

Efficacy of *Shunthyadi Taila Nasya* in the Management of *Vataja Pratishyaya W.S.R.* to Allergic Rhinitis: A Case Study

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ABSTRACT

Background- *Vataja Pratishyaya* is a *Nasagataroga* and one among five types of *Pratishyaya*. It is most common and annoying nasal problem which affect the people of all age group. *Vataja Pratishyaya* is a disease which possesses symptoms like *Nasagata Tanusrava*, *Kshavathu* and *Nasaavarodha*. These symptoms are also found in allergic rhinitis which is induced by an IgE mediated inflammation of the nasal mucosa. While treating the *Pratishyaya*, special attention should be given to the stages of the disease because the treatment approach of *Amavastha*, *Pakwavastha* and *Dushta* stages are entirely different. *Nasya* is the most important *Shodhana* method in *Urdhwagatrugata Vyadhies* and can execute *Uttamanga Shuddhi*, *Snehana*, and *Swedana*. The continuous sneezing is a main disturbing symptom of allergic rhinitis. *Shunthyadi Taila* was selected for this purpose which is given in *Kshavathu Adhikara* for managing the allergic conditions of the nose.

Method – The patient with *Vataja Pratishyaya* was given two courses of *Shunthyadi Taila Nasya*, each course consisting of one sitting per day for 7 days. Six drops of *Shunthyadi Taila* were poured into each nostril during each session.

Result- Patients clinical status was assessed on 7th, 15th, 21st and 28th day. Remission of symptoms like sneezing, rhinorrhoea, itching, nasal congestion etc. was observed after 2 courses of treatment. Patient was followed up for 1 month and no recurrences of symptoms were observed.

Keywords – *Vataja Pratishyaya*, allergic rhinitis, *Shunthyadi Taila*

INTRODUCTION

Allergic rhinitis is a disease of nose mediated by an immunoglobulin IgE. It is an inflammatory reaction after allergic exposure of the membranes lining the nose and is characterized by watery nasal discharge, sneezing and itching in the nose. *Vataja Pratishyaya* can be correlated to allergic rhinitis because most of the signs and symptoms such as *Nasagata Tanusrava* (watery nasal discharge), *Kshavathu* (sneezing) and *Nasaavarodha* (Nasal obstruction), *Shirogaurav* (Headache), *Kandu* (Itching in nose & eye) are similar as found in *Vataja Pratishyaya*. *Vataja*

Pratishyaya is a *Nasagata Roga* and is one among five types of *Pratishyaya*. Allergic Rhinitis affects 10 to 30% of adults and 40% of children. It affects between 20 and 40 million people in the United States each year and has a prevalence rate of 10% to 20%. The allergic rhinitis affects the quality of life, sleep and hinders the work performance. All medical disciplines are trying to find the effective ways to fight against such challenging tasks. Till date no satisfactory medical management has been developed for this problem. Hence, it creates a need to search for a simple and effective remedy.

Among the various Ayurvedic treatment modalities, Nasya is the chief procedure to drain Doshas from Shirah. Shunthyadi Taila in the form of Nasya has been recommended for the treatment of Kshavathu. Shunthyadi Taila Nasya was chosen for this study because Kshavathu is the Pradhana Lakshana of Vataja Pratishyaya.

CASE STUDY

An Indian female of age 25 years and weight 55 kg came to E.N.T. OPD of National Institute of Ayurveda, Jaipur on 27/2/2021 with complaints of excessive sneezing (20-30 times a day), watery nasal discharge, nasal obstruction (Bilateral), itching in eyes & nose and headache. Patients had history of exposure to smoke, household dust allergy, cold water. Patients had taken antihistamines, nasal spray and antibiotics and could not get any satisfactory result. The patient had no family history. The patient had no history of hypertension, diabetes mellitus and hypothyroidism.

Diagnosis evaluation and assessment – Examination of nasal cavity –

On examination of the nasal cavity of the patient, the external nose was reddish in colour and nasal vestibule were inflamed.

Her nasal mucosa was boggy and congested and there was no sign of deviation of nasal septum. The inferior turbinate were hypertrophied (bilateral). The nasal sinuses were normal

Diagnostic criteria -

The overall effect of the therapy was assessed in terms of scoring method.

The hematological findings before treatment were as follow:

Hb – 11.7 g/dl., TLC – 6800 /cu.mm, Neutrophils - 43.3%, Lymphocytes- 33.1%, Eosinophil- 11.7%, Monocytes-10.8 %, Basophil - 1%, AEC- 790 cells/cu.mm and Serum IgE – 509.3 IU/ml.

INTERVENTION & RESULTS

Before starting the therapy, patient was explained about the procedure and written consent was taken from the patient.

The patient was administered *Shunthyadi Taila Nasya* which was *Snehana Navana* type of *Nasya* for 7 days in the dose of 6 drops in each nostril. The patient was requested to return for the next session of treatment after 7 days. The second course of *Nasya* was completed for 7 days on the 15th day. During this time, no further oral medications were prescribed. She was followed up every 15th day for 1 month.

