



A PANCHAKARMA-BASED APPROACH TO ALLERGIC RHINITIS: EFFECTIVENESS OF NASYA COMBINED WITH SHAMANA THERAPY

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ABSTRACT

Purpose: Allergic rhinitis is a common, IgE-mediated inflammatory condition of the nasal mucosa triggered by exposure to allergens. It is characterized by sneezing, nasal congestion, rhinorrhoea, and nasal or ocular itching. The conventional treatment does not provide satisfactory relief. Therefore, an alternative treatment is needed to improve the quality of life for the patient. **Methods:** The present study involves a 23-year-old male patient who has been suffering from allergic rhinitis from 04 years. He took allopathic medicines but did not get satisfactory relief, so he needed Ayurvedic treatment. In Ayurveda, allergic rhinitis is correlated with Vataja Pratishyaya. It is believed to be caused by Aama and Vata Dosha, so the treatment principle included Vatahara, Pachana, and Rasayana medicaments. **Results:** After 3 months of Ayurvedic treatment, the patient experienced significant relief from the symptoms of the disease and also observed improvement in laboratory parameters. **Conclusion:** After observing improvement in signs and symptoms, it can be concluded that Ayurvedic treatment is having effect on allergic rhinitis and helps to improve the quality of life for the patient.

KEYWORDS : Allergic Rhinitis, Vataja Pratishyaya, Ayurvedic Treatment

INTRODUCTION

Allergic rhinitis is an immunological disorder characterized by an IgE-mediated inflammatory response of the nasal mucosa to environmental allergens. Allergic rhinitis is a result of hypertensive reaction of body's immune system to some allergenic particles. Its symptoms are nasal obstruction, rhinorrhoea, sneezing, nasal pruritus and some ocular manifestations. The nasal discharge is typically clear and watery in nature^[1]. If the early stage of Allergic Rhinitis is not adequately treated, it causes mucosal changes in nostrils and results in turbinate hypertrophy, nasal polyps, allergic bronchitis, etc. Allergic Rhinitis is the inflammation of the membranes lining the nose due to an allergen exposure^[2].

Management of Allergic Rhinitis depends on symptom severity. Symptoms are treated with H1 antihistamines, Corticosteroids, leukotriene receptor antagonists and immunotherapy. Nevertheless, each choice has drawbacks: immunotherapy involves a risk of anaphylaxis, corticosteroids may cause nose irritation or bleeding, antihistamines may be sedative, and decongestants have systemic side effects^{[4],[5]}.

According to the Ayurvedic perspective, allergic rhinitis can be correlated with Vataja Pratishyaya, where Vata and Kapha are the dominant Doshas involved in its pathogenesis. The clinical features of allergic rhinitis closely resemble those of Vataja Pratishyaya. It is commonly seen and presents with symptoms such as Anaddha Pihita Nasa, Tanusrava, Shosha in Gala, Taalu, and Oshta, Shankapradesha, and Svaropaghata^[6]. Here in this study the interventions include Shamana medicines which controls Vata Dosha and corrects Agni and having Rasayana effects along with Nasya karma which is helpful in restoring the normalcy of nasal mucosa.

Patient Information

Age: 23 years

Sex: Male

Occupation: Student

Chief Complaints:

Recurrent episodes of sneezing for 04 years

Recurrent episodes of running nose and itching in eyes for 04 years

History of Present Illness:

A 23 years old male patient was relatively healthy before 04 years. Gradually he started complaining of recurrent episode for sneezing, running nose and itching in eyes. He started

taking antihistamine tab levocetirizine 1tab SOS. He took treatment from allopathy physician but did not get any relief. So, he consulted for further ayurvedic treatment.

Personal History: Symptoms was found to aggravate during cold and cloudy weather in winter, monsoon and in morning hours. Other than that, no any specific medical history is found.

Diagnostic Assessment:

- 1) Patient was assessed based on the TNSS (Total nasal symptom score) scoring questionnaires^[7].
 - Total score assessed was 06.

Table No.01 TNSS Score Questionaries

1. Nasal obstruction	
No symptoms	0
Mild—awareness but not troubled	1
Moderate—troublesome but not interfering with normal daily activities or sleep	2
Severe—interfering with normal daily activities or sleep	3
2. Itching/sneezing	
No symptoms	0
Mild—awareness but not troubled	1
Moderate—troublesome but not interfering with normal daily activities or sleep	2
Severe—interfering with normal daily activities or sleep	3
3. Secretion/ running nose	
No symptoms	0
Mild—awareness but not troubled	1
Moderate—troublesome but not interfering with normal daily activities or sleep	2
Severe—interfering with normal daily activities or sleep	3
Total score	06

- 2) Laboratory investigations: Inflammatory markers were raised and allergic specific antigen was positive.

