



TO STUDY THE EFFICACY OF SHADBINDU TAIL AS A PRATIMARSHANASYA IN "ALLERGIC RHINITIS."

Dr. Vijay Maruti Karbhal

Lecturer, Dept of Pancharkama, Bhimashankar Ayurved College, Manchar, Pune.

ABSTRACT

Allergic rhinitis must be regarded as a serious condition because it can impact negatively on the quality of life of sufferers not only by producing severe symptoms but also by producing complication. Allergic rhinitis is an inflammation of the nasal airway. It occurs when an allergens such as pollen, dust or animal dander (particle of shed skin of hair) is inhaled by an individual with sensitive immune system. Seasonal allergic rhinitis is a specific allergic reaction to nasal mucosa principally to pollens, usually occurs in spring early, summer and with the change of season. Perennial allergic rhinitis due to sensitivity and contact with allergens which are present in the environment throughout the year. It is usually caused by home or workplace airborne pollutants. Allergens triggers production and antibody immunoglobulin E (IgE) which binds the mast cells and basophil containing histamine. Shadbindu tail is the combination of various drugs which are help to reduce such type of pathology. The drugs present in shadbindu tail are ushana-teekshana gunaatmak and helps to reduce the excessive production of mucus and in decreasing the symptoms. Open randomized study was done at Bhimashankar Ayurved College, Manchar, Pune. 30 patients included in the study for duration of 30 day. Assesment done on the basis of symptoms like Rhinorrhoea, Nasal congestion, Itching, Nasal obstruction.

KEYWORDS : Allergic Rhinitis, Shadbindu tail, Rhinorrhoea, Nasal congestion, Itching, Nasal obstruction.

INTRODUCTION

Modern life often violets the principles of natural living. We shouldn't have to forfeit the advantages of modern life simply because of its disadvantages. We can also learn what to do in order to reverse such disturbances & stabilizes our body and mind. We are constantly subjected to various allergens in the environment. These allergens sometimes damage the normal functioning of body & can lead to pathology. The commonest scenario is related with upper respiratory tract infection. Rhinitis means inflammation of mucous membrane inside the nose caused by virus, bacteria, irritants or allergens. Inflammation results in the generation of large amount of mucous. Allergic rhinitis is one of its type.

Allergic rhinitis is an allergic inflammation of the nasal airways. It occurs when an allergen, such as pollen, dust or animal dander (particles of shed skin and hair) is inhaled by an individual with a sensitized immune system. In such individuals, the allergen triggers the production of the antibody immunoglobulin E (IgE), which binds to mast cells and basophils containing histamine. When caused by pollens of any plants, it is called pollinosis, and if specifically caused by grass pollens, it is known as hay fever. While symptoms resembling a cold or flu can be produced by an allergic reaction to pollen from plants and grasses, including those used to make hay, it does not cause a fever. IgE bound to mast cells are stimulated by allergens, causing the release of inflammatory mediators such as histamine (and other chemicals). This usually causes sneezing, itchy and watery eyes, swelling and inflammation of the nasal passages, and an increase in mucus production. Symptoms vary in severity between individuals. Very sensitive individuals can experience hives or other rashes. Particulate matter in polluted air, and chemicals such as chlorine and detergents, which can normally be tolerated, can greatly aggravate allergic rhinitis. Allergies very are common. Heredity and environmental exposures may contribute to a predisposition to allergies. It is roughly estimated that one in three people have an active allergy at any given time and at least three in four people develop an allergic reaction at least once in their lives. In Western countries between 10–25% of people annually are affected by allergic rhinitis.

TYPES OF ALLERGIC RHINITIS:

Seasonal Allergic Rhinitis (SAR):

A seasonal allergy occurs at the same time each year and is often called hay fever. The most common allergens in

seasonal allergies are windblown pollens from trees, grasses, or weeds.

Perennial Allergic Rhinitis (PAR):

A year-round (perennial) allergy occurs any time during the year. The symptoms of a year-round allergy may be more severe in winter, when people spend more time indoors. The most common causes are dust mites, animal dander, cockroaches, or mold.

Occupational Allergic Rhinitis (OAR):

It is caused by an allergic reaction to a substance present in the workplace, such as grain, wood dust, chemicals, or lab animals.

NASYA:

Nasya is a kind of Panchakarmas mentioned in Ayurveda, Nasya therapy is a process wherein the drug (herbalized oils and liquid medicines) is administered through the nostrils. Since nose is the gateway of the head, the therapy is highly effective in curing a number of diseases pertaining to the head, if it is performed systematically. The therapy cleanses and opens the channels of the head, thereby improving the process of oxygenation (prana), which has a direct influence on the functioning of brain. The therapy is beneficial if done on a regular basis, because it keeps the eyes, nose and ear healthy. It also prevents the early graying of hair and bear. Read on to know more about Nasakarma, a therapy of Panchakarma.

