

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

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Review Article

Pinki Meena¹, Aparna Sharma², Ish Sharma^{3*}

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

*Correspondence author

Ish Sharma
The Controller of Examinations
Guru Ravidas Ayurved University
Punjab
Hoshiarpur
India

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Abstract

Ayurveda is the ancient most medicine science with equal emphasis upon prevention and cure. Due to environmental pollution, global warming, and life style 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 *Brihatrayee* as well as *Laghutrayee*. It is described as a premonitory symptom/*purvarupa* of Tuberculosis/*Rajyakshma* and as a symptom of *Vega vidharanaj*, *Kshayaja* and *Vishamasanaja 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-Rajyakshma chikitsadhyaya of *Chikitsa Sthana*, *Pratishyaya* is given as a *purvarupa* and *lakshana* of *Yakshma*. In this chapter, *samprapti* as well as general treatment of *Pinas (Pratishyaya)* is described. In twenty sixth chapter-*Trimarmiya chikitsaadhyaya*, *nidana* and *pathya* of *Pratishyaya* is given. The Symptoms as well as treatment of specific types of

Pratishyaya i.e. *Vataj*, *Pittaj*, *Kaphaj* 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 “*shyaya*”.

Prati – against the direction

Shyaya – 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 Shalaky 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

<i>Aharaj Nidana</i>	<i>Charaka[4]</i>	<i>Sushruta[5]</i>	<i>Vagbhat[6]</i>	<i>Kashyapa[7]</i>
<i>Ajeerna</i>	+	-	-	-
<i>Sheeta Ambu</i>	+	-	-	-
<i>Ati Ambupana</i>	-	-	+	+
<i>Mandagni</i>	-	-	-	+
<i>Dvididha Dughapana</i>	-	-	-	+
<i>Excessive intake of Guru, Madhura, Sheeta padarthas</i>	-	-	-	+
<i>Vismashana</i>	-	-	-	+
<i>Intake of Ati Sheeta Jala by persons of Shleshma Prakriti</i>	-	-	-	+

Table 1: Nidana of Pratishyaya

<i>Viharaja Nidana</i>	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhat</i>	<i>Kashyapa</i>
<i>Vega Sandharana</i>	+	+	+	+
<i>Rajah Sevan</i>	+	+	+	
<i>Dhooma Sevana</i>	+	+	-	-
<i>Ati Bhasana</i>	+	-	+	-
<i>Ritu Vaishamya</i>	+	-	-	-
<i>Shirobhitapa</i>	+	+	-	-
<i>Ratri jagarana</i>	+	-	+	-
<i>Ati Divaswapana</i>	+	-	+	-
<i>Avasyaya</i>	+	+	+	
<i>Ati Nariprasanga</i>	+	+	-	-
<i>Ati Jala Krida</i>	-	-	+	-
<i>Ati Pratapa</i>	-	+	-	-
<i>Ati Ashru Srava</i>	+	-	-	-
<i>Neechaatiucchaupadhan</i>	-	-	+	-
<i>Ati Parshwa Shayana</i>	-	-	-	+
<i>Nitya Anupahita Shayana</i>	-	-	-	+
<i>Apavrita Mukha Shayaya</i>	-	-	-	+
<i>Snana with Sheeta Jala</i>	-	-	-	+

<i>Manasika Nidana</i>	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Kashyapa</i>
<i>Ati Krodha</i>	+	-	-	-

Stages of Pratishyaya

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

Amavastha: The symptoms are- Aruchi, Vaktravirasam, Nasasrava, Ruja, Arati, Shirogurutvam, Kshvathu and Jwara.

Pakwavastha: 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 etiological 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. Vriddha 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 purvaroopta [12].

