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Ayurvedic Management of Multiple Food allergies with Associated Allergic Rhinitis: A Gut–Immune Axis Case Report

Abstract

Aim: To evaluate the therapeutic efficacy of Ayurvedic interventions in a patient with chronic multiple food allergies and nasal hypersensitivity.

Objective: To observe the effect of Srotoshodhana, Agni Deepana, and AamaPachana–based management on clinical outcomes of food and nasal allergy.

Material and Methods: A 29-year-old woman with lifelong nasal allergy, eye itching, throat irritation and multiple food intolerances was treated using a standardized Ayurvedic protocol by managing digestive detoxification and airway therapy. Diagnostic impression: AaharAsatmyata (multiple food intolerance) with Vata-KaphajaPratishyaya(allergic rhinitis). The regimen included Pratimarsha Nasya (Nasa Yoga Ghrutam), topical ocular Akshi Tarpan, and internal agents targeting gut detoxification and immunomodulation (Aahar Amrutham Ras, IAFA Respiratory Detox

18 Tablet, Haridrakhandam, AnthramMithram Gulika, Kutaj Ghanvati, and IAFA Res Chai-
19 7). Diet and lifestyle optimization and pranayama were advised.

20 **Results:** Assessments of cases are done and documented. Within one month, marked
21 reduction in nasal congestion, throat itching, and food allergy was seen, with 70 %
22 symptomatic improvement and no relapse during follow-up.

23 **Conclusion:** Ayurvedic therapy targeting gut- immune balance offers a safe, effective
24 approach in chronic food and nasal allergies.

25 **Keywords:**Multiple Food Allergy, Multiple food intolerance, AaharAsatmyata, Allergic
26 rhinitis, Nasya, gut-immune axis, IAFA Ayurveda.

27 **1. Introduction**

28 Allergic disorders, especially those involving food and airway hypersensitivity represent
29 a major global health challenge.

30 Food allergies and food-related hypersensitivities are heterogeneous conditions ranging
31 from IgE-mediated immediate reactions to delayed non- IgE immune-mediated disorders
32 e.g., FPIES, FPIAP. IgE-mediated food allergy affects an estimated 3–10% of adults and
33 up to 8% of children in many populations, non-IgE disorders are increasingly recognized
34 and can present primarily with gastrointestinal or systemic symptoms. Contemporary

35 research highlights the gut–immune axis and microbiome as critical modulators of food
36 allergy risk and tolerance development. Early oral exposure to allergens and microbiome
37 composition are associated with altered risk of developing IgE-mediated allergy. Modern
38 treatment mainly provides symptomatic relief. Ayurveda interprets these as
39 SrotasamAtipravritti (hyperactivity of body channels) resulting from AaharaAsatmyata
40 and Ama accumulation. Vata-KaphajaPratishyaya parallels allergic rhinitis, while
41 AaharaAsatmyata corresponds to food intolerance or various food allergies. This study
42 presents a structured Ayurvedic management protocol that produced significant
43 improvement in a chronic case. Ayurvedic procedures such as Nasya (nasal
44 administration of medicated oils) and internal Deepana- Pachana (digestive-stimulant and
45 detoxifying) therapies aim to reestablish digestive fire, clear Ama, and restore Strotas
46 patency. A number of clinical reports and small trials suggest benefit of Nasya and
47 Panchakarma approaches in allergic rhinitis, though high-quality randomized trials are
48 limited.

49 This case report documents a patient with chronic allergic manifestations i.e. airway and
50 multiple food allergy treated with an integrative Ayurvedic protocol targeted at gut–
51 immune restoration and local airway therapy.

52 **2. Case Presentation**

53 A 29-year-old female presented on 30 June 2022 with lifelong nasal allergies, recurrent
54 eye itching and watering, throat itching and chest congestion, and reproducible adverse
55 reactions to multiple foods like tamarind, lemon, ice-cream, yogurt, packaged or
56 processed items, high-sugar foods, and additives. Past history included recurrent
57 pneumonia in childhood, prior management comprised intermittent allopathic
58 antihistamines and episodic antibiotics. No baseline immunologic testing like specific
59 IgE, total IgE, eosinophil count was available.

