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RESEARCH ARTICLE

AYURVEDIC MANAGEMENT OF MULTIPLE FOOD ALLERGIES WITH ASSOCIATED ALLERGIC RHINITIS: A GUT–IMMUNE AXIS CASE REPORT

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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: AaharAsatmy ata (multiple food intolerance) with Vata-KaphajaPratishyaya(allergic rhinitis).The regimen included Pratimarsha Nasya(NasaYogaGhrutam), topical ocular Akshi Tarpan, and internal agents targeting gut detoxific ation and immunomodulation(Aahar Amrutham Ras, IAFA Respiratory Detox Tablet, Haridrakhandam,AnthraMithram Gulika,Kutaj Ghanvati, and IAFA Res Chai-7). Diet and lifestyle optimization and pranayama were advised.
Results: Assessments of cases are done and documented. Within one month, marked reduction in nasal congestion, throat itching, and food allergy was seen, with 70 % symptomatic improvement and no relapse during follow-up.
Conclusion: Ayurvedic therapy targeting gut- immune balance offers a safe, effective approach in chronic food and nasal allergies.

Introduction:-

Allergic disorders, especially those involving food and airway hypersensitivity represent a major global health challenge. Food allergies and food-related hypersensitivities are heterogeneous conditions ranging from IgE-mediated immediate reactions to delayed non- IgE immune-mediated disorders e.g., FPIES, FPIAP. IgE-mediated food allergy affects an estimated 3–10% of adults and up to 8% of children in many populations, non-IgE disorders are increasingly recognized and can present primarily with gastrointestinal or systemic symptoms. Contemporary research highlights the gut–immune axis and microbiome as critical modulators of food allergy risk and tolerance development. Early oral exposure to allergens and microbiome composition are associated with altered risk of developing IgE-mediated allergy. Modern treatment mainly provides symptomatic relief. Ayurveda interprets these

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as SrotasamAtipravritti (hyperactivity of body channels) resulting from AaharaAsatmyata and Ama accumulation. Vata-KaphajaPratishyaya parallels allergic rhinitis, while AaharaAsatmyata corresponds to food intolerance or various food allergies. This study presents a structured Ayurvedic management protocol that produced significant improvement in a chronic case. Ayurvedic procedures such as Nasya (nasal administration of medicated oils) and internal Deepana- Pachana (digestive-stimulant and detoxifying) therapies aim to reestablish digestive fire, clear Ama, and restore Strotas patency. A number of clinical reports and small trials suggest benefit of Nasya and Panchakarma approaches in allergic rhinitis, though high-quality randomized trials are limited. This case report documents a patient with chronic allergic manifestations i.e. airway and multiple food allergy treated with an integrative Ayurvedic protocol targeted at gut–immune restoration and local airway therapy.

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

Patient Details
- **Age/Sex:** 29/ F
- **Address:** India
- **Date of first consultation:** 30 June 2022

Chief Complaints:
At the time of first consultation, the patient reported:
- Persistent nasal congestion, sneezing, and nasal discharge since childhood
- Throat itching and intermittent chest tightness or congestion
- 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.

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

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.

Methods:-
Intervention Protocol:
Management was planned according to Ayurvedic principles of Agni Deepana i.e. enhancement of digestive metabolism, Amapachanai.e. detoxification of undigested metabolites, and Srotoshodhanai.e. restoration of channel patency. The approach simultaneously manages gastrointestinal dysregulation i.e. AharaAsatmyata and airway hypersensitivity i.e. Vata-KaphajaPratisyaya.
Monitoring: Structured monthly follow-up visits, i.e., from June 2022 to November 2022, with clinical assessment is done.

Ayurvedic treatment protocol:
Therapeutic plan:
External: Pratimarsha Nasya with Nasa Yoga Grutham (4–6 drops bilaterally, twice daily), IAFA Nasal All Clear X Drops (4–6 drops bilaterally twice daily), Akshi Tarpan (1 drop each eye nightly).

