ABSTRACT:

Allergic rhinitis (AR) is an immune response of the nasal mucosa to airborne allergens and involves nasal congestion, watery nasal discharge, itching of the nose, and sneezing. Ayurveda describes Pratishyaya as one of the most important diseases among the 31 Nasarogas. Acharya Sushruta clearly mentioned that Pratishyaya is the condition in which vata kapha dusti was observed. Haridra Khand is one of the prominent anti allergic drugs mentioned in ayurveda. Pratimarsha nasya has significant role in the prevention of urdhvajatrugata rogas. Ancient acharya has told to try shadbindu taila and Haridra Khanda both locally and systematically in the management of pratishyaya. Here 30 patients were selected randomly in shalakya opd of ayurveda campus kirtipur. They were given pratimarsha nasya with sadhbindu taila and internally haridra khanda for 30 days. The vital sign and symptom of pratishyaya like nasa srava, nasa kandu, kshavatu, nasa kandu and shira shula were studied before and after the treatment. The result of the study indicated that the combined therapy of internally Haridra Khanda and external pratimarsha marsha with sadhbindu taila has given significant result in the treatment of Allergic Rhinitis (Pratishyaya).

Key words: Pratishyaya, Sadbindu Taila, Nasya, Haridra Khanda

INTRODUCTION

Allergic Rhinitis also known as hay fever is an inflammatory response of nasal mucosa to airborne allergens (particles that provoke an allergic reaction). Allergic rhinitis (AR) is an immune response of the nasal mucosa to airborne allergens and involves nasal congestion, watery nasal discharge, itching of the nose, and sneezing. The symptoms of allergic rhinitis may significantly affect a patient’s quality of life and can be associated with conditions such as fatigue, headache, cognitive impairment, and sleep disturbances. Prevalence of AR is increasing and has risen considerably in the past few decades with self reported prevalence up to 41%. According to WHO, 400 million people worldwide have Allergic Rhinitis. Ayurveda describes Pratishyaya as one of the most important diseases among the 31 Nasaroga (diseases related to nose) defined as the condition where the secretion produced due to the vitiation of Vata and Kapha at the root of the nose. The clinical feature of pratishyaya are kshavatu, nasa avarodha, nasa srava kandu netra, talu, gala, shirashoola etc. The nidanas of pratishyaya includes vegadharana, rajo dhuma sevana, diwaswapna, mithya ahara vihara etc. Pratishyaya is a disease with vata kapha predominance. Similarly the symptom of Allergic Rhinitis is similar to Pratishyaya, Such as nasa avarodha, nasa srava, kandu, shirashoola, kshvathu. Haridra Khand is one of the prominent anti allergic drugs mentioned in ayurveda. The rasayana property of Haridra khand has helps to increase vyadhikshamatva (immunity). Haridra khand has also shown good effective treatment in Allergic Rhinitis.

Access the article online

Quick Responde Code: www.thehealerjournal.org
DOI: 10.51649/healer.29

*Corresponding Author:
Dr. Sadhana Parajuli
Teaching Assistant
shalakya department, Ayurveda campus, IOM, TU, kirtipur,
E-mail: sadhanaparajuli@gmail.com
Submitted: 07.11.2020 Received: 09.01.2021
Revised: 20.01.2021 Accepted: 26.01.2021
Nasya comes under panchakarma therapy which helps in purification of urdhvajatrugata dosha. There are different types of nasya explained in our classical text. Among them pratimarsha nasya has significant role in the prevention of urdhvajatrugata rogas and promotion of health of sense organs. Acharya shusruta, acharya Charak and other ancient acharya has told to try shadbindu taila and Haridra khanda both locally and systematically in the management of pratishyaya.

MATERIALS AND METHODS

Examination of patient

Patients who had come with symptoms of Allergic Rhinitis were examined with astha vidhi pariksha, nasal examination including anterior and posterior rhinoscopy with proper history of patients.

Subjective parameter

- Nasa srava (rhinorrhoea)
- Nasa avarodha (nasal obstruction)
- Kshavatu (sneezing)
- Nasa gala kandu (itching)
- Shira shoola (headache)

METHODS AND MATERIALS

Design of study: The study was Quantitative research design, where the data was taken from the patients visiting to the outpatients department of TUATH.