Table no. 1 Reports were as follow:

Lakshan	1 st day	7 th day	14 th day	21 st day	28 th day
Kshavathu (Sneezing)	20-30 time per day	15-20 time per day	10-15 time per day	10 times per day	0 times per day
Nasagata Tamusrava (Rhinorrhea)	Severe Watery discharge	Moderate watery discharge	Moderate watery discharge	Mild watery discharge	No nasal discharge
Nasaavarodha (Nasal blockage)	Bilateral	Bilateral	Partial nasal blockage (BL)	Occasional partial nasal blockage	No nasal blockage
Shirogaurav (Headache)	Severe	Severe	Moderate	Mild	No headache
Kandu ((Itching in nose & eye)	Moderate	Moderate	Mild	Mild	No itching

After completion of treatment the nasal condition was as follows; Nasal mucosa was normal and inferior turbinate hypertrophy was almost reduced.

Hematological laboratory reports of patients after completion of treatment were as following:

Hb – 11.9 g/dl, TLC – 10700/cu.mm, Neutrophils- 61.3%, Lymphocytes- 28%,

Eosinophil- 1.1%, Monocytes- 8.6%, Basophil- 1.1%, AEC- 120 cells/ cu.mm and Serum IgE – 98 IU/ml.

DISCUSSION

The nasal mucous membrane is capable of absorbing medicines. The medicine being lipid soluble resulted in higher concentration in the mucous

membrane of the nose when poured through the intra-nasal route and diffuses rapidly through the nasal mucous membrane. The nasal mucosa has a higher surface area so absorption rate is faster. Nasya dose is measured in Bindu Pramana. Bindu is usually interpreted as drops, which equals to 0.05 ml. The amount of fluid when the index finger is dipped in medicinal oil up to the second interphalangeal joint is referred to as Bindu. Nasya, liquefies the Doshas that are thrown out by body. In the present case study, Shunthyadi Taila Nasya was poured into each nostril which showed best results and there was complete relief from symptoms and signs. The diagnosis was done on the basis of signs and symptoms described in ayurvedic and modern texts and then examined on clinical parameters. For a month, she was followed up on every 15th day. The following are her progressive reports: On the first follow-up visit, the patient expressed great relief from all of her symptoms. Her sneezing frequency decreased by up to 50%. She also had a 50% reduction in watery nasal discharge, nasal congestion, nasal obstruction, itching in nose & eye.

On the second follow-up visit, on the 30th day of treatment, the patient was glad to see that her symptoms had subsided. The patient's sneezing, nasal obstruction, nasal discharge, nasal itching had completely gone.

The physiological effects of the drug and mechanism of their action are best understood by the properties of its basic physiochemical factors i.e. Rasa, Guna, Veerya, Vipaka, Karma and Prabhava of the drugs. These primarily affect the Doshas and determine their Dosha Karma activity and maintain the Doshika equilibrium of the body.

Pharmacological properties of contents of Shunthyadi Taila -

Shunthi - It inhibits prostaglandin synthesis, antioxidant, anti-inflammatory, antiemetic, expectorant, antiflatulent, hypocholesterolaemia, antispasmodic,

diaphoretic, circulatory stimulant, increase bioavailability of drugs.

Pippali - It used for disease of respiratory tract (cough, asthma, bronchitis), as emmenagogue and is digestive, appetizer and carminative.

Kustha - It is antispasmodic, expectorant, carminative, astringent and antiseptic. The root is used in cough, bronchitis, dyspnoea, asthma. Saussurine which is the active ingredient of Kustha depresses parasympathetic nervous system.

Bilva - It has properties like Stomachic, antimicrobial, digestive, astringent, spasmolytic, hypoglycaemic. The alkaloid aegeline, which is present in the leaves is useful in asthma. An alcoholic extract of seeds exhibit antiallergic properties.

Draksha - It is prescribed for cough, catarrh of the respiratory tract. Draksha has nourishing properties and is invigorating. Anthocyanin, ingredient in Draksha reduces capillary permeability

Tila - It has antioxidant property due to presence of Sesamol. It is nourishing, lactagogue, diuretic and laxative.

The effect of Shunthyadi Taila Nasya can be explained on the basis of Kapha Shodhana and Vata Shamanka properties of the drug, Kapha Shodhana is mucolytic and cleanses and normalizes nasal secretions The Shodhana of Kapha subsides the oedema of nasal mucosa. Vata Shamana can result in decrease in hypersensitivity of mucous membrane to mechanical, thermal and irritating aetiological factors which are the provocative factors for Allergic Rhinitis.

CONCLUSION

Vataja Pratishyaya has symptoms that are similar to allergic rhinitis. Nasya Karma is an important method among the several modalities used for Vataja Pratishyaya (Allergic Rhinitis). Shunthyadi Taila Nasya, which is Snehana Nasya, is particularly helpful in providing long-term relief from symptoms. Shunthyadi Taila was very effective in Kshavathu, Nasaavarodha, Shirohgaurav, Tanusrava and Kandu There

was relief in nasal congestion and turbinate hypertrophy. *Shunthyadi Taila Nasya* can be prescribed to the patients of Allergic Rhinitis. The study can be carried for the longer duration of time for the better results of the drug.

Patient perspective: I had attained marked relief in this disease which I couldn't get for so many years. I am very much satisfied with the results of medications prescribed to me and thankful for bringing me to the stage of being almost normal for which I was aspiring since long time.

Informed consent: An informed written consent was obtained from the patient before reporting her case.

Acknowledgement: None

Conflict of Interest: None

Source of Funding: None

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How to cite this article: Meena P, Sharma A. Efficacy of shunthyadi taila nasya in the management of vataja pratishyaya w.s.r. to allergic rhinitis: a case study. *Int J Health Sci Res.* 2021; 11(10): 158-161. DOI: <https://doi.org/10.52403/ijhsr.20211019>