Internal: Aahar Amrutham Ras 30 ml twice daily after meals, IAFA Respiratory Detox Tablet 2 tablets twice daily,Haridrakhandam 1 tsp twice daily,AnthraMithram Gulika and Kutaj Ghanvati each 1 tablet twice daily, IAFA Res Chai-7 (tea) twice daily.
Diet/lifestyle: Alkaline, low-histamine, non-fermented, avoidance of dairy, processed, sugary items.Pranayama like Nadi-Shodhanaand Yoga Ustrasana, Dhanurasana, BaddhaKonasana is recommended.

Treatment Protocol:
Ayurvedic Treatment Protocol for different follow-ups
Table 1- Formulations used along with their dosage, frequency, route, time of administration and duration

Formulation	Dosage and Frequency	Route and Time of Administration	Duration
Nasa Yoga Grutham(Pratimarsha Nasya)	4-6 drops in each nostril twice daily	Intranasal (early morning & bedtime) and 2-4 drop in naval area twicw 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 Grutham	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
AnthraMithram 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 cream	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

Table 2- Ayurvedic Treatment Phases along with their Clinical Outcome and 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 Grutham), IAFA Nasal All Clear X Drops, Akshi Tarpan Grutham, 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 within 10 days, no systemic reaction.	Adaptogenic Support: Objective: Strengthen 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.

Table 3: Monitoring Parameters

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

Dietary and Lifestyle Monitoring:
Pathya: Soft, freshly cooked, non-fermented foods; inclusion of Jeeraka Jala (cumin water) and curry leaves daily.Fresh apples and pomegranate along with other fruits are encouraged to be taken.
Apathya: Milk products, fried items, fermented foods, packaged snacks, artificial colors and flavors strictly avoided.
Lifestyle: Early sleep, daily 20-minute yoga and Pranayama.Avoidance of cold exposure and late meals.

Results:-

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 regimen	Nasal 0–1 / Throat 0 / Food 1–2	Sustained remission

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

Discussion:-

The present case demonstrates a systematic Ayurvedic management approach for a chronic multiple food allergyand 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.

Pathophysiological Understanding:

From an Ayurvedic view, the clinical presentation reflected a combined derangement of Kapha and Vata in the PranavahaSrotas, 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 two-fold i.e. Ama-Pachana and Agni- Deepana to restore metabolic efficiency, andSrotoshodhana and Rasayana support to normalize immune response and mucosal integrity.The initial phase focused on Pratimarsha Nasya i.e. Nasa Yoga Ghrutam, IAFA Nasal All Clear X Drops and internal formulations such as Aahar Amrutham Ras, Haridrakhandam, and IAFA Respiratory Detox Tablet, etc. Together, these addressed both Sodhana (purificatory) and Shamana (pacifying) needs without burdening the system.

Phase-wise Therapeutic:

Phase I (Initiation):

This phase targeted detoxification and digestive correction. Herbs like Haridra (Curcuma longa), Shigru (Moringa oleifera), and Neem (Azadirachta indica), etc. in formulations are established anti-inflammatory and antimicrobial agents, validated for mast-cell stabilization and cytokine modulation (IL-6, TNF-α). Herbs in formulations alsocontributed to mucosal protection and corticosteroid-sparing effects. The result approximately 40% symptomatic

reduction within two weeks reflects the classical Ayurvedic aim of restoring Agni and clearing Ama before proceeding to deeper Rasayana therapy.

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

Phase III (Maintenance):
Once symptomatic stability was achieved, internal medicines were continued with reduced Nasya frequency. The sustained remission, despite environmental triggers, indicates effective restoration of mucosal barrier and improved local immunity, a modern correlation of VyadhiKshamatva.

Phase IV (Relapse Management):
A minor relapse following dietary indiscretion was quickly controlled in this phase with herbs possessing strong adaptogenic and antioxidant profiles, improving endocrine-immune resilience. Ojas-supportive Rasayana principles, ensuring rapid recovery without the need for steroidal rescue medication.