Therapeutic intervention: Patient was subjected to Pratimarsa Nasya and Shamana medicines as described below.

Table No. 02 Therapeutic Intervention

No	Intervention	Dose	Anupana	Duration
01	Nasya karma with Shadbindu Taila	2-2 drops 1 time a day (early in the morning)	-	1st 28 days

02	Amruththottaram Kashayam	20ml 2 times a day	Warm water	For 03 months
03	Vayu Gulika	1 tab 2 times a day	Warm water	
04	Haridra Khanda	3gms 2 times a day	Warm water	
05	Tab Nishamritha	2 tab 2 times a day	Warm water	

Follow up and Outcomes:

- Patient showed significant improvement in TNSS score and also, improvement in laboratory markers as shown in table no. 03.

Table no. 03 After Treatment Assessment

	BT	AT
TNSS questionnaires		
1. Nasal obstruction	00	00
2. Itching/sneezing	03	00
3. Secretion/ running nose	03	00
Total score	06	00
Laboratory investigations		
Hb	13.8 g/dl	13.8 g/dl
TLC	13500/cumm	8900/cumm
IgE	Positive	Negative
ESR	35/hr	06/hr

- His antihistamine medicine was stopped from the 1st day of treatment and he did not need it throughout the treatment.

DISCUSSION

Allergic Rhinitis according to Ayurveda, is mainly due to impaired state of Agni which in results formation of Ama. This Ama which is full of antigen or the molecules which are mimicking the shape and structure of our healthy tissues. Those metabolites they are attack by our immune system to neutralize and same in other tissues. That's how the allergic conditions develop^[8]. In case of Pratishyaya, Ama reaches Pranavaha Srotas and certain reactions take place leading to inflammatory process in the Srotas causing different types of discharge from nose^[9]. The disease with symptoms similar to those of Allergic rhinitis has been delineated in the name of Vataja Pratishyaya. Instant onset and repeated episodes of these nasal symptoms also indicate the Vata Dosha dominance in its pathogenesis^[10].

Amruthotharam Kashayam is a combination of Guduchi/Amruta (*Tinospora cordifolia*), Haritaki (*Terminalia chebula*), and Nagara (*Zingiber officinale*)^[11]. Amruthotharam Kashayam through its ingredients possess Deepana and Pachana property thus working on the Ama, which is the fundamental pathological factor of this disease. By enhancing Agni, it supports the process of Samprapti Vighatana, thereby addressing the root cause of the condition effectively.

Vayu Gulika is used in treating indigestion, anorexia, cold, cough, rhinitis^[12]. Vayu Gulika by the action of its ingredients helps to control Vayu which is the main pathological component involved in allergic rhinitis.

Haridra khanda is a well-known formulation that is told in classics for all allergic conditions. The principal ingredient of the formulation. Haridra by its Shothahara property, helps in reducing the Shotha (inflammation) in nasal turbinates and respiratory tract. Haridra is a drug that alleviates Vata-kapha dosha by its Katu-tikta Rasa and Ushna Guna, thereby helps in management of Pratishyaya which is a Vata-kapha Pradhana Vyadhi. By its Rasayana, Ojovardhana, Balya, Dhatu Poshaka properties, Haridra also improves Vyadhikshamatva (immunity). It also exhibits anti-histaminic properties, which helps in alleviating the symptoms caused by release of histamine following the inhalation of an allergen.

The other ingredients of Haridrakhanda such as Twak, Ela, Patra are Teekshna helps as Srotoshodak. Pippali, Vidang, Trivrut are having Tikshna, Krimighna and Kandughna properties which help in reducing nasal itching and also helps in preventing secondary infections. Other ingredients like Goghrita (cow's ghee) and Go-dugdha (cow's milk) are having Ojo-varadhaka, Rasayana Balya properties which also contributes in improving immunity^[13].

Nishamritha tablet contains Guduchi and Haridra, both of which possess immunomodulatory properties and act as Rasayana. These actions not only help in curing the disease but also enhance immunity, thereby preventing its recurrence.

Pratimarsha Nasya acts as a protective barrier within the nasal cavity by forming a thin sheath over the nasal mucosa. This coating helps prevent the entry of allergens and offers protective action against environmental pollutant^[14]. Shadbindu Taila may be useful in lowering the inflammatory processes of the upper respiratory tract brought on by allergens since its constituents have Kapha and Vata-pacifying qualities. Its oil-based composition produces a barrier that aids in mucociliary clearance and stops allergens from being absorbed. This action strengthens the respiratory system and helps to reduce nasal congestion and oedema. Shadbindu Taila also strengthens and nourishes the nasal mucosal membrane, which amplifies its medicinal and preventive benefits^[15].

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