

Conceptual study on Pratishyaya**with special reference to Rhinitis**

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Abstract:

Pratishyaya is one among *Nasagata Roga* (Disorders of the nasal cavity). In present era, of industrialization and modernization, there are some diseases which need to be given attention. *Pratishyaya* is one of them as respiratory system in which continuous contact with the external environment since birth and considered as prime site of hyper sensitization.¹ *Ayurveda* described *Pratishyaya* as *Vata-kaphaj roga*. Symptoms of *Pratishyaya* resemble those of Rhinitis like blocking of nose, sneezing, runny nose, itching of nose, etc. Children are more likely to develop *Pratishyaya*, which disturbs their daily activities and may hamper their growth and development. There is no use of antibiotics in acute rhinitis. There is limited data regarding the safety of pheniramine maleate, cetirizine and phenylephrine in rhinitis.² The chronic stage of *Pratishyaya* i.e., *Dushta Pratishyaya*. There is a need to find the best *Ayurvedic* interventions to prevent and cure *Pratishyaya* (Rhinitis). Improper milk intake and sleep intake can lead to *Pratishyaya* in breastfeeding babies. *Ayurveda* described *Langhana*, *Deepana* and *Pachana* drugs along with detoxification measures like; *Swedan*, *Shirovirechana*, *Snehpana*, *Vamana* and *Virechana*, etc. therapies for treating *Pratishyaya*. *Panchamula Siddha Ghrita*, *Sarpiguda*, *Shadanga Yusha*, *Chitraka Hareetaki*, *Shatyadi churna*, *Tulasi patra Churna* and *Vyoshadi Churna*, etc. are classical *Ayurveda* formulations can be advised for *Pratishyaya*. *Nasya* of *Pathadi* and *Shadbindu Taila* also recommended for curing disease symptoms.³

Key-Words: *Pratishyaya*, *Ayurveda*, *Vata-Kaphaj roga*, *Dushta Pratishyaya*, Rhinitis

Introduction:

Pratishyaya is among *Nasagata Roga* in which *Kaphadi Doshas* are continuously eliminated through the nose. These vitiated *Doshas* accumulate in the head, and their further movement towards the nose causes *Pratishyaya*. This is acute disease of *Pranavaha Strotas*. Mainly *Vata-Kaphaj* dominant disease. Many *Acharyas* have elaborately described the disease *Pratishyaya* in various *Ayurvedic* texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridayam*. Characteristic features of *Pratishyaya* is *Nasashrava* (running nose), *Nasavarodha* (nasal obstruction or congestion), *Kshavathu*(sneezing), *Shirogauravam* (headache), *Kasa*(cough), *Aruchi* (anorexia), *Nasa Kandū*(nasal Itching).⁴ If *Pratishyaya* is being left untreated, it has enough potential to develop many condition called *Dushta Pratishyaya* with symptoms like *Kasa* (cough), *Swasa* (dyspnea), *Gandhaanjnana* (anosmia), *Badhira* (deafness) and *Rajyakshma* (form of disease with multisystem involvement).⁵ In modern science it can be compare with respiratory tract infection i.e., Rhinitis, in which nasal mucosa is inflamed due to infection, allergy, or injury. Due to direct contact with external environment, exposes to many micro-organisms, allergens and pollutants present in atmosphere, also busy and change in life style, rhinitis has become a common disease in present era. If no treatment is given early, it may get complicated and lead to other comorbid conditions like chronic rhinitis, cough, or breathing difficulty with debility. There is no connection between immunization and routine infections like rhinitis. Vaccination provides immunity against specific diseases, not against routine infections, which depend on the child's general immunity. There is limited data regarding the safety of pheniramine maleate, cetirizine and phenylephrine medicines of modern medical system & describes number of therapy approaches, including corticosteroids, antihistamines, inhalers, etc., but none of them is totally effective in curing the illness and preventing its recurrence. Hence, there is a need to find out the best *Ayurvedic* interventions which can be used for prevention as well as cure of *Pratishyaya* for both adults and pediatric populations.

In *Ayurveda*, various treatment modalities of *Pratishaya*, explained according to *Avastha* (Stages) (*Apakwa* and *Pakwa*) and *Doshas* (*Vatta*, *Pitta* and *Kapha*). *Acharya Sushruta* has elaborately described treatment modalities of *Pratishyaya* in *Pakwa* and *Apakwa Awastha* that indicate infective and non-infective pathology.

