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RESEARCH ARTICLE

A CASE STUDY OF AYURVEDIC MANAGEMENT OF VATA-KAPHAJA PRATISHYAYA W.S.R. CHRONIC SIMPLE RHINITIS

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Abstract

Chronic simple rhinitis may be correlated with Vata-KaphajaPratishyaya. remedy of Pratishyaya is both Shodhana or Shamana, in line with Bala and Dosha of the patient. In Pratishyaya preference of Shodhana remedy may be Nasya, Vamana, Niruhabasti, which allows to remove the vitiated Dosha from Shira (Head), Aamashaya with Pakvashaya and breakdown the Samprapti of Pratishyaya. Pachana medicine is previous required for proper Shodhana and Rasayana medicinal drug provide best end result after Shodhana. In this example of Pratishyaya the road of treatment is Pachana, Nasya, Niruhabasti, Vamana and Vardhman PippaliRasayana, patient get commenced remedy from first day of remedy and whole alleviation after Vamana and also now not get the recurrence after of completion of Vardhman PippaliRasayana.

Materials and Methods: The subject who approached Shalakyta Tantra OPD of Shalakyta Tantra, Ashwin Rural Ayurved College, Sangamner, Ahmednagar with symptoms of Migraine since 3 months was systemically reviewed and Nasya line of treatment is adopted.

Results: The subject showed marked improvement as depicted in the scoring scale before and after treatment.

Discussion: By adopting the holistic approach with both internal and external treatment modalities an attempt is made to bring about satisfactory results.

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Introduction:-

Rhinitis is described as an inflammation of the lining of the nostril and is characterised via nasal signs and symptoms along with anterior or posterior rhinorrhea, sneezing, and nasal blockage and/or itching of the nose. chronic simple rhinitis has similar medical features, but post nasal drip and nasal blockage are greater marked. The nasal secretion become thick and viscid. In Ayurveda it's far similar to Vata-KaphajaPratishyaya. there is a vitiated Vata engage the Kapha and Pitta and draw in the direction of the Shira (head) and convey the signs and symptoms thru Nasa. Pratishyaya is the top illnesses of Shira (head), that can produce many extra critical diseases, if untreated. There are two desire of treatment Shodhana or Shamana. Shodhana is implemented if affected person is Balvana and has Bahudosha Avastha.^{1,2,3}

In Pratishyaya choice of Shodhana treatment can be Nasya, Vamana, Niruhabasti. Deepana and Pachana medicine is prior required for proper Shodhana. Nasya deal directly on vitiated Dosha of Shira (Head) through Nasal

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cavity. In Pratishtaya if Pakvashaya is more disturbed than, Niruhbasti can be given in this Avastha, it acts on Pakvashaya and also eliminate the vitiated VataDosha. Vamana is best for elimination of vitiated Kapha Dosha from Aamashaya. Recurrence of symptoms is the major problem in this condition so, after applying this Shodhana procedure, Rasayana provides the best results as per mentioned in Charaka Samhita.^{4,5,6}

Case Report

Basic information of the patient

1. Age: 27 years/ Male
2. Religion: Hindu
3. Occupation: Student
4. Socioeconomic status: Middle class
5. History of present illness: A 27 year old male, Student, came in OPD with the complains of severe nasal discharge, sneezing, nasal itching, heaviness in head, nasal blockage at night, so he can't able to sleep from last 3 days. Itching in throat with thick pharyngeal and nasal secretion. He has continuous episodes of this condition from 3 months, he felt allopathic medicine was not responding him. He was not doing any exercise. He was taking fruits daily to improve health. His diet timing was not regular. He feel heaviness in abdomen after taking food. On examination there is inflammation in nasal and pharyngeal mucosa. Severity of symptoms excessive in the morning time and after taking meal.

Personal history

1. Aharaja: Madhur, Amla Rasa Ahar.
2. Viharaja: Continuous stays in AC.

Examination-

AstaSthanaPareeksha

1. Nadi: 80/min
2. Mutra: 5 times/day
3. Mala: Prakrut, once a day
4. Jihwa: Saam
5. Shabda: Prakruta
6. Sparsha: Prakruta
7. Druk: Prakruta
8. Akrti: kaphaj

Assessment Criteria

The improvement was assessed on the basis of relief in the signs and symptoms of the disease.

Subjective Criteria-

1. nasal discharge
2. sneezing
3. nasal itching
4. heaviness in head
5. nasal blockage at night

Treatment Protocol-^{8,9}

Patient was treated on OPD base, on treatment schedule of first 15 days.

1. Samsarjan Krama was given for 6 days
2. Classical Nasya with Anutaila - 6 - 6 drops daily
3. Classical Niruha Basti of Triphala Kvatha for total 3 times.
4. Internal medicine - Tab. Haridradi (Haridra + Ajmoda + Vacha) 2tds + Tab. Haritaki 3 tab at night.
5. Vardhman Pippali Rasyana was given for 15 days. (Dose of Pippali 1 to 5gm/twice/day for 5 days, 5gm/twice/day for 5 days and 5 to 1gm/twice/day for 5 days. Total 15 days.)

Observation And Results:-

1. On the first day of treatment patient feel better in all symptoms, he sleep well at night without nasal congestion.
2. After completion of seven day treatment patient feel up to 80% relief in nasal discharge, sneezing, nasal itching, heaviness in head, nasal blockage.

3. After Vamana and Samsarjana Krama patient has relief up to 90% in all symptoms.
4. After Rasayana treatment, patient has got complete relief in all complains.
5. After one month of follow up, he has not get any recurrence in any symptoms.

Discussion:-

फलत्रिकोद्धवंक्वाथंगोमूत्रेणैवसाधितम् ।

वातश्लेष्मोद्धवंशोथंहन्याद्वृषणसम्भवम् ॥

त्रिफलायाःकषायस्तुधावनान्नेत्ररोगजित् ।

कवलान्मुखरोगघ्नःपानतःकामलापहः ॥

भै. र. -१०

नस्य लाभ -

घनोन्नत प्रसन्न त्वक्स्कन्धग्रीवअस्यवक्षसः।

दृढेन्द्रियअस्तपलिताभवेयुर्नस्यशीलिनः ॥अ.हृ. २०/३९

In Ayurveda, Panchkarma has major essential role inside the remedy of sicknesses. In this example patient is Balvana and having BahudoshaAvastha, so he is chosen for Shodhanatreatment. before going to Shodhana, Deepana and Pachana is needed so, in this example it completed by means of Chaturushana, Vaishvanar, Haritaki and Haridra. Which all have this assets. Niruhabasti is contraindicated in Pratishyaya, but affected person has Vibandha and PakvashayaSthana Vedana so, his Avastha is appropriate for Niruhabasti. It helps to cast off the vitiation of Vata, which is primly affected in Samprapti of Pratishyaya. AnutailaNasya removes the nearby vitiated Dosha from head thru nose, which helps to offer on the spot comfort. Vamana can put off the root motive Kapha Dosha from Aamashaya, which help to complete breakdown the Samprapti of Pratishyaya. PippaliRasayana is mainly stated in Pratishyaya in Samhita, which facilitates to save you the recurrence of signs and symptoms.¹⁰

Conclusion:-

it may concluded that management of chronic simple Rhinitis (VataKaphajaPratishyaya) may be fast and correctly dealt with by means of Ayurvedic control like Panchakarma andvardhamanPippaliRasayana.



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