60 **2.1 Patient Details**

- 61 • **Age/Sex:** 29/ F
- 62 • **Address:** India
- 63 • **Date of first consultation:** 30 June 2022

64 **2.2 Chief Complaints:**

65 At the time of first consultation, the patient reported:

- 66 • Persistent nasal congestion, sneezing, and nasal discharge since childhood
- 67 • Throat itching and intermittent chest tightness or congestion
- 68 • Eye itching, redness, and watery discharge, exacerbated by dust or weather change

- Recurrent adverse reactions after ingestion of multiple foods, described as bloating, throat irritation, and heaviness
- History of frequent cough and cold episodes since childhood
- Episodes were accompanied by nasal blockage, post-nasal drip, throat irritation, and general fatigue.

Duration of illness: Since childhood.

2.3 Diagnosis: AaharAsatmyata (multiple food allergy or multiple food hypersensitivity, multiple food intolerance) and Vata–KaphajaPratishyaya (allergic rhinitis).

2.4 Triggers and Exacerbating Factors

Symptoms were aggravated by consumption of tamarind, lemon, ice cream, sauces, carbonated drinks, yogurt, chips, refrigerated and packaged foods, sugar-based items, and foods containing preservatives, colorants, or artificial sweeteners.

3. Methods

3.1 Intervention Protocol:

Management was planned according to Ayurvedic principles of Agni Deepana i.e. enhancement of digestive metabolism, Amapachana i.e. detoxification of undigested metabolites, and Srotoshodhana i.e. restoration of channel patency. The approach

86 simultaneously manages gastrointestinal dysregulation i.e. AharaAsatmyata and airway
87 hypersensitivity i.e. Vata-KaphajaPratisyaya.

88 **Monitoring:** Structured monthly follow-up visits, i.e., from June 2022 to
89 November 2022, with clinical assessment is done.

90 **3.2 Ayurvedic treatment protocol:**

91 **Therapeutic plan:**

92 **External:**Pratimarsha Nasya with Nasa Yoga Ghrutam (4–6 drops bilaterally, twice
93 daily), IAFA Nasal All Clear X Drops (4–6 drops bilaterally twice daily), Akshi Tarpan (1
94 drop each eye nightly).

95 **Internal:**Aahar Amrutham Ras 30 ml twice daily after meals, IAFA Respiratory Detox
96 Tablet 2 tablets twice daily,Haridrakhandam 1 tsp twice daily,AnthramMithram Gulika
97 and Kutaj Ghanvati each 1 tablet twice daily, IAFA Res Chai-7 (tea) twice daily.

98 **Diet/lifestyle:**Alkaline, low-histamine, non-fermented, avoidance of dairy, processed,
99 sugary items.Pranayama like Nadi-Shodhanaand Yoga Ustrasana, Dhanurasana,
100 BaddhaKonasana is recommended.

101 **Treatment Protocol**

102 3.3 Ayurvedic Treatment Protocol for different follow-ups

103 **Table 1- Formulations used along with their dosage, frequency, route, time of**
 104 **administration and duration**

Formulation	Dosage and Frequency	Route and Time of Administration	Duration
Nasa Yoga Ghritam (Pratimarsha Nasya)	4-6 drops in each nostril twice daily	Intranasal (early morning & bedtime) and 2-4 drop in nasal area twice a day	June- Nov 2022
IAFA Nasal All Clear X Drops	4-6 drops in each nostril twice daily	Intranasal (late morning & early evening)	June- Nov 2022
Akshi Tarpan Ghritam	1 drop in each eye once daily at bedtime	Topical ocular route	June- Nov 2022
Aahar Amrutham Ras	30 ml twice daily after meals with equal water	Oral	June- Nov 2022
IAFA Respiratory Detox Tablet	2 tablets twice daily, 15 min after meals	Oral	June- Nov 2022