Need Of Study And Prevalence:

Pratishyaya is irritating disease commonly observed in general practice. Prevalence is 26.1% in children. Incidence of *Pratishyaya* increasing day by day due to environmental changes & low immunity, faulty life style. Presently drugs on rhinitis gives symptomatic relief only & causes many side effects such as sedation, diminished concentration and fatigue and complications too.

According to the World Allergy Organization, allergic rhinitis affects 400 million individuals globally (WAO). In India, the incidence of allergic rhinitis is 20% -30%.

Disease Review:

Acharya Kashyapa has described *Pratishaya Chikitsa Adhyaya* with its complete *Nidan* (etiology), *Samprapti* (pathology) and its *Chikitsa* (treatment) in *Chikitsasthana* considering its importance in the paediatric patients.

<i>Samhita</i>	<i>Sthana</i>	Chapter	Description
<i>Charak Samhita</i>	<i>Sutra Sthana</i>	7 (<i>Navegandharniya</i>)	<i>Vaspa Vegdharana</i> as a cause of <i>Pratishyaya</i>
	<i>Nidana Sthana</i>	6 (<i>Shosha Nidan</i>)	<i>Pratishyaya</i> as a <i>Lakshana</i> of <i>Sahasjanya</i> , <i>Dhatukshayaja</i> & <i>Vishamashanaj Shosha</i> .
	<i>Chikitsa Sthana</i>	8 (<i>Rajyakshma Chikitsa Adhyaya</i>)	<i>Pratishyaya</i> is given of <i>lakshana</i> of <i>yakshma</i> and also described <i>Samprapti</i> as well as general treatment of <i>Pratishyaya</i> .
		26 (<i>Trimarmiya Chikitsa Adhyaya</i>)	Symptoms as well as treatment of specific type of <i>Pratishyaya</i> i.e., <i>Vataj</i> , <i>Pittaj</i> , <i>Kaphaj</i> , <i>Tridoshaj Pratishyaya</i> . <i>Pathya</i> also given in this chapter.
<i>Sushruta Samhita</i>	<i>Uttartantra</i>	22 (<i>Nasagatroga Vigyan</i>)	Description of 5 types of <i>Pratishyaya</i> is given
	<i>Uttartantra</i>	24 (<i>Pratishyaya Pratishodhopakrama</i>)	Description about <i>Hetu</i> , <i>Purvaroop</i> , <i>Lakshana</i> , <i>Chikitsa</i> , <i>Pathyapathya</i> , etc with <i>Pakva - Apakva Pratishyaya</i> is given
<i>Madhav Nidan</i>	Second part	58 (<i>Nasaroga Nidan</i>)	Description of <i>Pratishyaya</i>
<i>Sharangdhara Samhita</i>	<i>Pratham Khanda</i>	In <i>Nasaroga Prakarana</i> of <i>Rogagananadhyaya</i>	Description of <i>Pratishyaya</i>
<i>Bhava Prakasha Nighantu</i>	<i>Chikitsa Prakarana</i>	56 (<i>Nasarogadhikar</i>)	Description of <i>Pratishyaya</i>
<i>Chakra Dutta</i>		58 (<i>Nasaroga Chikitsa</i>)	Description of <i>Chikitsa</i> of <i>Pratishyaya</i> & description of <i>Nava</i> & <i>Jeerna Pratishyaya</i> .

NIDANA:

Aharaja Nidana — Mandagni, ajeerna, Vishmasana, atijalapan after meal, ati guru Madhura sheeta ruksha sevan, atisheetambupaan

Viharaja Nidana - Vega sandharana, rajahdhumarasevan, atisambhasanam, rituvaishmya, shirasoabhitapam, divasyanam, atapa sevan, snan in ajirna.

Manasika- Atikrodh

Samprapti ghataka:

1. Nidan — Vata Kapha Prakopak Ahara Vihara etc.

2. Dosha — Kapha Vata Pradhana, Alpa Pitta, Rakta.

3. Dushya — Rasa and Rakta.

4. Agni — Jatharagni, Rasadhatwagni.

5. Srotas — Pranavaha, Rasavaha, Raktavaha.⁹

6. Srotodushti - Sanga, Vimargagamana, Atipravruthi.

7. Adhithana — Nasa, Shiras.

Samprapti

Nidana Sevana (Exposure to causative factors)



Vata Dosha vitiation with *Sama Pitta*, *Kapha*, and *Rakta*



Vridhdha Vata Avarana



Srotorodha (Obstruction of channels)



Doshas get lodged in the head region.