BENEFITS OF NASYA KARMA:

Nasya karma ensures the proper and healthy growth of hair, enhances the activity of sense organs, protects the person from diseases pertaining to head (urdhwanga), early aging process is effectively prevented by the regular administration of Nasya karma.

TYPES OF NASYA KARMA:

1) Pradhamana (virechan) Nasya (cleansing nasya):

In this type of Nasya karma, dry powders (rather than oils) are blown into the nose with the help of a tube. Pradhamana nasya is mainly used to treat kapha types of diseases such as headaches, heaviness in the head, cold, nasal congestion, sticky eyes and hoarseness of voice due to sticky kapha, sinusitis. Chronic diseases such as cervical lymph adenitis and tumors can also be treated by Pradhaman Nasya. Some skin diseases are easily treated by this type of Nasya karma.

Epilepsy, drowsiness, Parkinsonism, inflammation of the nasal mucosa, attachment, greed and lust can be effectively treated by the therapy. Powders such as brahmi are traditionally used in this therapy.

2) Bruhana Nasya (Nutrition Nasya):

This treatment uses ghee, oils, salt, shatavari ghee, ashwagandha ghee and medicated milk to cure vata disorders. Studies suggest that it is beneficial to cure vata-type headaches, migraine headache, dryness of voice, dry nose, nervousness, anxiety, fear, dizziness and emptiness. Negative thoughts can be banished by undergoing this treatment. In case of the person is suffering from heaviness of eyelids, bursitis, stiffness in the neck, dry sinuses and loss of sense of smell, Bruhana Nasya would be the best.

3)Shaman Nasya (Sedative Nasya):

It is type in which pitta-type of disorders such as thinning of hair, conjunctivitis and ringing in the ears are treated .Generally, herbal medicated decoctions, teas and medicated oils are used.

4)Navana Nasya (Decoction Nasya):

This type of therapy is used in vata-pitta or kapha- pitta disorders.

5)Marshya Nasya (Ghee Or Oil Nasya):

The therapy is administered for a particular reason, which may not be disease, but a condition of uneasiness arising from a particular disease. Ghee, oilaer used for nasya.

6)Pratimarshy Nasya (Daily Oil Nasya):

This type of therapy is administered by dipping the clean little finger in ghee or oil and inserting into each nostril. After inserting the clean finger (dipped in ghee or oil) into the nostril, the nasal passage is lubricated and given a gentle massage. By doing this, the deep nasal tissues are opened up. By doing Pratimarshya on a regular basis, stress can be released to a great extent.

AIMS AND OBJECTIVE

To study the efficacy of shadbindu tail as a pratimarsha nasya in "Allergic Rhinitis."

MATERIALS AND METHODS:

Desginof Study: Open random type.

Place Of Study: Bhimashankar Ayurved College & Research Center, Manchar, Pune.

Inclusion Criteria:

- 1. Either sex
- 2. All type of allergic rhinitis
- 3. Age between 16 to 30 yrs

Exclusion Criteria:

- 1. Age less than 16yrs and more than 30 yrs.
- 2. Pregnant women & children
- 3. Patient with any chronic disease like HIV, HTN, DM,
- 4. Patient with any ma or illness related to brain like CA etc.

Study Design :

Total No Of Cases: 30

Dosages: 2 drops twice a day in each nostril

Durration: 30 days

Paschatakarma: Koshan udak gandush.

Route Of Administration: Locally

Kaal: Morning & Evening

Assement Of Symptoms:

Subjective Improvement:

Judged by weekly assessment in the reduction of following symptoms in OPD patients.

Gradation According To Symptoms Are As Follows:

1. Rhinorrhoea:
 Zero(+): No Rhinorrhoea,
 Mild(++):Rhinorrhoea when not come in contact with allergens
 Moderate(+++):Rhinorrhoea when come in contact with allergens
 Sever(++++):Rhinorrhoea when come or not come in contact with allergens.

2. Nasal congestion:
 Zero(+): No Nasal congestion:
 Mild(++):Nasal congestion when not come in contact with allergens
 Moderate(+++):Nasal congestion when come in contact with allergens
 Severe(++++):Nasal congestion when come or not come in contact with allergens

3. Itching
 Zero(+): No Itching
 Mild(++):Itching when not come in contact with allergens
 Moderate(+++):Itching when come in contact with allergens
 Severe(++++):Itching when come or not come in contact with allergens

4. Nasal obstruction
 Zero(+): No Nasal obstruction
 Mild(++):Nasal obstruction when not come in contact with allergens
 Moderate(+++):Nasal obstruction when come in contact with allergens.
 Severe(++++):Nasal obstruction when come or not come in contact with allergens

Pathological Assement:

CBC, ESR,

Statistical Analysis

The study data generated and collected was put to statistical analysis to reach to the final result. Wherever, possible efforts were made to present the data in the form of "t- test" probability, correlation, graphical presentation and other statistical parameters.