Haridrakhandam	1 teaspoon twice daily	Oral	June- Nov 2022
AnthramMithram Gulika	1 tablet twice daily, 1 hour post meals	Oral	June- Nov 2022
Kutaj Ghanvati	1 tablet twice daily	Oral	June- Nov 2022
IAFA Res Chai-7	2.5 g twice daily as herbal infusion	Oral (tea)	June- Nov 2022
Extra virgin coconut oil	Twice a day	Over affected area	Nov- Dec 2022
333 creams	Twice a day	Over affected area	Nov- Dec 2022
Lacto calamine lotion as a sunscreen	Before going out	Over affected area	Nov- Dec 2022
Brahmi capsule	2 capsules once a day a bedtime		Nov- Dec 2022

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108 **Table 2- Ayurvedic Treatment Phases along with their Clinical Outcome and**
 109 **objectives**

Phase / Date	Clinical Outcome	Scientific Validation
Phase I – Initiation (30 Jun – 15 Jul 2022)	Approximately 40 % reduction in nasal congestion, improved appetite, decreased throat irritation	Detoxification and Restoration: Initiation with Pratimarsha Nasya (Nasa Yoga Ghrutam), IAFA Nasal All Clear X Drops, Akshi Tarpan Ghrutam, and internal formulations (Aahar Amrutham Ras, Haridrakhandam, IAFA Respiratory Detox Tablet, etc.). Objective: Increase Agni, reduce Ama, clear Pranavaha Strotas. Key herbs (Yashtimadhu, Haridra, Shigru, Neem) provide anti-inflammatory and immunomodulatory

		actions.
Phase II – Stabilization (16 Jul – 2 Aug 2022)	Approximately 70 % overall relief. Eye itching resolved, nasal discharge minimal, tolerance to mild trigger foods achieved.	Mucosal Repair and Digestive Support: Same internal medicines with Pathya- Apathya counselling and Nadi Shodhana Pranayama. Objective: Enhance mucosal recovery, normalize digestion– absorption, and stabilize immune response.
Phase III – Maintenance (Aug – Sept 2022)	Condition stable. No relapse despite mild cold exposure, energy and digestion improved.	Sustain Remission and Prevent Relapse: Tapered Nasya to once daily. Continued internal therapy and IAFA Res Chai-7. Objective: maintain respiratory immunity and prevent seasonal exacerbation.
Phase IV – Relapse Management (Oct 2022)	Mild recurrence after sweets, symptoms subsided	Adaptogenic Support: Objective: Strengthen

	within 10 days, no systemic reaction.	adaptogenic and hormonal balance mechanisms, modulate immune reactivity.
Phase V – Topical Care (Nov 2022)	>80 % relief in all systemic symptoms, skin comfort and tolerance improved, no relapse.	Neuro-Immuno-Dermal Stabilization: Brahmi capsules (2 caps HS) for stress-axis regulation, Lacto Calamine lotion, 333 cream, and extra virgin coconut oil applied topically to restore epithelial barrier and prevent dryness. Objective: Enhance neuromodulation, cutaneous immunity, and long-term tolerance induction.

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111 **Table 3: Monitoring Parameters**

Domain	Assessment Method	Frequency	Outcome
Symptom scoring	0–5 visual analogue scale for nasal, throat, eye, and food	Every visit	80 % overall reduction from baseline

	reactions		
Digestive status	Appetite, stool regularity, bloating	Weekly	Normalized by week 3
Allergen tolerance	Gradual supervised re-exposure to small quantities of previously offending foods	Month 3 onward	Partial tolerance achieved, no anaphylaxis
Adverse effects	Tele-consultation and patient diary	Continuous	None reported

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113 3.4 Dietary and Lifestyle Monitoring

114 **Pathya:**Soft, freshly cooked, non-fermented foods; inclusion of Jeeraka Jala (cumin
115 water) and curry leaves daily.Fresh apples and pomegranate along with other fruits are
116 encouraged to be taken.