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

Classification

Acharya Susruta, Vagbhat, Madhavakar, Bhava Mishra, Sharangadhara 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)

<i>Ghranarti Toda</i>	Pricking pain sensation in nose
<i>Kshavathu</i>	Sneezing
<i>Jalabhsrava</i>	Watery nasal discharge
<i>Swarabheda</i>	Hoarseness in voice
<i>Shirashoola</i>	Headache

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

<i>Anadhapihita nasa</i>	Nasal obstruction and stiffness
<i>Tanusrava pravartini</i>	Watery nasal discharge
<i>Galtalvoshath shosha</i>	Dryness in throat, palate, lips
<i>Shankh nistoda</i>	Pricking sensation in temporal region
<i>Swaropghata</i>	Hoarseness in voice

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

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

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

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

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

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

Clinical features according to *Vagbhat* (A.H.Ut.19/5)

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

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

<i>Kasa</i>	Cough
<i>Aruchi</i>	Anorexia
<i>Ghanasrava</i>	Thick nasal discharge
<i>Kandu</i>	Itching

Clinical features according to *Sushruta* (S.S.Ut.24/9), *Madhava Nidana & Bhava Mishra*

<i>Shukla-sheeta srava</i>	Whitish nasal discharge
<i>Shuklaavabhasa</i>	Feeling of whitish all around
<i>Shoonakshi</i>	Swelling in eyes
<i>Guru shiro-mukha</i>	Heaviness in head & mouth
<i>Shirogalosthatalukandu</i>	Itching in head, throat, lips and palate

Clinical features according to Vagbhat (A.H.U.s.19/6)

<i>Aruchi</i>	Anorexia
<i>Shwasa</i>	Difficulty in breathing
<i>Vamana</i>	Vomiting
<i>Gatragaurava</i>	Heaviness in body
<i>Mukha madhurya</i>	Sweetness in mouth
<i>Kandu</i>	Itching
<i>Shukla-kaphasruti</i>	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

<i>Rakta srava</i>	Bleeding from nose
<i>Tamrakshi</i>	Copper coloured eyes
<i>Daurgandha Swasa Vadan</i>	Foul breathing
<i>Gandhan na veti</i>	Loss of sense of smell
<i>Krimipatana</i>	Worms fall from nose

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

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

Sannipataja Pratishyaya

According to Charaka: Symptoms are *Sarvanirupani, Tivraruja, Dukhadayee*. (C.Chi.26/106).

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

According to Vagbhat: 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*, *Dhoompana*, *Asthapana basti*, *Kaval*, *Nasya* and use of *Haritaki* [15].

Treatment of Vataja Pratishyaya [16]

- *Ghritapana* – Oral administration of *Panch lavan siddha ghrita* and *Vidharigandhadi gana siddha ghrita*.
- *Nasya*
- *Arditokta chikitsa* – *Shirobasti*, *Nasya*, *Dhooma*, *Upnaha*, *Sneha* & *Nadi Swadana*, *Ksheer taila pana* and *Abhayang*.

Treatment of Pittaja & Raktaja Pratishyaya [17]

- *Ghritapana*
- *Perisheka*
- *Pradeha*
- *Virechan*
- *Nasya*

Exclusive treatment

1. Oral administration – *Kakolyadi gana siddha ghritapana* and *Shreeveshtaka*, *Sarjarasa*, *Priyanghu*, *Madhu*, *Sarkra*, *Draksha*, *Madhulika*, *Gojihva*, *Gambhari*, *Madhuka* mix with *ghee*.
2. *Parisheka* – from *Sheeta Dravyas*.
3. *Pradeha* – from *Sheeta Dravyas*.
4. *Virechan* – from *Madhura dravyas*
5. *Nasya* – *Dhantwak*, *Triphala*, *shyama*, *Tilvaka*, *Madhuka*, *Shreeparni*, *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

1. *Nasya* – *Rasanjan*, *Atish*, *Musta*, *Devdaru* rubbed and mix in *Tila taila* and water used for *Nasya*. *Jangal* meat, milk, *Dashmool*, *Vidharigandhadi* gana drugs rubbed and mix with *Eladigana* drugs & *ghee*, used for *Nasya*.
2. *Kavala* – *Decoction of Musta*, *Tejovati*, *Patha*, *Katphala*, *Katuka*, *Vacha*, *Sarspa*, *Pippalimoola*, *Pippali*, *Sandhav*, *Chitraka*, *Tutha*, *Kranja*, *Lavan*, *Devdaru*. Also used as *Shirovirechan* (*Taila* preparation).

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.s.r to rhinitis to come up with safe and cost effective treatment for this ailment.

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