



## PRATISHYAYA IN AYURVEDA AND ITS CORRELATION WITH RHINITIS AND SINUSITIS: A REVIEW ARTICLE

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**ABSTRACT** Pratishyaya is one of the most common diseases of the upper respiratory tract described in Ayurveda, characterized by nasal discharge, nasal obstruction, heaviness in head, sneezing, and reduced sense of smell. Modern medicine correlates these features with rhinitis and sinusitis, which are highly prevalent conditions globally, affecting quality of life and causing significant socioeconomic burden. Ayurveda attributes Pratishyaya to vitiation of Vata and Kapha dosha along with Ama formation and disturbed Pranavaha srotas. The disease is classified into different types including Vataja, Pittaja, Kaphaja, Sannipataja, and Dushta Pratishyaya, each with characteristic features. Modern rhinitis is classified into allergic, infectious, and non-allergic types, while sinusitis is described as acute or chronic inflammation of the paranasal sinuses. The correlation between Pratishyaya, rhinitis, and sinusitis is evident in terms of etiology, pathogenesis, and clinical features. Ayurvedic management emphasizes Nidanaparivarjana, Shodhana (Vamana, Nasya), and Shamana chikitsa with drugs like Trikatu, Pippali, Sitopaladi churna, Vyaghri haritaki avaleha, and Rasayana therapy. This review attempts to analyze Pratishyaya through Ayurvedic and modern perspectives, highlighting its clinical correlation with rhinitis and sinusitis.

**KEYWORDS :** Pratishyaya, Rhinitis, Sinusitis, Ayurveda, Nasya, Vyaghri haritaki

### INTRODUCTION

Pratishyaya is a frequently encountered respiratory disorder in Ayurveda, affecting individuals of all age groups. The condition is broadly described in Ayurvedic texts with emphasis on its etiology, dosha involvement, and progression. Its prevalence in modern times can be correlated with increasing allergic disorders, infections, environmental pollution, and altered lifestyle.

Globally, rhinitis affects up to 20–30% of the population, while sinusitis affects nearly 10–15% of adults annually [1]. Chronic rhinosinusitis significantly impacts productivity, sleep quality, and healthcare expenditure [2].

Ayurveda provides a holistic understanding of Pratishyaya with preventive, promotive, and curative approaches. By analyzing its classical references alongside modern understanding of rhinitis and sinusitis, deeper insights can be drawn for integrative management.

### Conceptual Review

Pratishyaya in Ayurveda

**Nidana (Etiology):** Exposure to cold, dust, excessive intake of heavy, cold, and oily food, excessive talking, suppression of natural urges, Ratri jagarana, and sudden change in climate [3].

### Samprapti (Pathogenesis):

- Vata gets vitiated due to Ati-bhashana (excessive talking), Ratri-jagarana (night vigil), or cold exposure.
- Kapha gets aggravated due to Snigdha, Guru ahara and Abhishyandi ahara.
- Vitiating doshas accumulate in Pranavaha srotas (nasal passage and sinuses) causing Shotha (inflammation), Srotorodha (obstruction), and Nasa srava (discharge).

### Types Of Pratishyaya [4]:

1. **Vataja** – dry nose, headache, sneezing.
2. **Pittaja** – burning sensation, yellowish discharge, fever.
3. **Kaphaja** – thick mucoid discharge, heaviness, drowsiness.
4. **Sannipataja** – mixed features, more severe.
5. **Dushta Pratishyaya** – chronic, difficult to treat, with foul discharge and anosmia. **Clinical features:** Nasal discharge, obstruction, sneezing, heaviness of head, reduced smell – closely resembling rhinitis and sinusitis.

### Rhinitis And Sinusitis In Modern Medicine Rhinitis:

- Inflammation of the nasal mucosa characterized by rhinorrhea, nasal obstruction, sneezing, itching, and postnasal drip.

### Types:

- **Allergic Rhinitis** – IgE-mediated, seasonal or perennial.
- **Infectious Rhinitis** – viral or bacterial.
- **Non-allergic Rhinitis** – irritant-induced.

### Sinusitis:

- Inflammation of paranasal sinuses, usually following rhinitis.
- **Acute Sinusitis:** Symptoms <4 weeks, often viral/bacterial.
- **Chronic Sinusitis:** Symptoms >12 weeks, often due to mucociliary dysfunction, allergy, or structural abnormalities [5].

**Complications:** Orbital cellulitis, brain abscess, meningitis in untreated cases.

### Correlation Of Pratishyaya With Rhinitis And Sinusitis

Ayurvedic Pratishyaya	Modern Correlation	Key Features
Vataja Pratishyaya	Atrophic/vasomotor rhinitis	Dryness, sneezing, headache
Pittaja Pratishyaya	Infective rhinitis/sinusitis	Yellowish discharge, burning, fever
Kaphaja Pratishyaya	Allergic/chronic rhinitis	Thick white discharge, heaviness
Sannipataja Pratishyaya	Mixed rhinosinusitis	Severe, recurrent, mixed symptoms
Dushta Pratishyaya	Chronic sinusitis with complications	Foul discharge, anosmia, chronicity

Thus, Ayurveda and modern medicine show striking similarities in symptomatology and disease progression.

### Ayurvedic Management of Pratishyaya

#### 1. Nidanaparivarjana (Avoidance of Causative Factors) [6]

The foremost principle in Ayurveda is elimination of causative factors (Nidana Parivarjana). Patients are advised to avoid cold exposure, excessive dust, curd, heavy and incompatible foods, day sleep, and late-night awakening, as these contribute to Kapha vitiation and lowered immunity. This preventive strategy is comparable to allergen avoidance and lifestyle modifications recommended in modern management of rhinitis.