117 **Apathya:**Milk products, fried items, fermented foods, packaged snacks, artificial colors
118 and flavors strictly avoided.

119 **Lifestyle:**Early sleep, daily 20-minute yoga and Pranayama.Avoidance of cold exposure
120 and late meals.

121 **4. Results**

122 **Table 4-**

Date	Major symptoms	Symptom Severity (0 = none – 5 = severe)	Clinical Interpretation
30 June 2022	Nasal blockage, sneezing, throat itching, multiple food reactions, eye itching	Nasal 5 / Throat 4 / Food Intolerance 5	Severe allergic state, AaharaAsatmyata, Vata-KaphajaPratishyaya diagnosed
15 July 2022 (Mid-therapy)	Reduced nasal discharge, improved digestion, mild tolerance to some foods	Nasal 3 / Throat 2 / Food 4	Agni Deepana initiated, airway clearance evident
2 August 2022 (Follow-up 1)	Sneezing rare, minimal congestion, no eye itching, digestion normal.	Nasal 1 / Throat 1 / Food 2	Approximately 70 % relief, Kapha-Vata Shamana achieved
Nov 2022	No major relapse, patient continues	Nasal 0–1 / Throat 0 / Food 1–2	Sustained remission

	regimen		
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Outcome

- By November 2022, the patient achieved:
- Approximately 80 % improvement in nasal and throat symptoms
- Complete relief from eye itching and watering
- 60–70 % improvement in food intolerance or multiple food allergy
- Marked enhancement in digestion, vitality, and quality of life
- No drug-related or allergic adverse events

Table 5. Symptom improvement summary

Symptom	On starting of treatment (Scoring: 0–5)	On last follow up (Scoring: 0–5)	% improvement
Nasal congestion & sneezing	5	1	80%
Throat itching / chest heaviness	4	1	75%
Eye itching/watering	4	0	100%
Food-trigger severity	5	2	60%

Tolerance and general digestion	poor	improved	Qualitative improvement
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5. Discussion

The present case demonstrates a systematic Ayurvedic management approach for a chronic multiple food allergy and respiratory condition involvement. The treatment was planned in five sequential phases from June to November 2022, each addressing a distinct pathological layer beginning with systemic detoxification, followed by stabilization, remission maintenance, relapse control, and finally, long-term neuro-immuno-dermal stabilization. The results indicate that precise phase-wise therapy rooted in Ama-Nirharana, Agni-dipana, and Rasayana principles can effectively correct both local and systemic hypersensitivity responses.

1. Pathophysiological Understanding

From an Ayurvedic view, the clinical presentation reflected a combined derangement of Kapha and Vata in the Pranavaha Srotas, secondary to Ama accumulation due to impaired Jatharagni. The chronicity and relapsing nature signified deep-seated Dosha–Dushya Sammurcchana involving Rasa and Rakta Dhatu. The therapeutic goal, therefore, was twofold i.e. Ama-Pachana and Agni- Deepana to restore metabolic efficiency,

148 and Srotoshodhana and Rasayana support to normalize immune response and mucosal
149 integrity. The initial phase focused on Pratimarsha Nasya i.e. Nasa Yoga Ghrutam, IAFA
150 Nasal All Clear X Drops and internal formulations such as Aahar Amrutham Ras,
151 Haridrakhandam, and IAFA Respiratory Detox Tablet, etc. Together, these addressed both
152 Sodhana (purificatory) and Shamana (pacifying) needs without burdening the system.

