



“ROLE OF SHADBINDU TAIL IN THE MANAGEMENT OF ALLERGIC RHINITIS: A REVIEW ARTICLE”

Ayurveda

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ABSTRACT

BACKGROUND:- Allergic Rhinitis is an allergic inflammation of the nasal membrane, it occurs when an allergen such as pollen dust or animal dander is inhaled by an individual with a sensitized immune system, the characteristic symptoms of allergic rhinitis are rhinorrhea, sneezing, itching, nasal congestion and obstruction. The symptoms of *vata-kaphaj pratishaya* resembles most of allergic rhinitis. *Acharya Sushruta* clearly mentioned in *Uttar Tantra* that *pratishaya* is the disease condition in which *vata kapha dusti* was observed. So it can be concluded that the shadbindu tail may have following properties, anti-inflammatory, anti-viral, anti-bacterial properties. There fore it can help in fighting infection of sinuses and reduces inflammation in allergic rhinitis. There is considerable decrease in

AIMS AND OBJECTIVE:- To explore the mode of action of *shadbindu tail* in Allergic Rhinitis.

MATERIAL AND METHODS:- For the present review article, detailed literary study was done various *ayurvedic* texts were reviewed. Some other research article were also analyzed and studied

CONCLUSION:- *Shadbindu Tail* is an *ayurvedic* formulation used to pacify *vata* and *kapha dosha* and symptoms of allergic rhinitis, its properties are anti-allergic, anti-inflammatory, anti-viral, *vata-kapha shamak* etc, which are quite effective for the treatment of allergic rhinitis. So *shadbindu tail* is effective in managing symptoms of allergic rhinitis.

KEYWORDS

INTRODUCTION:-

Today, due to change in lifestyle, food patterns, increased pollution and decreased exercise in life patterns like excessive exposure to pollution, taking cold drinks, ice cream etc. So respiratory problems have been increasing and produces phlegm disease which give rise to respiratory tract disease. As respiration is soul of physiological activity, *pranava strotas* has its importance. *Dushti* of *pranava strotas* may disturb the physiological activity of body. *Nasa* protects in *pranava strotas* by adhering the harmful factors like pollen, dust the mucous membrane also humidifies air entering the nose and regularizes the temperature of air entering the nose. The pollution and the above side factors affect nose and mucosal membrane leading to various nasal disease. Allergic Rhinitis also a disease among them which is described by all *Ayurvedacharya* [1-4]. In that Allergic rhinitis is commonest upper respiratory tract infection.

It is inflammation of nasal mucosal allergic rhinitis is associated with a group of symptoms affecting the nose. These symptoms occur when you breathe in something you are allergic to such as dust animal dander or pollen. Symptoms can also occur when you take a food that you are allergic to. It affects 10-20% of the population. The most common acute infection of the nose is viral rhinitis also known as coryza most common is Rhinovirus.

It is associated with

1. Hereditary
2. Oestrogen deficiency
3. Racial white, yellow
4. Nutritional def. vit. A, D, E, Fe
5. Infection klebsiella ozaena⁵

the characteristic symptoms of allergic rhinitis are rhinorrhea, itching, sneezing, nasal discharge, headache, nasal congestion and obstruction. The symptoms of *vata-kaphaj pratishaya* resembles most of allergic rhinitis.

Acharya Susrutha clearly mentioned in *uttar tantra* that *pratishaya* is the disease condition in which *vata-kapha dosh dusti* was observed.⁶

SHADBINDU TAIL

The main action of *shadbindu tail* is on nasal cavity sinuses and upper part of the body including brain, scalp, hair, jawbone, mouth and eyes, here are some main uses and benefits of *shadbindu tail*.

Shadbindu tail; it can be concluded that this *kalpa* may have following properties.

Tikta-katu rasa increases, *kaphadhatvagni*; *ushna-tikshnaguna*

decreases excessive *kapha* production *Madhur Vipak balya* to nasal mucosa. *Snigdha Guna* stabilizes vitiated *vata pitta dosha*. There is considerable decrease in symptomatic relief with *shadbindu tail Nasya karma*. *Shadbindu tail* has anti-inflammatory, anti-viral, and anti-bacterial properties. Therefore it can help fighting infection of sinuses and reduces inflammation in Allergic rhinitis.⁷

According to *Bhaisajyaratnavali* ingredients of *shadbindu tail* are Sesame oil, Goat's milk, *Bhringraj (Eclipta alba)* Castor roots, *Tagara roots (Valeriana wallichii)*, Indian dill (*Anethum sowa*), *Jivanti (Leptadenia reticulata)*, *Rasna (Pluchea lanceolata)*, Cinnamon (*Cinnamomum zeylanicum*), False black pepper (*Embelia ribes*), *Mulethi (Glycyrrhiza glabra)*, Ginger (*Zingiber officinale*), Rock salt. Almost every classics of *Ayurveda* like *Bhaisajyaratnavali*, *Nighantu* etc.^{8,9}

AIMS AND OBJECTIVES:-

To know the efficacy of *shadbindu tail* in Allergic Rhinitis.

MATERIAL AND METHODS:- It is review article for the present review detailed literary study was done described in *ayurvedic* texts briefly reviewed. Some other *ayurvedic* texts and research articles were also analyzed and studied.

DISCUSSION:-

Allergic rhinitis is characterized by inflammation in nasal mucosa. It is often hereditary estrogen deficiency, Racial (whites), nutritional deficiency vit. A, D, E, Fe, Viral (Klebsiella ozaena). it is mainly due to *Kapha Vataj prakriti*, the trial drug utility in based on fact that it directly act on *kapha dosha* & decrease excessive *kapha* production & *Madhur vipak balya* to nasal mucosa & overall decrease symptoms. *Acharya Govind das* has mentioned *shadbindu tail* in *kushattarog*¹⁰. Main action of this *kaphashoshana*, *Vatashamak*, *Shirovirechaka* & *Srotoshodhana* and *kesya*, *danta karma* *bahubala karma*, *caksusyam* etc. as *shadbindu tail* is for upper respiratory tract infection but is very effective in allergic rhinitis. It is one of the famous *Nasya oil* used in *Ayurveda* *shadbindu oil* a main medicine used in *Nasya panchakarma* therapy. It is also useful in the treatment of septal deviations or turbinated hypertrophy etc. the symptoms of allergic resemble to *vata kaphaj pratishaya*. *Pratishaya* is well known for its recurrence and chronicity. Recurrence of disease happens only when the vitiated doshas have not been eradicated completely. This dosha reside in the body in their latent stage & when they come in contact with aggravating factors gives rise to some disease again. As per *ayurvedic* literature suggestive and safe line of treatment of allergic which will help to improve natural immunity, of patient.

CONCLUSION:-

Shadbindu tail is ayurvedic formulation use to manage the allergic rhinitis. it's properties like anti-allergic, anti-inflammatory, anti-viral, anti-bacterial are quite effects for treatment of allergic rhinitis. So shadbindu tail is effective in Allergic rhinitis.

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