Pratishyaya (Expelling of *Kapha*, *Pitta*, and *Rakta* through Nose,
Due to vitiated *Doshas*)

The nasal mucosa has a rich blood supply, and stimulation of the sympathetic nervous system causes vasoconstriction, which further results in shrinkage of the nasal mucosa. On the other side, stimulation of the parasympathetic system is responsible for excessive secretion from the nasal mucosa and local vessel dilatation. Emotional disturbance also plays a significant role as the hypothalamus controls the autonomic nervous system supply of nasal mucosa.¹¹

Purva Roopa (Prodromal symptoms)

Acharya Sushruta, Madhava, and Bhavprakash mention prodromal symptoms such as,

1. *Shirogurutvam* (Heaviness of head)
2. *Kshvathupravartanam* (Sneezing)
3. *Angamarda* (Bodyache)
4. *Parihristaromta* (Horripilation)

Rupa (Clinical features):¹²

There is no direct reference regarding explanation of *Rupas* of *Pratishyaya*. *Acharya Videha* said the following *Rupas*.

- 1) *Sravadhikya* (Excess secretion)
- 2) *Nasanaha* (Nasal secretion)
- 3) *Netrasrava* (Lacrimation)
- 4) *Teevra Jwara* (Hyper pyrexia)
- 5) *Dourbalya* (Weakness)
- 6) *Teevra Shiroshoola* (Intense Headache)

Samanya Lakshana by Acharya Charaka: *Shirahshoola, Shirogaurav, Ghranviplava, Jwara, Kasa, Kaphotklesha, Swarabheda, Indriya Asamarthatva*

Samanya lakshana by Maharishi Kashyapa: *Daurgandhta, Parikledita* etc.

comparison of clinical features of Rhinitis:¹³

Pratishyaya	Rhinitis
<i>Shiroguruvam</i>	Heaviness in head, Headache
<i>Kshavthu</i>	Sneezing
<i>Angamarda</i>	Body pain
<i>Nasa Kandu/ Nasavarodha</i>	Itching sensation in Nose & Nasal obstruction
<i>Nasasrava</i>	Nasal discharge
<i>Jwara</i>	Fever

Bheha (Classification):

There are 5types of *Pratishyaya* they are

- 1) ***Vataja Pratishyaya:*** *Nasa avarodha or Tanusrava, Gala, Talu, Oshta shosha, Suchivat vedhana in Shankha pradesha, and Swarabahngha.*
- 2) ***Pittaja Pratishyaya:*** *Peeta, Ushnasrava from Nasa, Krisha, Panduvarna, Trishnapeedita, Sadhuma, Vani vamita pratiti.*
- 3) ***Kaphaja Pratishyaya:*** *Sweta, Sheeta kapha srava from Nasa, Sweta shareera, Akshishotha, Shiroguruta, Kandu in Gala, Oshta and Talu.*
- 4) ***Sannipataja Pratishyaya:*** *Pratishyaya swayam shanti, Pakva or Apakva, Sarva lakshanayukta.*
- 5) ***Raktaja Pratishyaya:*** *Raktavarna srava from Nasa, Tamaravarna akshi, Swasa, Mukha dourgandhya and Gandhagyana, Sweta, Snigdha krimi pravarritti from Nasa.*

There are two types according to modern i.e., Infective and Non infective.

Modern science described many signs and symptoms of disease including obstruction of nasal passage, blockage of nose, running nose, itching, irritating nose, heavy sneezing, congestion, watery eye and fever sometimes, etc. Modern science described some diagnostic approaches to identify presence of allergic rhinitis such as; allergy test, skin test and blood test.

Chikitsa:

- ***Samanya Chikitsa:***

1. ***Ama Peenasa Chikitsa:*** Uses of *Langhana, Deepana* and *Pachana* drugs.

2. **Pakwa Peenasa Chikitsa:** *Shirovirechana, Dhoompana, Vamana, Snepana, Asthapana and Virechana, etc.*
3. **Shaman Aushadha:** *Chitraka Hareetaki, Shatyadi Churna, Tulasi Patra Churna, Sarpiguda, Panchamula Siddha Ghrita, Vyoshadi Churna, Shadanga Yusha, Nasya of Pathadi and Shadbindu Taila, etc.*

