



## TO EVALUATE THE EFFECT OF CHATURJATAK CHURNA NASYA & SHATHYADI CHURNA ABHYANTARPAN IN PRATISHYAY.

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### ABSTRACT

**AIM** To Evaluate The Effect Of Chaturjatak Churna Nasya and Shathyadi Churna Abhyantarpan In Pratishyay. **OBJECTIVES** Study the efficacy of chaturjatak churna nasya & shathyadi churna in pratishyay. Study aushadhi dravyas in both medicine in detail. (nagkeshar,dalchini,tamalpatra,ela,shati,sunthi,mire,pipali,bhunyaamlaki). Pratishyaya is a complex disease involving several symptoms and diversified pathogenesis. Pratishyaya is considered as a disease since 2500 BC, the classical age of Ayurveda. Pratishyaya is an IgE mediated hypersensitivity disease of mucous membranes of the nasal airways. In Purvarupas of Rajayakshama Pratishyaya can be seen. Pratishyaya is an acute disease of Pranavaha Srotas. Only Charaka and Kashyapa have mentioned about the general symptoms of Pratishyaya. The main treatment for accumulated doshas in Pratishyaya is Shodhana Nasya. Hence, Pradhama Nasya, which is the best among all the Shodhana Nasya, was selected for this study Chaturjatak churna nasya is helpful in pratishyaya. Shathyadi churna use as internal medicine in pratishyaya. Due their doshghanta properties these drugs proven their efficacy in pratishyaya. The combination of chaturjatak churna nasya and shathyadi churna abhyantar pana is having encouraging results. Both in young and senile group use of chaturjatak churna nasya and shathyadi churna shows good result in my study. Individually nasya of chaturjatak churna nasya having good results. Individually shathyadi churna abhyantarpan having good result. Combination of chaturjatak churna nasya and shathyadi churna abhyantarpan having better results. **INCLUSION CRITERIA** : Patients of pratishyay between the age of 10 -80 Irrespective of sex and religion & socio economical class. Patients having rhinitis. **EXCLUSION CRITERIA** : Patients having Diabetes mellitus, Hypertension. Pregnant women. Patients below the age of 10 years and above 80 years. **INTERVENTION** : Grouping and Duration A) Chaturjat Churna:- Dose:(3 Muchunti) =125 mg (as per yogratnakar) ; Time:- early morning, before sun set ; Duration:- 8 days ( as per vagabhata charya ) B) Shathyadi Churna Dose: 3 GRAM ; Time:- BD dose ; Duration:- 8 days ; Anupana :Gud + Ghrit No adverse effect was observed during the course of study, hence being cost effective, it can be effectively utilized. Pratishyay and rhinitis can be correlated. Chaturjatak churna nasya & shathyadi churna are effective in rhinitis.

### CONCLUSION

- In this study the statistical analysis shows that there is no significant difference in effect of chaturjatak churna nasya and shathyadi churna abhyantar pana in the management of Pratishyay. Hence, chaturjatak churna nasya and shathyadi churna abhyantar pana can be the choice of drug in the management of Pratishyay to reduce the symptoms.
- No adverse effect was observed during the course of study, hence being cost effective, it can be effectively utilized. Pratishyay and rhinitis can be correlated. Chaturjatak churna nasya & shathyadi churna are effective in rhinitis.

### KEYWORDS : Pratishyaya, Pradhman Nasya, Shathi, Chaturjat Churna

### INTRODUCTION

Ayurveda samhita has explained different types of treatments and procedures for treating the nasal diseases. Nasya is one of the best treatment for Nasagat vikaras. Pratishyay is one of the important Nasagat vikara which is treated by Nasya and Abhyantar chikitsa. According to Yogaratnaka all types of pratishyays are treated by chaturjatak churna pradhama nasya and shathyadi churna with guda and ghrita abhyantarpana.

**AIM:-** To Evaluate The Effect Of Chaturjatak Churna Nasya & Shathyadi Churna Abhyantarpan In Pratishyay.

**OBJECTIVES:-** Study the efficacy of chaturjatak churna nasya & shathyadi churna in pratishyay. Study aushadhi dravyas in both medicine in detail. (nagkeshar,dalchini,tamalpatra,ela,shati,sunthi,mire,pipali,bhunyaamlaki)

### MATERIAL AND METHODOLOGY

#### INCLUSION CRITERIA

Patients of pratishyay between the age of 10 -80 Irrespective of sex and religion & socio economical class. Patients having rhinitis.