Phase V (Taper and Topical Care):
During the tapering stage, focus shifted to neuro-immuno-dermal stabilization. Brahmi (Bacopa monnieri) was administered for hypothalamic-pituitary-adrenal axis modulation and anxiety regulation addressing the psychosomatic link in allergic pathology. Topical agents such as Lacto Calamine lotion, 333 cream, and extra virgin coconut oil served as cutaneous protectants, maintaining epithelial barrier function and preventing residual dryness or pruritus. This reflects an integrate strategy targeting both central and peripheral inflammatory pathways.

Pharmacological Correlation:
Table 6- Ayurvedic Formulations, Key Herbs, and Pharmacological Correlation

Formulation	Key Herbs	Primary Ayurvedic Action	Pharmacological Correlation (Modern Mechanism)
Nasa Yoga Grutham (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 (Celastrus paniculatus), Maricha (Piper nigrum), Pippali (Piper longum), Haridra (Curcuma longa), Nagarmotha (Cyperus rotundus), Bruhati (Solanum indicum), Sariva (Hemidesmus indicus), Til Taila	Srotoshodhana and Kapha-Nissarana, clears nasal and respiratory channels	Anti-allergic, antimicrobial, bronchodilatory, mucoregulating. It inhibits eosinophilic inflammation, etc.
Akshi Tarpan Grutham	Neem (Azadirachta indica), Punarnava (Boerhaviadiffusa), Mulethi (Glycyrrhiza glabra), Daruharidra (Berberis aristata), Jivanti (Leptadenia reticulata), Shigru (Moringa oleifera)	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 (Euphorbia thymifolia), Nirgundi (Vitex negundo),Bilva(Aegle marmelos), Phyllanthus niruri, Boerhaviadiffusa	Ama Pacana, Agnideepana, Srotoshodhana, stabilizes gut- immune axis	Hepato-gastroprotective, antimicrobial, gut flora modulating, enhances digestive enzymes and bile secretion.
IAFA Respiratory	Hingu (Ferulaasafoetida),	Kapha-Vata hara, Svasa-Kasa Prashamana,	Anti-inflammatory,

Detox Tablet	Surasa (Ocimum sanctum), Jivanti (Leptadenia reticulata), Bhumi Amla (Phyllanthus niruri), Kanthakari (Solanum xanthocarpum), Agaru, Pushkarmula, Ustakhadus	Rasayana	expectorant, bronchodilator. It modulates airway immune response
Haridrakhandam	Haridra (Curcuma longa), Trivrit, Mustaka, Chitraka, Tvakpatra, Vidanga, Guduchi, etc.	Rasayana, Kaphahara, Vatanulomaka	Potent anti-allergic, antioxidant, mast-cell stabilizer, enhances mucosal immunity.
AnthramMithram Gulika	Giloy Satva (Tinospora cordifolia), Suvarna Parpati, Godanti Bhasma, Shankh Bhasma, Suvarna Parpati, Vijaya Parpati, etc.	Deepana, Pachana, Grahani-sthirikarana	Immunostimulant, anti-inflammatory, gut mucosal repair; improves nutrient absorption
Kutaj Ghanvati	Holarrhenaantidysenterica extract., etc.	Atisarahara, Grahani-sthirikaraka	Antimicrobial, anti-diarrheal, gut barrier protective. It balances intestinal flora
IAFA Res Chai-7	Tulsi (Ocimum tenuiflorum), Coleus aromaticus, Yashtimadhu, Changeri (Oxalis corniculata), Chamomile (Matricaria chamomilla), Talisa patra (Abies webbiana), Cinnamomum zeylanicum, Elettaria cardamomum, etc.	Vata-Kapha Shamaka, PraavahaStrotasShodhana, Rasayana	Respiratory tonic, antioxidant, immunomodulatory, reduces oxidative stress and airway inflammation.

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

Conclusion:-

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

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