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THE EFFECT OF JALA NETI IN THE MANAGEMENT OF VATAJA PRATISHYAYA W.S.R. TO ALLERGIC RHINITIS – A CASE STUDY

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ABSTRACT

Allergic rhinitis (AR) is most common disease affecting all age group of either sex. It is highly prevalent and it has been recorded as, 20-30 % of people are suffering from this condition. The symptoms of allergic rhinitis can be co-related with *Lakshanas* of *Pratishyaya* explained in *Sushruta Samhita*. *Pratishyaya* is one among the *Pranavaha Srothojanya Vikaras*. *Vataja Pratishyaya* is a disorder in which there is vitiation of *Vata* & *Kaphadoshas* characterized by inflammation of mucous membrane of the nose which is characterized by *Nasa Srava, Nasavarodha, Kshavathu, Shirashoola and Swarabedha.* By practicing *JalaNeti* procedure which is mentioned in *Yoga*, it can destroy *Nasagata Roga*. *JalaNeti* is *Kaphahara* and thus clears the nasal cavities, also reduces the infection, inflammation, effect of hyper sensitivity and headache. The patient was advised *Jalaneti* for a period of 15 days daily once in the morning. After the treatment, the patient relieved from almost many of the sign & symptoms of *Vataja Pratishyaya*. So, *Jalaneti* procedure has a significant role in management of *Vataja Pratishyaya* (AR). It was found to be even cost effective, easy to perform and as it is non-pharmacological did not cause any complications.

KEYWORDS: *Vataja Pratishyaya, JalaNeti,* Allergic rhinitis

INTRODUCTION

Allergic Rhinitis is one of the commonest diseases mostly occurring during change of season or exposure to dust, cold, pollens etc.[1] It is highly prevalent and it has been recorded as, 20-30% of people are suffering from this condition &among them 15% of population having developed asthma.[2] The clinical symptoms can be compared with that of Vataja Pratishyaya.

Among Nasagatarogas pratishyaya is the one which is described by almost all the Acharya in details. Among various Pratishyayas explained, Vataja Pratishyaya is one of the common clinical conditions. The clinical features of Allergic Rhinitis or Vataj Pratisyaya are severe sneezing (Ksavathu), watery discharge (Tanusrava), and nasal obstruction and hoarseness of voice (Swarabheda).[3] VatajPratisyaya develops due to exposure to mist (fog,

snow), breeze and dust, drinking water from other places (not accustomed), playing in water (sports). By these causes the Doshas with the predominance of Vata, getting aggravated affects nasal cavity & cause Vataj Pratishyaya.[4]

However patients suffering from allergic rhinitis adopt treatment modalities like anti histamines, nasal decongestants, steroids etc. But the patients cannot get satisfied by these techniques because the medication can't give complete relief and these medication give rise to further recurrence of the disease. So to avoid these complications of western medicines a simple treatment which can overcome the symptoms and recurrence of disease can be planned.[5,6]

The Shatkarmas mentioned in Hathayoga and Gheranda Samhitaare very effective and these purifactory processes are both preventive and curative. Among six purificatory procedures, we have focused on one of the nasal cleansing techniques called "Jalaneti".[7] In Jalaneti where luke warm saline water is used which leads to vasodilatation and has main role is the drainage of the mucous secretion and helps to clear out the nasal obstruction. So it improves sensitivity of the olfactory nerve, helping to restore lost sense of smell & It removes foreign particle in the nasal cavity. JalaNeti deals with nasal hygiene. Nasal hygiene is important as it is linked to many conditions like allergic, sinusitis etc.[8]

CASE REPORT

A diagnosed case of VatajaPratishyaya (AR), referred from dept of Shalakya Tantra OPD, was taken for the study with complaint of excessive nasal discharge, nasal obstruction, sneezing, and headache since 15 days. Patient was healthy before 2 months. Then he gradually suffered from severe sneezing & watery nasal discharge and had recurrent symptoms. Patient was exposed to dust allergy and suffered from the disease and having history of morning sneezing, nasal discharge and coughing. Patient has taken antihistamine and antibiotics for the temporary relief and could not get any satisfactory result.

Specific Examination of Nasal Cavity

On examination of the patient, his nasal mucosa was yellowish white in colour and there was no any sign of deviation of nasal septum. The external nose was reddish in colour and having inflamed nasalvestibule. Patient presented with decreased nasal fosse and mucous membrane of the nose was pink in colour. Obstruction of nasal cavity due to presence of excessive mucosa. No any abnormality was found in Nasal sinuses.

