastha

J Pharma Res Dev; 2020 www.unisciencepub.com
Amavastha: The symptoms are- Aruchi, Vaktravirasam, Nasasrava, Rujia, Arati, Shirogurutvam, Kshvathu and Jwara.

Pakwawastha: This stage comes after the Amavastha in which Tanutvamamalingam, Shirah Nasa Laghuta and Ghanapittakaphatvam are the symptoms.

SAMPRAPTI
These etiological factors of rhinitis provoke the pathology in a different way through the Shadkriyakala.

Here Vata, Pitta, Kapha and Rakta gets vitiated with their own etiologically factors. The vitiated Vata when reaches Shira Pradesha Kapha, Pitta and Rakta avarana of Dosha for the gati of Vata and Doshas get lodged in Shira Pradesha. Vridhha Vata expels out Kapha, Pitta and Rakta through nasal route thus giving rise to the disease Pratishyaya [9].

Observing the causative factors, allergy is noted as an important etiology. As practically seen, 20% of population does suffer from one or another allergy sometime in life [22].

PURVA ROOPA – It has been stated by Sushruta. Madhava Nidana and Bhavprakash have followed Sushruta in describing the purvaroopa [12].

1. Shirogurutvam (heaviness in the head)
2. Kshvathu Pravartanam (Sneezing)
3. Angamarda (Bodyache)
4. Parhiristaromta (Generalised horripilation)

Classification
Acharya Susruta, Vagbhat, Madhvaka, Bhava Mishra, Sharangadharana have described five types of Pratishyaya on basis of Doshas. But Acharya Charaka and Kashyapa have not accepted Raktaja Pratishyaya [10, 11]. According to Rasa Ratna Samuchchaya, there are six types of Pratishyaya.

Vataja Pratishyaya – Clinical features according to Charaka (C.Ch.26/105)

Ghranarti Toda Pricking pain sensation in nose
Kshavathu Sneezing
Jalabhirsava Watery nasal discharge
Swarabheda Hoarseness in voice
Shirashoola Headache

Clinical features according to Sushruta (Su.Ut.24/6-7), Madhava Nidana & Bhava Mishra

Anadhapiha nasa Nasal obstruction and stiffness
Tanuvravasa pravartini Watery nasal discharge
Galtalvoshath shoshosa Dryness in throat, palate, lips
Shankh nistoda Pricking sensation in temporal region
Swaropghata Hoarseness in voice

Clinical features according to Vaghbhat (A.H.Ut.19/3-4)

Mukhshosa Dryness in mouth
Bhranshm shava Sneezing
Ghranoprodha Nasal blockage
Nistoda danta shankh Pricking sensation in temporal region, teeth
Shirovaytha Headache
Kitika ev Sarpanti Ant moving like feeling around the eyebrows
Swarsaad Hoarseness in voice
Chiratpaka Late viscous secretion
Shishira Kaphashruti Watery nasal secretion

Pittaja Pratishyaya – Clinical features according to Charaka (C.Chi.26/106)

Nasagrapaka Inflammation of tip of nose
Jwara Fever
Vaktrashosha Dryness in mouth
Trishna Thirst
Ushnapittasrava Hot & yellow nasal discharge

Clinical features according to Sushruta (S.S.Ut.24/8), Madhava Nidana & Bhava Mishra

Ushnapittaksrava Hot & yellow nasal discharge
 Krishata Weakness
Panduta Pallor
Trishna Thirst
Dhumra-vahini-vamana Vomiting

Clinical features according to Vaghbhat (A.H.Us.19/5)

Trishna Thirst
Jwara Fever
Ghranapitika Furuncles in nose
Bhrama Giddiness
Nasagrapaka Inflammation of tip of nose
Ushnatamrapittasrava Hot & yellow nasal discharge

Kaphaja Pratishyaya- Clinical features according to Charaka (C.Chi.26/106)

Kasa Cough
Aruchi Anorexia
Ghanasrava Thick nasal discharge
Kandu Itching
Shukla-sheeta srava | Whitish nasal discharge
Shuklaavabhasa | Feeling of whitish all around
Shoonakshi | Swelling in eyes
Guru shiro-mukha | Heaviness in head & mouth
Shirogalosthatalukandu | Itching in head, throat, lips and palate

Clinical features according to Vaghbhat (A.H.Ut.19/6):

Aruchi | Anorexia
Shwasa | Difficulty in breathing
Vamana | Vomiting
Gatragaurava | Heaviness in body
Mukha madhurya | Sweetness in mouth
Kandu | Itching
Shukla-kaphasruti | Whitish nasal discharge

Raktaja Pratishyaya
According to Charaka: he has not described Raktaja Pratishyaya.