RESULT:

Symptomatic Relief Obtained Is As Follows:

| Symptoms | BT- Out of 30 pt. | AT- Out of 30 pt. got result | Percentage result |
|-------------------|-------------------|------------------------------|-------------------|
| Rhinorrhoea, | 20(66.66%) | 15 | 75% |
| Nasal congestion, | 28(93.33%) | 22 | 78.57% |
| Itching, | 28(93.33%) | 20 | 71.42% |
| Nasal obstruction | 30(100%) | 25 | 83.33% |

DISCUSSION:

Acharya Govind das has mentioned shadbindutail in kushata rog chikitsa(54). Sindur, Vatsnabha, Haratala, Svmagairika, Langalimula, ShvetaJeeraka, Kustha, Trikatu, Manashila, Rasona, Sharapunkha, ChitrakraTvaka, SnuhiKsheera, ArakaKsheera, Haridra, Sarshapa, Gandhaka, Hingu, Sarshapa Tail are the main containts of this kalpa. Main action of this kalpa is Kaphashoshana, Vatashamak, Shirovirechaka & Srotoshodhana. As Shadabindu tail is for upperrespiratory tract infection but is very effective in allergic rhinitis to decrease excessive mucus (kapha) production, decreases dryness (Vatashamana & Snigdhatva).

For present study 30 patient were taken.

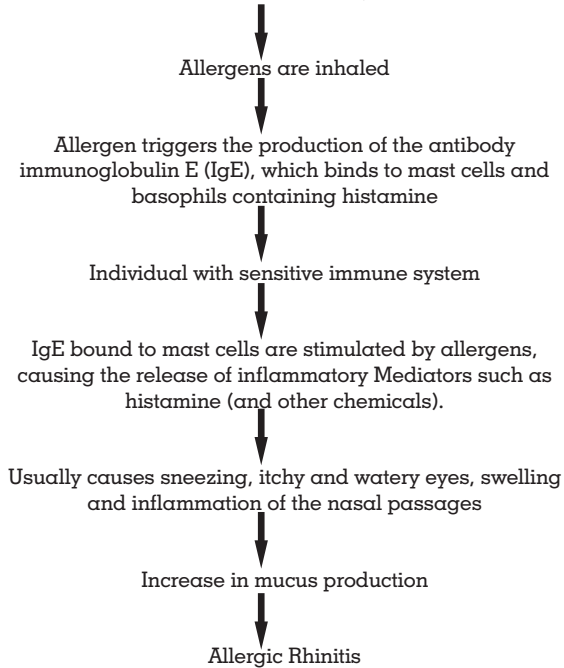
Only Pratimarshanasya of Shadabindu tail was given to 30 pt. for duration of 30 days.

Symptoms Associated With Allergic Rhinitis Are:

-Rhinorrhoea,
-Nasal congestion,
-Itching,
-Nasal obstruction
They were studied after every week and values are noted. There was considerable decrease in eosinophil count.

SAMPRAPTI OF ALLERGIC RHINITIS:

Allergens such as pollen, dust or animal dander (particle of shed skin of hair)



Breaking Of Pathogenesis By Pratimarshanasya Of Shadabindutail :

From the constitution of Shadbindu tail it can be conclude that this kalpa may have following properties:

Tikta –Katu rasa ➡ Increases kaphadhatvagni
Ushan –Tikshanaguna ➡ Decreases excessive kapha production
Madhurvipak ➡ Balyato nasal mucosa
Snigdha guna ➡ Stabilises vitiated vata- pitta dosha.

The excessive mucus secretion is decreased by its tikta, katu rasa, Vata shaman a by its madhurvipak&snigdha guna and overall nutrition (balya karma) is by snigdha –guru guna, madhuravipaka. There was considerable decrease in symptoms.

Over all we got 77.08% symptomatic relief with shadbindu tail nasya.

Maximum improvement in nasal congestion i.e.78.57% ,nasal obstruction 83.33%, rhinorrhea i.e.75% and nasal itching i.e. 71.42%.

So, from above discussion it can be conclude that pratimarshanasya of shadbindu tail in allergic rhinitis is very much effective.

CONCLUSION:

Shadbindu tail is one of the most important kalpa in

urdhavajatrugata vikaraas mentioned by acharyas in various texts. Allergic rhinitis is the group of symptoms like rhinorrhoea,nasal congestion, itching, nasal obstruction which causes mainly because of an inflammation of the nasal airway& excessive mucus production. Shadbindu tail is mainly of tikta-katu rasa, ushana tikshana gunatmaka, madhurvipak helps in decreasing the excessive mucus production & inflammation. This kalpa helps in reducing dryness of nasal cavity. **But in all Shadabindu Tail is one of the best kalpa for Allergic rhinitis in present era.**

GENERAL GUIDELINE FOR FURTHER RESEARCH IN THE SUBJECT

1. Effect of shadbindu tail can be studied in detail with specific signs and symptoms.
2. Pratimarshanasya of other kalpas can be studied.

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