Diagnostic Criteria

The diagnostic criteria for the study are Nasa avarodha, Shirahsoola, Kshvathu, Nasa-srava and Swarabheda.

Assessment of the disease was done using the Subject Parameters:

After thorough examination the severity of the sneezing of the patient was at grade 3 - severe sneezing over more than 10. There was mild headache which was graded 1- Present at the time of attacks only. The nasal obstruction and the discharge of nasal mucosa were graded 2 as it showed obstruction during morning and evening and patient was using more than 2-5 pads per day for cleaning nasal discharge respectively.

TREATMENT: Patient was advised Jalaneti for a period of 15 days once daily in

the morning at empty stomach. Then advised follow up after 15 days, Patient was relieved from sign & symptoms. The patient's frequency of sneezing was 1-5/ day. Nasal obstruction, Nasal discharge and headache were completely relieved.

Materials Required for Jalaneti

Neti pot

Lukewarm water

Saindhava lavana

Method of Preparation of Jala Neti

500 ml of water was taken and mixed with ½ tablespoon of Saindhav lavana. It was taken in a Jalaneti pot such a way that water would not be too hot, but luke warm.

Procedure of Jalaneti

The cone at the end of the Jalaneti spout was placed inside the left nostril. Head was slightly tilted to right side & mouth was opened for mouth Breathing. During this process water starts flowing from the left nostril to right nostril. Jalaneti Pot was filled again with saline water & the same procedure was done from the other nostril where procedure was continued till the water pot is finished.

Post Procedure

After completion of the procedure the patient was advised to perform gentle Kapalabhati for 10 rounds. Because the retained water from the nostrils should come out which help in clearing out water droplets.

OBSERVATION & RESULT

Before treatment, patient was suffering from severe sneezing which was graded as 3 i.e. more than 10 times/day which was considerably decreased to grade 1 i.e. 1-5 times/day after treatment.

Before treatment patient suffered from mild headache graded was 1 i.e. Present at the time of attacks only & after treatment patient has stopped complaint of headache to grade 0 i.e. absent.

Before treatment patient had complaint of Nasavarodha which was graded as 2i.e. present only in morning & evening which was decreased to grade 0 i.e. absent after treatment.

Before treatment patient had complaint of Nasasrava which was graded as 2 i.e. use more than 2 to 5 pads per day is decreased to grade 0 i.e. absent after treatment.

Table No.1: Change in symptoms before and after treatment of Jalaneti

Subjective parameters	BT	AT
Kshavathu	3	1
Shirashoola	1	0
Nasa avarodha	2	0
Nasasrava	2	0

Probable Mode of Action of Jala Neti

Jala neti is a kaphahara. Due to presence of Luke warm water it acts as a Vasodilator, local cleanser & immunity booster and saline water works as anti-inflammatory action in the nasal mucosa. Which ultimately leads to phagocytosis & decrease the inflammation of sinus cavity. It also having antibacterial property arrests the secondary infection & prevents recurrence of the disease. It is removes all the dirt & bacteria filled mucus from the nose.

Kapalbhati paschatkarma procedure leads to movement of Nasali, Which also help in the drainage of Nasal mucosa.

DISCUSSION

Application of Jalaneti is the chief Shodhana procedure because it can expel the deep seated Doshas and can cure it of its root. The

Saindhava lavana is having Laghu, Tikshna Guna its spreads through channels and clears the accumulated Doshas. It has a soothing effect which helps to prevent headache. When a person practices Jalaneti, it removes all the mucus from the blocked nasal passages, which helps to breathe easily and carry more oxygen to the lungs, without any obstruction. Neti improves sensitivity of the olfactory nerves, helping to restore lost sense of smell. The lukewarm water will irrigate nasal passages & create a correct flow pressure & will cause shedding of virus. It soothes the sensitive tissues inside the nose, which can assuage about of allergies. Jala neti practice does not cause any discomfort or damage to the Nasal function.

All the above effects were observed during the trial and after treatment. In this study, the Jalaneti procedure was having highly significance results in Nasasrava, Nasaavarodha, Kshavathu & Shirashoola

CONCLUSION

•Jalaneti procedure was found to be very easy and non-pharmacological process which can be practiced daily by a person.

•The saline water prepared was Srotoshodhaka, Shothahara due to which it was also found very effective procedure in Vataja Pratishyaya without having no side effect and cost effective at the same time.

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