153 **2. Phase-wise Therapeutic**

154 **Phase I (Initiation):**

155 This phase targeted detoxification and digestive correction. Herbs like Haridra (*Curcuma*
156 *longa*), Shigru (*Moringa oleifera*), and Neem (*Azadirachta indica*), etc. in formulations
157 are established anti-inflammatory and antimicrobial agents, validated for mast-cell
158 stabilization and cytokine modulation (IL-6, TNF- α). Herbs in formulations
159 also contributed to mucosal protection and corticosteroid-sparing effects. The result
160 approximately 40% symptomatic reduction within two weeks reflects the classical
161 Ayurvedic aim of restoring Agni and clearing Ama before proceeding to deeper Rasayana
162 therapy.

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164 **Phase II (Stabilization):**

165 Treatment along with dietary regulation (Pathya-Apathya) and Pranayama were
166 integrated and maintain mucosal recovery and regulate the Prana–Udana–Apana axis.
167 The use of Akshi Tarpan Gheutam provided ocular comfort and indirectly balanced
168 Alochaka Pitta and Tarpaka Kapha, explaining the resolution of eye-related symptoms.

169 **Phase III (Maintenance):**

170 Once symptomatic stability was achieved, internal medicines were continued with
171 reduced Nasya frequency. The sustained remission, despite environmental triggers,
172 indicates effective restoration of mucosal barrier and improved local immunity, a modern
173 correlation of VyadhiKshamatva.

174 **Phase IV (Relapse Management):**

175 A minor relapse following dietary indiscretion was quickly controlled in this phase with
176 herbs possessing strong adaptogenic and antioxidant profiles, improving endocrine-
177 immune resilience. Ojas-supportive Rasayana principles, ensuring rapid recovery without
178 the need for steroidal rescue medication.

179 **Phase V (Taper and Topical Care):**

180 During the tapering stage, focus shifted to neuro-immuno-dermal stabilization. Brahmi
181 (*Bacopa monnieri*) was administered for hypothalamic-pituitary-adrenal axis modulation

182 and anxiety regulation addressing the psychosomatic link in allergic pathology. Topical
183 agents such as Lacto Calamine lotion, 333 cream, and extra virgin coconut oil served as
184 cutaneous protectants, maintaining epithelial barrier function and preventing residual
185 dryness or pruritus. This reflects an integrate strategy targeting both central and
186 peripheral inflammatory pathways.

187 **3. Pharmacological Correlation**

188 **Table 6- Ayurvedic Formulations, Key Herbs, and Pharmacological Correlation**

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Formulation	Key Herbs	Primary Ayurvedic Action	Pharmacological Correlation (Modern Mechanism)
Nasa Yoga Ghrutam (Nasya)	Yashtimadhu (Glycyrrhiza glabra), Go-Ghrita	Snehana and Shodhana of Urdhva Jatru Pradesha, reduces Kapha and lubricates nasal mucosa	Anti-inflammatory, demulcent, mucosal healing. Reduces histamine-mediated nasal congestion.
IAFA Nasal All Clear X Drops	Jyotishmati (<i>Celastrus paniculatus</i>), Maricha (<i>Piper</i>	Srotoshodhana and Kapha-Nissarana,	Anti-allergic, antimicrobial,

	<i>nigrum</i>), Pippali (<i>Piper longum</i>), Haridra (<i>Curcuma longa</i>), Nagarmotha (<i>Cyperus rotundus</i>), Bruhati (<i>Solanum indicum</i>), Sariva (<i>Hemidesmus indicus</i>), Til Taila	clears nasal and respiratory channels	bronchodilatory, mucoregulating. It inhibits eosinophilic inflammation, etc.
Akshi Tarpan Ghrutam	Neem (<i>Azadirachta indica</i>), Punarnava (<i>Boerhaviadiffusa</i>), Mulethi (<i>Glycyrrhiza glabra</i>), Daruharidra (<i>Berberis aristata</i>), Jivanti (<i>Leptadenia reticulata</i>), Shigru (<i>Moringa oleifera</i>)	Netra-tarpana and Rakta-prasadana. It reduces ocular Pitta-Kapha vitiation.	Anti-inflammatory, anti-histaminic, antioxidant and it restores tear film and ocular surface integrity.
Aahar Amrutham Ras	Choti Dudhi (<i>Euphorbia thymifolia</i>), Nirgundi (<i>Vitex negundo</i>), Bilva (<i>Aegle marmelos</i>), <i>Phyllanthus niruri</i> , <i>Boerhaviadiffusa</i>	Ama Pacana, Agnideepana, Srotoshodhana, stabilizes gut- immune axis	Hepato-gastroprotective, antimicrobial, gut flora modulating, enhances digestive enzymes and bile secretion.
IAFA Respiratory	Hingu (<i>Ferulaasafoetida</i>),	Kapha-Vata hara, Svasa-	Anti-inflammatory,