#### EXCLUSION CRITERIA

Patients having Diabetes mellitus, Hypertension. Pregnant women. Patients below the age of 10 years and above 80 years

#### INTERVENTION

Grouping and Duration A) Chaturjat Churna:- Dose:(3 Muchunti) =125 mg (as per yogratnakar) ; Time:- early morning, before sunset ; Duration:- 8 days (as per vagabhata charya) B) Shathyadi Churna Dose: 3 GRAM ;

Time:- BD dose ; Duration:- 8 days ; Anupana:Gud+Ghrit

### CHATURJATAK CHURNA

Contents	Latin Name	Rasa	Vipaka	Veerya	Gunas	Karma-
Twak(dalchini)	Cinamonu	Katu, Tikt, Madhur	Katu	Ushna	Laghu, Ruksha, Tikshna	Dosha: Vata kaphanas hak, Pittavardhak
Tamalpatra	Cinnamomum Tamal	Madhur, Tikshna	Madhur	Ushna	Laghu, Ushana	Kaphaghna. Vataghna
Ela	Valerian Wallichii	Tikta, kat	Katu	Ushna		Tridoshanashak,
Nagakeshar	Mesua Ferrea Benth +Hook	Kashaya, tikta,	Katu	Ushna	Laghu, Ruksh	Kaphapittashamak

चातुर्जतकचूर्णवाग्नेयं वा कृष्णजीर्कं /

प्रतिश्यायेषु शिरःपीदे शुनवसामरं // ४ // [ (YO.RA.NASAROG/69)

### SARVAPRATISHYAYE'CHATURJATAK'NASYAM: SHYADICHURNA

Contents	Latin Name	Rasa	Vipaka	Veerya	Gunas	Karma
Shathi:-	Heydychinun Spicatum	Katu, tikta, kashaya	Katu	Ushna	Laghu, teekshna	Vedanasthanapana, deepana, shoolprashmana
Shunthi:	Zinziber Officinal	Katu	Madhur	Ushna	Laghu, sigdha	Kaphvataghna

Pippali	Piper Longum	Katu	Madhur	Anusheeta	Laghu,snigdha,tikshna	Medhya,truptiona,expectorant
Marich	Piper Nigrum	Katu	Katu	Ushna	Laghu,tikshna,sookshma,	Shoolprashmana,shirovirechopang,krimighna
Bhumyaaamlaki	Phyllanthus Niruri	Tikta,kashaya,madhura	Madhur	Shita	Laghu,ruksh	Kaphapitta Shamaka
Gud						
Ghrut						

**PRATISHYAYADOSHATYADICHURNAM:**

“शतीतामलीउष्णोचूर्नसर्पिगुदन्वित्त/ हरेद्रेप्रतिष्यायंपार्श्वद्वयस्थिशुलनुत/७/॥” (YO.RA.[NASYAROGA/72)

**ASSESSMENTCRITERIA**

Signsandsymptomsarerecordedthroughobservationsandthenarration ofpatient.

RHINOSCOPY will be done prior to treatment and after the treatment of every patients. Signs and symptoms are taken as parameters for the assessmentandgradation. Theresultwillbeanalysedstatistically

**RESEARCHDESIGN:**

StudyWillInclude60Patients.TheyWillBeDividedInto2Groups.

1)GroupA-younggroup-(14-40)Years

A1) Treat with Chaturjat Churna Nasya -10A2) Treated With Shathyadi Churna(AbhyantarPan)-10

A3)TreatedWithBothNasya&AbhyantarPana-10

2)GroupB-senileAgeGroup- 40-80)Years

B1) Treated With Chaturjatak Churna Nasya-10 B2) Treated With ShathyadiChurna-10

B3)TreatedWihBothOfThese-10

A Separate Case Paper Will Be Designed For Evaluation Of Included Patients

**PosologyofTrialdrug**

Internally: shathyadi churna – 3 gm BD for 8 days (Sharangdhara Samhita...Purvakhanda/63.)

Anupanaofdrug:-gud+ghruta(asperyogratnakar)

- Externally: chaturjatak churna Nasya for 8 day- 125 mg bd dose:(3 muchunti)asperyogaratnakara
- Time:-earlymorning,beforesunset
- Duration:-8days (aspervagabhataacharya)

**Durationofthestudy:-**

Patientswere monitoredforthechangescauseddueto chaturjatak churna nasya andshathyadichurnaabhyantarpanon0,2nd,4thand6thand8thdays after the same. These 8 days were considered as the duration of the treatment.

