

## MARVELOUS EFFECT OF AYURVEDIC MANAGEMENT IN ALLERGIC RHINITIS – A SINGLE CASE STUDY

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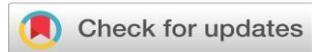
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### ABSTRACT

Allergic rhinitis is a common respiratory condition that affects people of all ages. A sedentary lifestyle, exposure to cold weather, regular usage of an air conditioner or cooler, consuming junk foods, ice creams, cold drinks, curd and sour foods such as pickles and sauce are the main causes of this condition. This causes thin nasal discharge, headache, eye pain, and continuous sneezing which results in disturbed sleep affects daily routine activities, and thereby reduces one overall performance. Allergic Rhinitis may be correlated with *Vataja Pratishyaya* as described in *Ayurveda*. In *Vataja Pratishyaya* symptoms like *Brisha Kshavadhu* (Profuse sneezing), *Ghranoparodha* (Nasal blockage or congestion), *Shirashoola* (Headache), *Svarasada* (Weak voice), *Sishira Acha Kapha Sruti* (Discharge of cold and thin fluid from the nose) persists. Taking Ayurvedic treatment properly along with proper *Pathya* (compatible with health) results in marked improvement and prevents further episodes. *Nasya Karma* is one of the Panchakarma therapy which aids in the elimination of deep-rooted *Doshas* in *Urdvajatru* (above the clavicle). This study presents a chronic case of Allergic Rhinitis that was treated by applying a systematic Ayurvedic strategy as described in the treatment of *Vataja Pratishyaya*. This Ayurvedic treatment protocol includes a combination of *Panchakarma* and *Shamana* therapies that helped improve the patient's condition to a satisfactory level.

**Keywords:** Allergic Rhinitis, *Vataja pratishyaya*, *Panchakarma*, *Shamana*.

## INTRODUCTION

*Ayurveda* is a system of medicine that provides a way of perfect living in nature. Our sense organs are primarily responsible for object perception in the human body. If there is any obstruction or disturbance it leads to an impaired perception of difficulty. Allergic Rhinitis is a condition that generates problems in all these sense organs, especially the nose. It also creates difficulty in doing day-to-day activities due to its symptoms such as sneezing, nasal discharge, nasal blockage, headache, heaviness in the head, itching in the eyes, throat, and tongue, etc. According to WHO, 400 million persons worldwide suffer from Allergic Rhinitis.<sup>[1]</sup>

Modern treatment for this disease includes H1 receptor antagonists (antihistamines), nasal decongestants, mast cell stabilizers, leukotriene receptor antagonists, corticosteroids, etc.<sup>[2]</sup>. Mostly it gives symptomatic relief but in a long term may create serious side effects. Thus, the current allopathic treatment has no permanent cure for Allergic Rhinitis.

Based on the symptoms Allergic Rhinitis may be correlated with *Vataja Pratishyaya* in *Ayurveda*. *Acharya Vagbhata* explains *Vataja Pratishya* in *Ashtanga Hridayam Uttarantram*<sup>[3]</sup>. The clinical symptoms identified in the present case report correlate with

*Vataja Pratishyaya* in *Ayurveda*. The case report explains the role of *Panchakarma* and *Shamana Aushadhis* in the management of Allergic Rhinitis.

### Patient Information

The present case study is based on a 30-year-old single, non-smoking, non-alcoholic male patient with complaints of frequent sneezing, running nose, nasal obstruction, difficulty in breathing, headache, severe dust allergy, hoarseness of voice, decreased sensation of smell, itching in nose & eyes. Consumption of cold food items as well as sitting in an air-conditioned room leads to an aggravation of symptoms such as sneezing and running nose. He has had similar complaints in past but got mild relief after taking allopathic medications. Day by day the condition worsens, and symptoms aggravated with time. He could not be able to work in an air-conditioned room in his office. He consulted so many allopathic hospitals but got symptomatic relief only. Finally, he visited our outpatient department (OPD) of *Kaya Chikitsa*, Dr. S. R Rajasthan *Ayurveda University*, Jodhpur on 22/10/2021. He had no specific history of any major illness nor any specific family history. His personal history is mentioned below [Table 1].

**Table 1:** Personal History of Patient.

|             |  |
|-------------|--|
| Diet        | Vegetarian                             |
| Micturition | 5-6 times in a day, 0-1 times at night |
| Bowel       | Regular/ Slightly constipated          |
| Appetite    | Moderate                               |
| Sleep       | Disturbed                              |
| Addiction   | Nil                                    |
| Allergy     | Dust, Cold, Pollen grains.             |

***Ashtavidha Pareeksha***: - *Ashtavidha Pariksha* (Eightfold Classifications) has been mentioned below [Table No 2].

**Table 2:** *Ashtavidha Pariksha* of Patient.

|                          |                    |                           |   |
|--------------------------|--------------------|---------------------------|---|
| 1. <i>Nadi</i> (Pulse)   | 72/min             | 5. <i>Shabda</i> (Speech) | Nasal (Not Normal)                          |
| 2. <i>Mutra</i> (Urine)  | 5-6 times a day    | 6. <i>Sparsha</i> (Touch) | <i>Rukshata</i>                             |
| 3. <i>Mala</i> (Stool)   | 1-2 times per day  | 7. <i>Drik</i> (Eyes)     | <i>Sa Raga</i> (mild reddish discoloration) |
| 4. <i>Jihva</i> (Tongue) | Malavrita (Coated) | 8. <i>Akriti</i> (Built)  | <i>Madhyama</i>                             |

**Clinical findings**

Based on the systemic examination his nasal mucosa is detected as pale blue. The patient was *Vatapradhana Vata-Pitta Prakruthi*. The patient presented with rhinorrhea, nasal congestion, repetitive sneezing, and itching near the eyes and ear.