- **Vishesh Chikitsa:**

<i>Dosha</i>	<i>Charaka Samhita</i>	<i>Sushruta Samhita</i>	<i>Ashtang Hridaya</i>
<i>Vataja</i>	<i>Ghritapana, Shirovirechana, Snigdha Dugdhapana, Mamsarasa, Dhumrapana, Panisweda, Upanaha, Sankara Sweda, Niruha Basti.</i>	<i>Ghritapana, Shirovirechana, Sankara Sweda.</i>	<i>Ghritapana, Shirovirechana, Sankara Sweda.</i>
<i>Pittaja</i>	<i>Ghritapana, Dugdhapana, Nasya, Parishechana, Lepa (Pradeha), Virechana</i>	<i>Ghritapana, Nasya, Parishechana, Lepa(Pradeha), Virechana, Kawala Dharana.</i>	<i>Ghritapana, Nasya, Parishechana, Lepa(Pradeha).</i>
<i>Kaphaja</i>	<i>Ghritapana, Vamana, Nasya, Langhana, Dhumrapana, Shiro Ghritalepa, Sweda, Parisheka.</i>	<i>Ghritapana, Vamana, Nasya, Dhumravarti, Antarika, Aushadhisevana.</i>	<i>Ghritana, Vamana, Nasya, Langhana.</i>
<i>Sannipataja</i>		<i>Ghritapana, Dhumrapana, Gutika, Avaleha, Nasya, Shirovirechana.</i>	<i>Ghritapana, Shirovirechana, Kawala Dharana.</i>

Dietary guideline for *Pratishyaya*:

It is advised to take light and *Kapha nashaka* foods, lukewarm water sometimes can be used to relieve symptoms of diseases. Legumes, soups and freshly cooked hot food stuffs are considered good for respiratory problems. One should avoid heavy & fermented food, food causing congestion also need to be avoided. Cold, soar and excessively sweets foods; curd, yogurt, ice creams and yellow grams, etc. are restricted in such types of diseased conditions.

Lifestyle related guideline for *Pratishyaya*:

- Avoid exposure to excessively cold climatic condition.
- Keep cloves, black peppers and other medicines always with patients susceptible for acute attack of respiratory distress.
- Avoid contact with allergens like; pollen, dust, silicates, sensitive chemicals and gases.
- Day time sleeping, excessive physical exertion which can put stress on respiratory system and smoking, etc. should be avoided.
- Suppression of natural urges can accumulate toxins inside the body; therefore it is prerequisite not to suppress natural urges.
- Self medication especially steroid and antibiotics need to be avoided until not prescribed by physician.
- Incompatible diets, cold water bath, exposure to hot sunrays and residing around dump area, etc. should be avoided.
- Take steam after some time interval for clearing nasal and respiratory passage.
- *Yoga & Pranayam* in early morning advises under expert supervision.
- Sufficient rest, avoidance of stress and grief, etc. may give relief at psychosomatic level.

Upadrava (Complication):

Peenasa, Indriyavikara, Badhirya, Andhatva, Ghranavikara, Darunanetra, Kasa, Shotha. Acharaya Madhavakara said Pratishyaya if not treated lead to Kasa, and again leads to Kshaya.

Discussion:

Pratishyaya can occur as an independent disease or as a complication of many other diseases or as a symptom of any systemic disease. *Pratishyaya* is *Vata Kapha* dominant *Tridoshaja Vyadi*. While analyzing all the *nidanas*, *Acharya* have clearly mentioned that the allergic factors like dust, fumes cause paroxysmal sneezing and rhinorrhea, while other factors like head injury, seasonal variations, suppressions of natural urges etc. can be potent to initiate the pathology. *Acharya Sushruta* has described *Pratishyaya* as a separate chapter in *Uttaratantra* and it shows its importance. *Nidanas* of *Pratishyaya* are classified into *Kalantarajanaka* and *Sadyojanaka* by *Acharya Sushruta*.

Conclusion

Pratishyaya is a respiratory tract disease caused by various etiological factors that disturb metabolic activities and lead to the visualization of symptoms. Symptoms are classified based on the predominance of *Doshas*. And treatment can be decided because of the acute or chronic stage of the disease. *Shamana* and *Shodhana* are both effective in the management of *Pratishyaya*. The pediatric population must be protected from recurrent infections like Rhinitis using *Ayurveda* protocols like *Swarnaparshana*.¹⁴ Intake of two types of milk should be avoided in neonates; mothers should be encouraged to provide exclusive breast milk to their babies. Hot and liquid food items with avoidance of exposure to direct air and smoke must be advised to all children suffering from rhinitis. *Ayurvedic* formulations can be adopted for more effective, non chemical treatment of *Pratishyaya*. All formulations are proposed to be taken up for evaluation of their effect in *Pratishyaya* w.s.r to rhinitis to come up with safe and cost effective treatment for this ailment.

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