



ROLE OF ANU TAILA NASYA IN THE MANAGEMENT OF VATAJA PRATISHYAYA (AR):A SINGLE CASE STUDY

Ayurveda

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ABSTRACT

Now a days pollutant air is the big problem of present scenario and disease like allergic rhinitis, acute rhinitis, allergic asthma is very often. Allergic rhinitis is one of the prime disease of respiratory system found in all age groups irrespective of sex. In Ayurveda AR is correlates with vataja pratishyaya on the basis of etiology and clinical features and patients get considerable relief from the medicines prescribed on vataja pratishyaya line of treatment. Modern medicine undoubtedly relieves symptoms very fast but permanent cure is much possible through holistic approach of Ayurvedic science. In this research paper a holistic approach to find out effective role of Anu tail Nasya will be observed with respect to its clinical effect on patients.

KEYWORDS

Vataja pratishyaya, Nasya, Anu tail,allergic rhinitis.

INTRODUCTION

Nose is the most important sense organ and it is more prone for infection such as allergic rhinitis and acute rhinitis, allergic asthma etc.AR is a symptomatic disorder of the nose induced after exposure due to IgE mediated inflammation of membranes lining the nose.AR symptoms typically cause cold like symptoms such as sneezing, itching in eyes or nose, nasal congestion, runny nose etc.

Throughout the prevalence of AR has slightly escalated currently approximately 10%-15% of adults and 40% of adults and 40% of children's are affected. In India the prevalence of AR 11.3%.¹

AR occurs due to sensitivity to allergens such as pollens. It is an IgE mediated immune response consisting of an early acute response due to degranulation of mast cells and a delayed prolonged response in which there infiltration by leukocytes such as eosinophils, basophils, neutrophils and macrophages accompanied with oedema.²

In Ayurveda AR is correlated with vataja pratishyaya on the basis of causes and symptoms. Acharya Shushrut says pratishyaya is main Nasaroga and if it can not treated properly it can causes any disease like kasa ,kshaya etc. Causes of pratishyaya are Nariprasanga ,dhuli-rajah, sheetamatipratapah etc.symptoms of vataja pratishyaya is nasa avrodh(nasal congestion),tanu strav(runny nose), kshavthu(sneezing), sankh nistoda (headache)etc.³ Treatment of AR in modern medicine relives symptoms very fast but permanent cure is very much possible. In this research paper a holistic approach to find out effective role of Anu tail nashay in the management of AR.

AIM & OBJECTIVES

1. To study the effect of Anu tail nasya in the management of vataja pratishyaya(AR).
2. To find out the effective Ayurvedic management for vataja pratishyaya(AR).

MATERIALAND METHODS

Selection Of Patient- for this study, patient was registered from OPD of Pt.Khushilal Sharma Govt.Ayurvedic Hospital Bhopal.

Plan For Study- Patient taking allopathy medicine was stopped during study period. The drug required for pratimarsha nasya were procured and prepared in prakalp of panchakarma in Pt. Khushilal Sharma Govt. Hospital Bhopal.

Duration Of Study- 30 Days. Follow up every 15 days for 3months.

Case Report -A40 year old female pt.department of kayachikitsa Pt. Khushilal Sharma Govt.Hospital Bhopal, with chief complaints of kshavthu (sneezing), nasa avarodha(nasal congestion), netra kandu (itching sensation in eyes), since 5yrs. ,backache is associated problem. The patient experiences these symptoms ever day spontaneously when she contacts with dust. The symptoms are bothersome that they are inter-rupting her daily routine over the

counter oral anti-histamines help her symptoms a little.

History Of Present Illness – The patient was normal 5yrs. back then suddenly patient feels this symptom during exposure of dust than gradually symptoms worse with time. The patient had taken allopathic medicine (anti histamines) but, there was temporary symptomatic relief. The patient was not getting much relief with allopathic medicines, so she come to Pt. Khushilal Sharma Govt. Ayurvedic Hospital Bhopal.

History Of Past Illness-no

Family History -no

Personal History- Addiction -no, occupation-house wife, appetite-normal, sleep-normal, bowel- clear, micturition -normal.

General Examination - BP-110/80 mm of hg.

Pulse-76/mint.

Wt.-60k.g.

Pallor, icterus, cyanosis-absent.

RESULTS

The patient was treated with chikitsa sutra explained in classics as anu tail nasya.

She was followed up every 15th day for 3 months. Her progressive reports are as follows.

On the first follow-up visit patient told mild relief in all symptoms and her sneezing frequency was reduced up to 30%. Then gradually relief in every symptoms and the last follow up visit patient relief in nasa avarodha(nasal congestion),netra kandu(itching in eyes),nasa starav (runny nose).her sneezing was reduced up to 80%.and patient feels healthy.

DISCUSSION

In the present era mostly people believe ayurvedic medicine act gradually but this is not true if proper diagnosis done and proper medicine is prescribed than it gives wonderful results. Ayurveda is the science of life if applied systematically has the ability to ensure complete cure. Acharya mentioned many types of chikitsa one type is shaman and shodhan chikitsa, panchakarma is under shodhan chikitsa ,it is a patent tool of Ayurveda to cure the disease from its root, and shaman chikitsa maintains disturbed doshas. Nasya karma is an important part of Panchkarma and is the best treatment for Urdhvajatruroga. As above problem concern with nasa swasthya one should undergo Nasya(one of the panchkarma process). Nose is considered gateway of head nerves and Nasya karma help to deliver the medicine to brain.⁵ Ayurveda Anu tail nasya is one of the shaman type of nasya,it contents like jeevanti, nagarmotha, dalchini, usheer, annatmoola, mulethi, rashna, vrihati ect.⁶ And properties tikta rasa, laghu guna, ushana veerya and katu vipaka does tridosha shamak anti-

inflammatory gives strength to nerves and capacity to spread through minute channels.

CONCLUSION

The present case study shows that Nasya karma work effectively in the management of vataja pratishyaya(AR). Nasya karma by anu tail can be efficiently done as no adverse effects were observed. There is good result in vataja pratishyaya(AR). Nasya karma is one of the Pradhan karma in panchkarma, and give wonderful result in urdhva jatrugata vikara while there is scope for further research, but it is more important that proper diagnosis and Ayurvedic management must be given for better management in vataja pratishyaya(AR).

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