

IMPORTANCE OF NASYA IN THE MANAGEMENT OF PRATISHYAYA W.S.R TO ALLERGIC RHINITIS

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ABSTRACT

Allergic rhinitis commonly referred to as Hay fever. It involves an allergic reaction in which the nasal passages become inflamed due to allergies in the air like dust, pollen etc. In *Ayurveda* the condition is close to *Pratishyaya* which is associated with imbalance of *Vata*, *Pitta* and *Kapha* Doshas along with *Rakta as dushya*, in which one of the *nidana* is due to exposure to dust particles etc. based on the various symptoms diagnosing the particular *dosha* in it. For which *Ayurveda* provides a broad spectrum of treatment among those *Panchakarma* therapy *Nasya* helps in pacifying this condition. Hence an attempt is made to explain different types of *Nasya* according to the involved *Dosha* in allergic rhinitis.

KEYWORDS: Allergic rhinitis, Pratishyaya, Nasya, Panchakarma

INTRODUCTION

Ayurveda defines Allergic Rhinitis as Pratishyaya, which is the result of impaired digestion and metabolism from the incompatible food combinations and wrong diet, which affects the Rasa and the Rakta Dhatus.¹ Thus leading to Pratishyaya or Rhinitis. All the three doshas required to be corrected to treat the Allergic rhinitis the treatment includes detox therapies and life style changes. As pratishyaya is an urdwajatrugata disease it is preferred to choose Nasya among the panchakarma.² In Nasya the drug is administered through nose, reaches the head region and eliminates the morbid doshas which are responsible for the disease.³

Allergic rhinitis represents a worldwide health problem. Worldwide allergic rhinitis

affects between 10 % and 30 % of the population, it is also closely related to asthma and, 10-40% of people with rhinitis have concomitant asthma. According to WHO (2007), the global estimated to be 400 million and the prevalence among adult ranges between 10% and 32% in Asia pacific region.⁴

Allergic rhinitis is an annoying and disturbing disease due to its chronicity and aggravation in case of exposure to allergic agents. These allergies are developed as our own immune system does not function properly and mistakenly considers these harmless allergens like pollen, spores, pet hair, and dust particle as harmful allergens cause inflammation of the nasal mucosa and affect the nose. The symptoms can also occur when the person eat food that they are allergic to.

An allergen is something that triggers an allergy. When a person with allergic rhinitis breathes in an allergen, the body releases chemical that cause allergy symptoms, which starts with the contact of allergen and the body, it releases histamine which is a natural chemical that defends body from the allergen.⁵

Symptoms of Allergic Rhinitis

- Sneezing
- Running nose
- Stuffy nose
- An itchy nose
- Coughing
- Sore throat
- Itchy eyes/ watery eyes
- Headache

There are two types of allergic rhinitis seasonal and perennial.⁶

Allergic rhinitis from an Ayurvedic perspective is close to the pratishyaya disease and is due to the toxins present in the body (ama) and due to low immunity. Ama aggravates the level of pitta and kapha in the body, giving rise to different symptoms of allergies.

Pratishyaya is a nasa roga with clinical features of rhinitis, nasal irritation, sneezing, rhinorrhoea, nasal obstruction watery eyes, headache fatigue.⁷

The list of causes includes the factors aggravating the tridoshas with rakta in the manifestation of the disease. The major causes are indigestion, exposure to dust, smoke, cold along with seasonal variation and vegadharana.

The symptoms varies according to the specific dominance of the Vata, pitta and kapha, in Vataja pratishyaya the frequency of sneezing will be more, watery nasal

discharge, shooting pain in head and nasal block.^{8,9} In pittaja pratishyaya presence of fever, thirst, feeling of fumes and heat in nose with yellowish discharge.^{10,11} In kaphaja pratishyaya the symptoms will be excessive cough, irritation in throat heaviness of head region, puffiness over the face and thick whitish nasal discharge.^{12,13}

To know the specific dosha involvement is important in treatment aspect and to know the stages of allergic rhinitis.