#### 2. Shodhana Chikitsa (Purification Therapies)

- **Vamana Karma:** Indicated in Kaphaja Pratishyaya and recurrent episodes. Therapeutic emesis eliminates aggravated Kapha from the upper channels, reducing recurrence and improving respiratory health [7].
- **Nasya Karma:** Administration of medicated oils such as Anu

Taila and Shadbindu Taila lubricates the nasal passages, clears Kapha accumulations, improves olfaction, and strengthens the nasal mucosa. Regular Nasya has been shown to enhance local immunity and prevent chronic sinusitis [8].

### 3. Shamana Chikitsa (Palliative Measures)

- **Churna:**
- Trikatu Churna (combination of Pippali, Maricha, and Shunthi) acts as a bio- enhancer, digestive stimulant, and Kapha-Shamaka [9].
- Sitopaladi Churna alleviates cough, cold, and congestion, useful in Vata-Kapha Pratishyaya [10].
- **Avalehya:**
- Vyaghri Haritaki Avaleha provides mucolytic and bronchodilator effects.
- Chyavanaprasha, a classical Rasayana, enhances immunity, prevents recurrence, and supports respiratory health [11].
- **Kwatha:**
- Dashamoola Kwatha reduces inflammation and balances Vata-Kapha.
- Kantakari Kwatha acts as an expectorant and relieves nasal obstruction [12].

### 4. Rasayana Therapy

Rasayana plays a pivotal role in strengthening the immune system and preventing recurrent episodes.

- Amalaki (*Emblica officinalis*) – a rich source of Vitamin C, enhances Ojas and prevents oxidative stress [13].
- Guduchi (*Tinospora cordifolia*) – proven immunomodulator and antipyretic [14].
- Pippali Rasayana – improves respiratory endurance and delays recurrence of chronic rhinitis [15].

### 5. Local Therapies

- **Dhoomapana (medicated inhalation):** Helps clear excessive Kapha from nasal and respiratory passages.
- **Gandusha and Kavala (oil holding and gargling):** Maintain oral and nasal mucosal health, reduce microbial load, and strengthen local immunity [16].

These local measures provide a protective barrier to mucosa and complement systemic therapies, much like saline irrigation and gargles in modern ENT practice.

### Modern Management Of Rhinitis And Sinusitis [17]

- **Rhinitis:** Antihistamines, nasal corticosteroids, decongestants, leukotriene inhibitors, allergen avoidance.
- **Acute Sinusitis:** Symptomatic care, antibiotics in bacterial cases, nasal decongestants.
- **Chronic Sinusitis:** Intranasal corticosteroids, saline irrigation, surgery in refractory cases.

### DISCUSSION

Pratishyaya, rhinitis, and sinusitis exhibit overlapping clinical features such as nasal discharge, nasal obstruction, sneezing, headache, and heaviness of the head. While modern medicine classifies these conditions into allergic, infectious, and chronic variants, Ayurveda provides a parallel yet more individualized classification into Vataja, Pittaja, Kaphaja, Sannipataja, and Dushta Pratishyaya. Notably, Dushta Pratishyaya and chronic types described in Ayurveda closely correlate with chronic sinusitis and its complications in modern medicine. A unique strength of Ayurveda lies in its dual focus—providing symptomatic relief while simultaneously addressing the root causes. Therapies such as Nasya (nasal instillation of medicated oils), Shodhana (purificatory measures), and Rasayana (immunomodulation and rejuvenation) aim to reduce recurrence and strengthen host resistance. In contrast, modern management emphasizes rapid symptomatic control through antihistamines, corticosteroids, antibiotics, and decongestants, but often lacks preventive strategies and long-term disease-modifying potential.

Thus, an integrative approach combining modern pharmacology for acute symptom relief with Ayurvedic Rasayana and Nasya therapies for long-term immune strengthening can yield superior outcomes. Such a model not only ensures holistic patient care but also reduces recurrence, chronicity, and the burden of complications.

### CONCLUSION

Pratishyaya described in Ayurveda shows a strong correlation with modern rhinitis and sinusitis in etiology, pathogenesis, and clinical manifestations. Ayurveda, however, extends beyond symptomatic relief, offering a multidimensional management framework that includes Nidanaparivarjana (elimination of causative factors), Shodhana (detoxification), Shamana (palliative measures), and Rasayana (rejuvenation and immunity enhancement).

The preventive and restorative dimension of Ayurveda—particularly through lifestyle regulation, dietary modification, and immune-boosting therapies—holds special significance in recurrent rhinitis and chronic sinusitis, where conventional medicine often struggles to prevent relapse. By integrating Ayurveda's holistic preventive approach with the precision and rapid action of modern therapeutics, a safe, effective, and sustainable management protocol for Pratishyaya can be established, addressing both acute care and long-term wellness.

### Future Scope

Future research should focus on designing integrative clinical trials to evaluate the combined efficacy of Ayurvedic and modern modalities in rhinitis and sinusitis. The pharmacological validation of classical Rasayana drugs and Nasya formulations could provide evidence-based solutions for immune modulation and relapse prevention. Additionally, lifestyle-based preventive models derived from Ayurveda can be adapted for public health programs aimed at reducing the burden of recurrent upper respiratory disorders. Collaborative research between Ayurveda and modern medicine has the potential to establish standardized, globally acceptable protocols for the holistic management of Pratishyaya.

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