**OBSERVATION TABLE :-**

Sr. No.	Lakshanas (Symptoms)	0	2 <sup>nd</sup>	4 <sup>th</sup>	6 <sup>th</sup>	8 <sup>th</sup>
1.	Shwayathu (Sneezing)					
2.	Sakasht Shwasan (Difficulty in breathing & Nasal obstruction)					
3.	Shirogaurav (Heaviness in head)					
4.	Shirshoola (Headache)					
5.	Nasasarava (Nasal discharge)					

**Gradationchart:**

Normal	0
Mild	+
Moderate	++
Severe	+++

**OBSERVATIONSANDRESULTS**

Total 60 patients were registered in this clinical study which was dividedinto2groups&6subgroups

Name of group	Sub group	REGISTERED	COMPLETED	DROPPED
Senile age group	Chaturjatak churna	10	10	0
	Shathyadi churna	10	10	03
Young age group	Chaturjatak churna +shathyadi churna	10	10	02
	Chaturjatak churna	10	10	00
	Shathyadi churna	10	10	00
	Chaturjatak churna +shathyadi churna	10	10	00

**STATISTICALANALYSIS**

Statistical analysis done by Wilcoxon 'Z' test & Mann-Whitney's U test aftercollectingalldata.

Data is represented by suitable graphs and diagram. NASAGAT SLESHMALKALASHOTHtvaluevalueGroup A -0.220..827Group B

**Comparison of senile age group and young age group in nasya & abhyantarpanaonnasagatsleshmalkalashothinpratishyaya**

NASAGAT SLESHMAL KALA SHOTH	t value	p value
Group A	-0.22	0..827
Group B		

Asp value>0.05 we found that there was statistical significant difference between senile age group and young age group in nasya & abhyantarpana on nasagat sleshmalkala shoth in pratishyaya also as percentage of improvement seen from above table we get percentage of improvement in senile age group was more than young age group we can say that nasya & abhyantarpana is more effective on senile age group as compared to young age group on nasagatsleshmalkalashothinpratishyaya.

**Comparison of chaturjatak churna nasya , shathyadi churna+guda+ ghrut (abyantarpan) and both nasya & abhyantarpanaonrhinoreainpratishyaya.**

Rhinoera					
SV	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.041979	2	0.520989	1.531863	0.225726
Within Groups	17.68529	52	0.340102		
Total	18.72727	54			

Asp value>0.05 we found that there was statistical significant difference between Chaturjatak churna nasya , shathyadi churna+guda+ghrit (abyantarpan) and both nasya & abhyantarpana on rhinorea e in pratishyaya. Also as percentage of improvement seen from above diagram we get percentage of improvement of both nasya & abhyantarpana was more than chaturjatak churna nasya as well as shathyadi churna+guda+ghrit(abyantarpan)onrhinoreainpratishyaya.

**Comparison of chaturjatak churna nasya , shathyadi churna+guda+ ghrut (abyantarpan) and both nasya & abhyantarpanaonheadacheinpratishyaya.**

Headache					
SV	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	0.01016	2	0.00508	0.01113	0.988934
Within Groups	23.73529	52	0.456448		
Total	23.74545	54			

Asp value>0.05 we found that there was statistical significant difference between Chaturjatak churna nasya , shathyadi churna+guda+ghrit (abyantarpan) and both nasya & abhyantarpana on headache in pratishyaya. Also as percentage of improvement seen from above diagram

we get percentage of improvement of both nasya & abhyantarpana was more than chaturjatak churna nasya as well as shathyadi churna+guda+ghrit(abyantarpn)onheadacheinpratishtyaya.

**comparisonofchaturjatak churnanasya,shathyadichurna+guda+ghrit(abyantarpn)andbothnasya& abhyantarpanaonsneezingin pratishtyaya**

Sneezing					
SV	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	0.677807	2	0.338904	0.651072	0.525685
Within Groups	27.06765	52	0.520532		
Total	27.74545	54			

As p value>0.05 we found that there was statistical significant difference between Chaturjatak churna nasya , shathyadi churna+guda+ghrit (abyantarpan) and both nasya & abhyantarpana on sneezing in pratishtyaya. Also a percentage of improvement seen from above diagram we get percentage of improvement of shathyadi churna+guda+ghrit (abyantarpan) was more than chaturjatak churna nasya as well as both nasya & abhyantarpana on sneezing in pratishtyaya.