The modern line of treatment of allergic rhinitis can be categorised into 3 main headings

- Environmental control measures and allergen avoidance.

- Pharmacological treatment

- Immunotherapy

Which is already mentioned in ayurveda¹⁴

- Nidana parivarjana (to avoid the aggravating factors)

- Shamana and Shodhana

- Rasayana

The modern pharmacological treatment includes corticosteroids, oral and topical antihistamines, decongestants, intranasal anticholinergics and leukotriene receptor antagonists, but still the allergic rhinitis keeps recurring even after treatment. Using of steroids, decongestants for long period may cause serious complications and drug dependency. It gives temporary relief dryness of nasal mucosa, generalized weakness and drowsiness.⁶

Hence it is important to reduce the reoccurrence of the disease with a proper line of treatment by adopting the Ayurveda treatment principles based on the stages of allergic rhinitis and the main dosha involved at that stage.

Nasya karma is the most important therapy as it is used for the treatment of urdhwajatrugata diseases. Nose is the gateway of head.¹⁵ Nasya karma is therapeutic measure where the medicine or medicated liquid is administered through nose.¹⁶

Classification of Nasya¹⁷

- Based on the its action
- Based forms of drug preparations administered
- Based on the dose

Based on the action of nasya it is classified differently in different samhita but the major types discussed are

•Rechana (Shodhana), Shamana, Tarpana (Brimhana).

•Rechana Nasya denotes elimination of vitiated Dosha from urdhwajatrugata part of the body. Churna (Powder) of the required drug or the sneha prepared with the Shirovirechana drugs is used for this purpose.¹⁸

It is indicated specifically in Kaphaja type of Shiroroga like stiffness, numbness and heaviness of head.¹⁹

•Shamana Nasya is used for the alleviation of Dosha situated in Sira (head).The sneha prepared with the suitable palliative drugs may be used for Shamana Nasya. Shamana is specifically indicated in Raktapittaja conditions.²⁰

It is also indicated in Nilika, Vyanga, hair problems and eye diseases.²¹

•Tarpana (Brimhana) Nasya , in this nasya the sneha prepared with Vatapittahara drugs and drugs of Madhura skandha is used.²²

It is specifically used for Vatika Shiroroga, Vataja Nasa roga²³ and also in suryavarta, Vakasanga and apabahuka.²⁴

Based forms of drug preparations administered

•Navana Nasya where the sneha dravya is used for the nasya procedure in general, in which there two types' shodhana and snehana (shaman and brimhana) are based on the drug used with snehana affects its action.

•Avapeedana nasya it can be used for both Shodhana purpose and Sthambana again depending on the drug used.

•Pradhamana (Dhmapana) where the powder form of the drug is administered through nose. The drugs used are more penetrating hence are used for shodhana.

•Dhuma nasya is different from dhumapana that the medicated fumes are inhaled through nose and exhaled through mouth but in case of dhumapana the fumes are inhaled from mouth and exhaled from the same.

•Based on the dose heena matra, madhyama matra and pravara matra. The major types are pratimarsha given in 2 bindu pramana²⁵ which is to be administered daily for longer duration to get the effect and can be given in all seasons it causes lesser complications²⁶ compared to that of the Marsha nasya in which the dose will be more²⁷ and administered for shorter duration and may cause complications if not done properly but gives reduces the disease condition faster in shorter period.²⁸

Samprapti Vighatana of Pratishyayaya by Nasya

In allergic rhinitis the condition may be acute or chronic the nasya is helpful in both along with the shamana treatment and rasayana.

In treating the case of allergic rhinitis it is important to know the dominant dosha to

select the drugs that can be used for nasya. in acute condition the when there inflammatory symptoms such as slight feverish, yellowish thick discharge, etc the first is the jwara chikitsa which mainly focuses on ama pachana and pittahara chikitsa once the nirama lakshana are observed, nasya having shamana action should be choosen.