Clinical features according to Sushruta (S.S.Ut.24/12-13), Madhava Nidana and Bhava Mishra:

Rakta srava | Bleeding from nose
Tamraeksha | Copper coloured eyes
Datugandha Swasa Vadana | Foul breathing
Gandhan na vetti | Loss of sense of smell
Krimipatana | Worms fall from nose

Clinical features according to Vaghbhat (A.H.U.19/8):

Urah suptata | Stiffness in chest
Tamarantra | Copper coloured eyes
Swasaputita | Foul breathing
Shrotra-akshi-nasa kandu | Itching in ear, eye and nose
Pittokta lakshanam | Characteristics of pittaja Pratishyaya

Sannipataja Pratishyaya
According to Charaka: Symptoms are Sarvanirupani, Tiwaraja, Dukhadayee. (C.Chi.26/106).

According to Susruta: it occurs again and again but stops suddenly. (Su.Ut.24/10-11)

According to Vaghbhat: Symptoms are Sarvaja lakshana, Akasmat vridhishanti. (A.H.Ut.19/7).

Dusta Pratishyaya: If Pratishyaya not treated properly, leads to Dust Pratishyaya.

Management of Pratishyaya
The dietary measures, medications for Sodhana and Shaman and various treatment modalities for Pratishyaya are explained in detail by Acharya Sushruta [13].

The first step in the treatment is Nidana-Parivarjan. As only local treatment is not enough to treat the disease, oral medication is also necessary which helps to remove the pathology and also improves the immunity status.

As per Acharya Sushruta, Langhana along with deepana and pachana dravyas, Swedana, Vamana, Avapeedana Nasya and ghrita pana (except Navin Pratishyaya) are the common treatment methodologies suggested in all types of Pratishyaya. Panchakarma is of significant detox value against all the three Tridosha [21].

Treatment of Apakva Pratishyaya – Swedana from Kanji etc. Amla pathartha, intake of hot substances, use of milk mix with Adarka and use of ekshu preparation like Gud, Fanita yoga etc [14].

Treatment of Pakva Pratishyaya – Tikshna Shirovirachana, Dhoopmana, Asthapanap basti, Kaval, Nasya and use of Haritaki [15].

Treatment of Vataja Pratishyaya [16]
- Ghritapana – Oran administration of Panch lavan saddha ghrita and Vidharigandhadi gana sidhha ghrita.
- Nasya

Treatment of Pittaja & Raktaja Pratishyaya [17]
- Ghritapana
- Perisheka
- Pradeha
- Virechan
- Nasya

Exclusive treatment
1. Oral administration – Kakolyadi gana Saddha ghritapana and Shreeveshtiaka, Sarjarasa, Priyanghu, Madhu, Sarkra, Draksha, Madhulika, Gojihva, Gambhari, Madhuka mix with ghee.
2. Parisheka – from Sheeta Dravyas.
4. Virechan – from Madhura dravys
5. Nasya – Dhavtak, Triphala, shyama, Tilvaka, Madhuka, Shreepary, Haridra rubbed with water, milk and tila taila used for Nasya.

Treatment of Kaphaja Pratishyaya [18]
1. Ghritapana
2. Yavaghu pana
3. Vaman
4. Kaphaghna Karma
5. Nasya
6. Dhoompana

Exclusive treatment

1. Yavaghu pana – Yavaghu preparation of Tila and Masha.

2. Nasya – Bala, Atibala, choti Kantkari, badi Kantkari, Vidang, Goshura, Swetamoola, Gambhari, Punarnava rubbed with Tila taila used for Nasya.

3. Dhoompana – Sarla, Kinhi, Devdaru, Nikumbha, Hinghota rubbed with water and make Varti, used for Dhoompana.

Treatment of Sannipataja Pratishyaya [19]

• Ghritapana
• Tikshna dhoompana
• Use of Katu Aushadi
• Nasya
• Kavala
• Shirovirechana

Exclusive Treatment


Sushruta has specially mentioned krimighna chikitsa such as use of Vidangadi medicine in Nasya form and Krimighna Karma [20].

Certain Instructions to be followed

• The patient suffering from pratishyaya should avoid cold breeze and polluted air.
• It is advisable to use a mask or cover the face and nose to avoid pollutants and causative organisms to enter the nose.
• Artificially cooled air should be avoided as it absorbs all the moisture and causes severe drying effect of the nasal mucosa.
• Regular nasal douching should be done with saline water to reduce the crusting of the nasal mucosa. Regular Nasya chikitsa should be followed.

Conclusion

Ayurvedic formulations can be adopted for more effective, non chemical treatment of Pratishyaya. All formulations are proposed to be taken up for evaluation of their effect in Pratishyaya w.r.t to rhinitis to come up with safe and cost effective treatment for this ailment.

References


11. Maharshi Mareecha Kashyapa, Vriddhajeevakatantra Revised by Vatsya with Sanskrit Introduction by Nepal Rajguru, Pandit Hemaraja Sharma with the Vidyotini Hindi commentary & Hindi translation of Sanskrit Introduction by Ayurvedalankara Shri Satyapala Bhishagacha, Varanasi,