**Comparison of chaturjatak churna nasya , shathyadi churna+guda+ghrit (abyantarpan) and both nasya & abhyantarpana on nasal blockage in pratishtyaya**

nasal blockage					
SV	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2.295455	2	1.147727	3.5004	0.037478
Within Groups	17.05	52	0.327885		
Total	19.34545	54			

As p value>0.05 we found that there was statistical significant difference between Chaturjatak churna nasya , shathyadi churna+guda+ghrit (abyantarpan) and both nasya & abhyantarpana on nasal blockage in pratishtyaya. Also a percentage of improvement seen from above diagram we get percentage of improvement of shathyadi churna+guda+ghrit (abyantarpan) was more than chaturjatak churna nasya as well as both nasya & abhyantarpana on nasal blockage in pratishtyaya.

**DISCUSSION ON DEMOGRAPHIC DATA**

AGE: In senile age group maximum no of pts found in the interval of 60-70 yrs.

In young age group maximum no of pts found in the interval of 20-30 yrs.

The results assessed assume that the medicament is capable of developing lacks and breaches of the immune developments. These age groups are supportive to the immune development and development of immune resistance in the body

GENDER: The gender is not specific here in this trial. But still few points draw attention of us.

Maximum Male pts found in senile age group  
Maximum female pts found in Young age group

The result are offered good response at the both groups individually and also at the comparison.

Thus it is clear and evidential that the medicine doesn't have any gender specificity.

**OCCUPATION;**-Occupation is one of the important factors of discussion. Usually exposure to the cold or dust and extreme nasal irritant subjects makes one's prone to get the Pratishtyaya. Here an attempt is made to understand the active group occupations. Many are exposed to dust and habituated to go for cold beverages. This dietetic habit of consuming cold immediately after work or when strained makes one's Dosha alterations. Miraculously the labor group is very small here. Probable reason behind is that these people with repeated attacks of Pratishtyaya developed the resistance to it.

Maximum retired pts found in SENILE Age Group  
Maximum student and teacher pts found in YOUNG Age Group

**DISCUSSION ON LITERATURE:-**

Treatment of pratishtyaya which are mention in samhitas are – nidan parivarjan, nasya, aushadhisevan so we used Chaturjatak churna nasya and shathyadi churna abyantarpan In Charak Samhita Charka Describe Chaturjatak As A "vat-kaphaghna" hence as per samprapti of Pratishtyaya it work as samprapti bhanga of pratishtyaya In Yog Ratnakara Pratishtyaya Explain & Efficacy Of Above Drugs Is Mention Well In Ashtang Sangraha Chaturjatak Churn Nasya Is Mention In Vat –Kaphaj Vyadhi, Shathi Is Mention As Gandhi and due to its rasa, virya, vipak it is work in Pratishtyaya.

In Various Desertation explained that Shhathi Is work As Nasal Decongestant As Well As Antihistaminic Properties (eg. study done by Dr Vashista)

**Mode of action of chaturjatak churna:-**

The ingredients of chaturjatak churna major drugs possess Katurasa, Ushnaverya, Snigdha guna and vipaka madhur and especially nagkeshar is having Ushna does Vata and Kapha shamana, because of Teekshna and Sukshmaguna1, the medicine will penetrate into minute channels does Srothoshodhana. By the above properties the nasya drugs removes the obstruction and facilitate the drainage of discharge. It will also acts as Balya, brimhana, rasayana by nourishing dhatus and enhances immunity. This immune-modulation will reduce the inflammatory process in nasal cavity and sinuses. Majority of ingredients possess anti-inflammatory activity, which also prevent the inflammatory process

**Mode of action of shathyadi churna (abyantarpana):-**

The shathyadi churna possesses anti-inflammatory, antioxidant, immune-modulatory and antiasthmatic and also stabilizes mast cell and reduces mucus secretion. There by justifying the efficacy of shathyadi churna (abyantarpana) in relieving the symptoms of Rhinitis. Srotoshodhaka, Abhishyandahara (decongestant), Shothahara (Anti-inflammatory), Immuno-stimulator, Antioxidant, Kledahara, Vedanasthapana (Analgesic) Kaphashodhaka and Vata kaphaghna2.