Detox Tablet	Surasa (<i>Ocimum sanctum</i>), Jivanti (<i>Leptadenia reticulata</i>), Bhumi Amla (<i>Phyllanthus niruri</i>), Kanthakari (<i>Solanum xanthocarpum</i>), Agarū, Pushkarmula, Ustakhadus	Kasa Prashamana, Rasayana	expectorant, bronchodilator. It modulates airway immune response
Haridrakhandam	Haridra (<i>Curcuma longa</i>), Trivrit, Mustaka, Chitraka, Tvakpatra, Vidanga, Guduchi, etc.	Rasayana, Kaphahara, Vatanulomaka	Potent anti-allergic, antioxidant, mast-cell stabilizer, enhances mucosal immunity.
AnthramMithram Gulika	Giloy Satva (<i>Tinospora cordifolia</i>), Suvarna Parpati, Godanti Bhasma, Shankh Bhasma, Suvarna Parpati, Vijaya Parpati, etc.	Deepana, Pachana, Grahani-sthirakarana	Immunostimulant, anti-inflammatory, gut mucosal repair; improves nutrient absorption
Kutaj Ghanvati	<i>Holarrhena antidysenterica</i> extract. , etc.	Atisarahara, Grahani-sthirakaraka	Antimicrobial, anti-diarrheal, gut barrier protective. It balances intestinal

			flora
IAFA Res Chai-7	Tulsi (<i>Ocimum tenuiflorum</i>), <i>Coleus aromaticus</i> , Yashtimadhu, Changeri (<i>Oxalis corniculata</i>), Chamomile (<i>Matricaria chamomilla</i>), Talisa patra (<i>Abies webbiana</i>), <i>Cinnamomum zeylanicum</i> , <i>Elettaria cardamomum</i> , etc.	Vata-Kapha Shamaka, PraavahaStrotasShodhana, Rasayana	Respiratory tonic, antioxidant, immunomodulatory, reduces oxidative stress and airway inflammation.

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191 **4. Integrative Perspective**

192 The steady improvement, i.e. $\geq 80\%$ symptomatic relief by November 2022 without
 193 relapses, corticosteroids, or antihistamines indicates successful immunological
 194 reprogramming or deep-rooted treatment rather than mere suppression of symptoms.
 195 From an integrative standpoint, the treatment restored homeostasis via multi-level
 196 regulation gut-lung axis correction, stress-axis modulation, and mucosal immunity
 197 reinforcement.

198 **6. Conclusion**

199 This case shows that Ayurvedic treatment can successfully manage complex conditions
200 like multiple food allergies and nasal hypersensitivity by correcting the root imbalance in
201 digestion, immunity, and metabolism. The gradual, stage-wise approach from
202 detoxification and digestive correction to Rasayana (rejuvenation) helped restore normal
203 tolerance to foods and reduce allergic symptoms without side effects. The coordinated
204 use of classical formulations, diet regulation, and lifestyle correction improved Agni
205 (digestive power), reduced Ama (metabolic toxins), and enhanced VyadhiKshamatva
206 (disease resistance). This outcome highlights that Ayurvedic principles, when applied
207 systematically, can complement modern understanding of gut-immune and mucosal
208 health, offering a safe, holistic path in chronic allergic disorders.

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