**Diagnostic assessment.**

Based on the signs and symptoms the present case was diagnosed as *Vataja Pratishtyaya* (Allergic Rhinitis). The assessment was done by comparing the symptoms before and after treatment.

**Table 3:** Therapeutic intervention

| Sl. No | Drugs/Therapy  | Dose   | Anupana        | Duration |
|--------|--|--|----------------|----------|
| 1      | <i>Haridra khand (50 gm) + Lakshmi vilasa rasa (10 gm) + Abhraka bhasma (10gm) + Godanti bhasma (10 gm) + Shudha tankana bhasma (10 gm) + Sitopaladi churna (50 gm) + Rasa manikya (5 gm).</i> | 5 gm Morning & 5 gm Evening (Before food.)   | Lukewarm water | 15 Days  |
| 2      | <i>Chitraka Haritaki</i>   | 1 tsp Morning<br>1 tsp evening. (After food) | Lukewarm water | 15 Days  |
| 3      | Tab Immunocin/ Giloya Ghana vati   | 2-tab Morning<br>2-tab evening. (After food) | Lukewarm water | 15 Days  |
| 4      | Tab Allecxy  | 2-tab Morning<br>2tab evening. (After food)  | Lukewarm water | 15 Days  |

**Panchakarma Therapy**

| SI No. | Panchakarma              | Medicine                         | Dose                                  | Duration |
|--------|--------------------------|----------------------------------|---------------------------------------|----------|
| 1      | <i>Pratimarsh Nasyam</i> | <i>Anu Tailam</i> <sup>[4]</sup> | 2 drops in each nostril 6 times a day | 15 Days  |
| 2      | <i>Aschotanam</i>        | Ophthacare eye drops             | 2 drops in each eye X 4               | 15 Days  |

**Follow up and outcomes**

After 15 days & 30 days, the patient was advised to have a follow-up on the OPD. After the treatment, there was a good improvement in the patient's condition.

| SI No | Signs/ Symptoms                               | BT        | After 15 Days of Treatment | After 30 Days of Treatment |
|-------|---|-----------|----------------------------|----------------------------|
| 1     | Excessive sneezing                            | ++++      | +                          | +                          |
| 2     | Nasal obstruction                             | ++++      | +                          | -                          |
| 3     | Headache                                      | +++       | +                          | -                          |
| 4     | Difficulty in breathing                       | +++       | -                          | -                          |
| 5     | Severe dust allergy                           | ++++      | -                          | -                          |
| 6     | Hoarseness of voice                           | +++       | -                          | -                          |
| 7     | Decreased sense of smell                      | +++       |                            | -                          |
| 8     | Itching in nose and eyes                      | ++++      | +                          | -                          |
| 9     | Starting sneezing while walking some distance | ++++      | +                          | +                          |
| 10    | Nasal mucosa                                  | Pale blue | Normal                     | Normal                     |

## DISCUSSION

*Vataja Prathishyaya* is a *Vyadhi* in which *Acharya Vagbhata* explained in *Nasaroga vijaniya*. Continuous exposure to etiologic factors like exposure to the cold breeze, dust, continuous use of cold water, and disturbed sleep will lead to *Vata Dosha Prakopa* due to its *Sheeta, Rooksha*, and *Chala Guna*. Drinking the excess quantity of cold water leads to improper *Rasa* and *Rakta Samvahan* and exacerbates the symptoms. Most of the symptoms of Allergic Rhinitis correspond to *Vataja Prathishyaya*. Nowadays the acceptance of *Ayurveda* is increasing globally due to tremendous improvement in various diseases. *Nasya* is one of the *Panchakarma* therapy in this medicine or medicated oil is administered through the nose. It is considered good therapy for the disease above the clavicle. In this study, *Nasya* is selected as the main *Shodana Karma* (Eliminative therapy) because it can remove deep-seated *Doshas* from *Urdvajatru*<sup>[5]</sup>. Due to *Sukshma* and *Vyavayi Guna*, *Anu taila* possess a good spreading capacity through *Srotas*. *Tikta Katu Rasa*, *Laghu Tikshna Guna*, *Ushna Veerya*, *Katu Vipaka do Sroto Shudhi* (Clearance of obstruction of minute channels in the body). By the above properties, the *Nasya* drug removes the obstruction in natural sinuses and facilitates the drainage of purulent discharge, strengthens the nasal passages, relieves headaches, and removes nasal congestion. *Madhura Rasa*, *Snigdha Guna*, *Sheeta Veerya*, and *Tridosahara* properties will promote nourishment of the body and increase body strength as well as immunity. This kind of immunomodulation will reduce the inflammation in the nasal cavity and sinuses so that the *Anu Taila* exerts a marked anti-inflammatory effect on Allergic Rhinitis. Due to the intake of *Shamana Aushad*, *I Agni* impairment is reversed, and proper nutrition of the body occurs. Due to proper nutrition and normal *Agni*, *Dhatu Parinama* will occur properly, and it increases our immunity of the body thereby preventing further nasal allergy.

*Aschotanam* with Ophthalmic eye drops has good results in relieving itching in the eye. No side effects were observed during treatment and after treatment. So, overall, this treatment modality gave an excellent

result in relieving symptoms of *Vataja Prathishyaya* and created a satisfactory improvement in patient condition.

## CONCLUSION

This Ayurvedic treatment protocol including a combination of *Panchakarma*, and *Shaman* therapies helped improve the patient's condition to a satisfactory level. Hence this approach can be considered in patients with Allergic Rhinitis.

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