**DISCUSSION ON SYMPTOMS**

- In rhinorrhea on 0 day the 21.42%, 18.12% & 17.46% in respective groups, on 0th - 8th day the improvement graph increase to 95.78%, 87.86%, 82.05% respectively we get percentage of improvement of both nasya & abhyantarpana was more than chaturjatak churna nasya as well as shathyadi churna+guda+ghrit (abyantarpan) on rhinoreain pratishtyaya.
- In headache on 0th-2nd day the percentage are 18.72%, 13.41%, 18.82%, on 0-8th day it increase upto 86.65%, 86.19%, 86.39% respectively we get percentage of improvement of both nasya & abhyantarpana was more than chaturjatak churna nasya as well as shathyadi churna+guda+ghrit (abyantarpan) on headache in pratishtyaya.
- In sneezing on 0-2nd day the percentage are 34.51%, 18.19%, 8.43%, on 0-8th day 88.53%, 88.06%, 82.86% we get percentage of improvement of shathyadi churna+guda+ghrit (abyantarpan) was more than chaturjatak churna nasya as well as both nasya & abhyantarpana on sneezing in pratishtyaya.
- In nasal blockage on 0-2nd day the percentage improvement are 26.98%, 20.18%, 20.96% which improve on 0-8th day as 100%, 90.95%, 85.00% we get percentage of improvement of shathyadi churna+guda+ghrit (abyantarpan) was more than chaturjatak churna nasya as well as both nasya & abhyantarpana on nasal blockage in pratishtyaya
- In nasagat sleshmalkala shoth the percentage improvement on 0-2nd day are 26.06%, 22.19%, 26.17% which get improve on 0-8th day as 94.65%, 93.42%, 92.72% we get percentage of improvement of shathyadi churna+guda+ghrit (abyantarpan) was more than chaturjatak churna nasya as well as both nasya & abhyantarpana on nasagat sleshmalkala shoth in pratishtyaya. CONCLUSION

- Pratishtyaya and rhinitis can be correlated
- Pratishtyaya affects commonly irrespective of age and sex
- The chronological events of symptoms are equal in both group..
- Chaturjatak churna nasya & shathyadi churna are individually effective in rhinitis
- In combination both the drugs are (Chaturjatak churna nasya & shathyadi churna) more effective.
- The drugs are cost effective

- Easytotake
- Withoutanyadverseeffect
- Hence chaturjatak churna nasya and shathyadi churna (abhyantarpan) can be the choice of drugs in the management of pratishyay to reducethesyptoms.

#### SUMMARY

- Pratishyaya is a complex disease involving several symptoms and diversifiedpathogenesis.
- Pratishyayaisconsideredasadiseasesince2500BC,theclassicalage ofAyurveda.
- Pratishyaya is an IgE mediated hypersensitivity disease of mucous membranesofthenasalairways.
- InPurvarupasofRajyakshamaPratishyayacanbeseen.
- PratishyayaisanacutediseaseofPranavahaSrotas.
- Only Charaka and Kashyapa have mentioned about the general symptomsofPratishyaya.
- The main treatment for accumulated doshas in Pratishyaya is ShodhanaNasya.Hence,PradhamanaNasya,whichisthebestamong alltheShodhanaNasya,wasselectedforthisstudy
- Chaturjatakchurnanasyaishelpfulinpratishyaya
- Shathyadichurnaaseasinternalmedicineinpratishyay
- Due their doshghanta properties these drugs proven their efficacy in pratishayay
- The combination of chaturjatak churna nasya and shathyadi churna abhyantarpanaishavingincourangingresults.
- Bothinyoungueandsenilegroupuseofchaturjatakchurnanasyaand shathyadichurnashowsgoodresultinmystudy
- Individuallynasyaofchaturjatakchurnanasyahavinggoodresults
- Individuallyshathyadichurnaabhyantarpanhavinggoodresult
- Combination of chaturjatak churna nasya and shathyadi churna abhyantarpanhavingbetterresults
- The composition of drugs can be the alternative treatment in allopathyforrhinities
- Thedrugsarenothavinganysideeffectsinnystudy

The treatment of chaturjatak churna nasya and shathyadi churna abhyantarpan is very cost effective and easy for administration so that patient can betakeiteasily.

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