In case of chronic manifestation where the Vata and kapha are dominant the tarpana and rechana nasya are used respectively. The Prakriti of the person are also have its own importance along with the dosha involved in the disease manifestation.

In the manifestation of Pratishyaya Vata is mainly involved with kapha dosha along with alpa pitta, causing rasa vaha srotodushti. The sthana-shamshraya takes place in shiras (accumulation of toxins).²⁹

And when the person is exposed to aggravating factors the symptoms start showing up. Nasya not only eliminates the Prakupita doshas (Accumulated toxins) but also helps to avoid the reoccurrence.

Nasya also gives immediate relief from the symptoms hence by lessening the discomfort of the person suffering.

TABLE NO.1

DOSHA IN ALLERGIC RHINITIS	TYPE OF NASYA
VATA	TARPANA, SHODHANA, NAVANA (Sneha dravya)
PITTA	AVAPEEDANA, NAVANA, (ghrita, ksheera, ksheeravashista taila)
KAPHA	AVAPEEDANA, PRADHAMANA, NAVANA (taila)

After the treatment its equally important to avoid its reoccurrence by reducing the over sensitivity to allergens entering the nasal pathway, which can be achieved by using the pratimarsha nasya according to the

Nasya Types and Allergic Rhinitis

In Vata dominant allergic rhinitis the sneha dravya processed with teekshna,ushna and madhura dravyas mentioned in Pratishyaya chikitsa are to be used hence the shodhana and brimhana nasya based on Vata nirama and ama stage along with shamana treatment. Navana nasya in form of marsha and pratimarsha dose can be given. The drugs that can be processed in sneha dravya are shunti, Pippali, Trikatu, Panchalavana, Vidaradigana dravyas etc.³⁰

In case of pittaja the ghrita, Kshira, sneha processed with drugs (Ksheeravashista taila) can be used, the pittahara drugs such as Kakolyadi gana, Sariva, chandana, yashtimadu and for rechana purpose draksha and araghwada can be used.³¹ Hence navana nasya and even Avapeedana nasya with any of the above drug mentioned can be used according to the avastha (stage).

In kapha dominant condition the Avapeedana, Pradhamana and shodhana type of Navana nasya with the following drugs such as musta, vidanga, punaranava, katphala, katuki, vacha, pippali and saindhava etc.³²

condition. As the pratimarsha nasya is in smaller dose will not cause complications and can be administered by the patient by own. In case of allergic rhinitis preventing the reoccurrence is equally important to that

of treating it. Nasya karma is the one which gives better results

DISCUSSION

Nasya karma is having both local and systemic effect. The drug administered through nose reaches the shrungataka marma from where it is distributed to head region, the srotomukha which explains the local action and systemic action by its action on the srotas and eliminates doshas from the urdhwajatru.

In allergic rhinitis there is systemic manifestation involving jataragni, rasavaha srotas, shiras and nasa hence only the local treatment fails to act on the jatragni and srotas where as nasya gets absorbed in the system by acting on ama in jatragni and srotas level. The local effect helps in eliminating the morbid doshas from head and nasal region. Specifically the form of nasya used have different rate of absorption, rate of action and also on the doshas, selection of the form of nasya with drug selection are the important factors affecting the results of nasya. Along with nasya treatment following the Pathya like Jangala mamsa rasa (meat soup), ghrita sevana, Kulatha yusha, Ksheera sevana, trikatu sadhita yusha, Dadima sara and laghu ushna ahara³³ And avoiding apathya rajo dhuma sevan, Atiswapana, excess intake of water and abhishyandi guru ahara is necessary to get proper results.³⁴

CONCLUSION

Nasya is not only having curative action but also preventive and promotive actions. The procedure helps in breaking the pathogenesis of the disease allergic rhinitis or Pratishyaya. The different forms of drug administered for nasya are equally

equivalent to that of drug .using the same treatment protocol for all cases of allergic rhinitis is not beneficial hence considering all these factors will give a better and healthier life.

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