Place of study: Ayurved College & Hospital, IOM, TU, kirtipur

Inclusion Criteria:

Either sex, all type of allergic rhinitis, Age between 16 to 50 yrs

Exclusion Criteria:

Age less than 16yrs and more than 50 yrs, pregnant women & children, Patient with any chronic disease like HIV, HTN, DM, rheumatoid arthritis etc

Study Design:

Total no of cases: 30
Duration of study: 30 days

Table 1 : Therapy Index

<table>
<thead>
<tr>
<th>Aushadi</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shadbindu tail (nasya)</td>
<td>2 drop each nostril</td>
<td>30 days</td>
</tr>
<tr>
<td>Haridra khanda (internal)</td>
<td>6 gm bd</td>
<td>30 days</td>
</tr>
</tbody>
</table>

Criteria for assessment

I. Severe improvement: if all the symptoms completely relief and complete control in follow up period
II. Moderate improvement: if more than 3 symptoms relief and no reoccurrence during follow up
III. Mild improvement: if less than 3 symptom relief from treatment and reoccurrence during follow up

RESULTS AND DISCUSSION

Observation

Table 2.1: Observation Findings

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Age Group</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>16-30 year</td>
<td>19 (63%)</td>
</tr>
<tr>
<td>2</td>
<td>31-50 years</td>
<td>11 (37%)</td>
</tr>
</tbody>
</table>

Source: Hospital data TUATH

Among 30 patients age group between 16- 30 year were 19 patient and age group between 31- 50 year werea 11 patients

Table 2.2: Observation Findings

Among 30 patients, female patients were 13 (43%) and male patients were 17 (57%) numbers

Analysis

The study data generated and collected was put to analysis to reach to the final result. The data are presented as frequency table, Charts.

Result: Symptomatic relief obtained is as follows:

Table 3: Analysis of Symptoms

<table>
<thead>
<tr>
<th>S. N.</th>
<th>Symptoms</th>
<th>Bt (Out Of 30 Patient)</th>
<th>At (No. Of Relief Patients)</th>
<th>Percentage (Result)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Itching</td>
<td>25</td>
<td>23</td>
<td>92%</td>
</tr>
<tr>
<td>2</td>
<td>Nasal obstruction</td>
<td>28</td>
<td>24</td>
<td>85%</td>
</tr>
<tr>
<td>3</td>
<td>Sneezing</td>
<td>23</td>
<td>20</td>
<td>86%</td>
</tr>
<tr>
<td>4</td>
<td>Rhinorrhea</td>
<td>28</td>
<td>23</td>
<td>82%</td>
</tr>
<tr>
<td>5</td>
<td>Headache</td>
<td>14</td>
<td>12</td>
<td>85%</td>
</tr>
<tr>
<td>6</td>
<td>Nasal congestion</td>
<td>18</td>
<td>15</td>
<td>83%</td>
</tr>
</tbody>
</table>

There was considerable decrease in symptoms. Overall we got 83.82% symptomatic relief with shadbindu tail nasya and haridra khanda internaly Maximum improvement in nasal congestion i.e. 83 % nasal obstruction 85%, rhinorrhea i.e.82% and nasal itching i.e. 92%, sneezing 86% and headache 85%.
Assessment of overall result:

Table 4: Overall result for observation

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Response</th>
<th>No</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Severe</td>
<td>15</td>
<td>50%</td>
</tr>
<tr>
<td>2</td>
<td>Moderate</td>
<td>12</td>
<td>40%</td>
</tr>
<tr>
<td>3</td>
<td>Mild</td>
<td>3</td>
<td>10%</td>
</tr>
</tbody>
</table>

Out of 30 cases, 15 patients (50%) had shown severe relief, 12 patients (40%) had shown moderate relief and 3 patients (10%) had shown mild relief from the given treatment.

**DISCUSSION AND CONCLUSION**

Previously many Ayurveda research has shown significant result in allergic rhinitis (vata kapha pratishtaya). It was also mentioned in the article of Seema and Sapan curcuma longa is useful both internally and externally. *Haridra Khanda* has antiallergic, Raktashodhak, Rasayana, Jeevaniya, Brihiniya, Balya, Ojavedhika & Dhatuposhaka properties which indirectly increase the immunity (Seema & Sapan, 2013). The lakshana of *vata kapha pratishtaya* are similar to allergic rhinitis like rhinorrhoea, itching in throat and eye, nasal obstruction, nasal congestion, headache, sneezing. Immunomodulation is necessary in allergic rhinitis so *haridra kanda* best of medicine in allergic rhinitis. *Haridra kanda* contain turmeric that has anti allergic effect other ingredient like trivit, haritaki, daruharidra, nagarmotha, ajamoda, chirakmool vata kapha samaka and then for *pitta samaka* as well to open the nasal obstruction nasya is best. The ingredient of sadbindu tail are bhringaraja, yastimadhu, kusta, lavanga, shunti are tikshna and ushna guna which help in pacifying vatakapha dosha.

In present study of 30 cases from observation it is found that more patient suffering from allergic rhinitis were age group of between 16-30 years. Out of 30 cases, 15 patients (50%) had shown severe response with treatment and 12 patients (40%) had shown moderate response with treatment.

From the above observation it is clearly understood that the combined therapy of internally *Haridra Khanda* and external pratimarsha nashya with sadbindu tail has given significant result in the treatment of Allergic Rhinitis (Pratishtaya).

**ACKNOWLEDGEMENTS:** Not Applicable

**CONFLICT OF INTEREST:** Author declares that there is no conflict of interest.

**SOURCE OF SUPPORT:** None

**REFERENCES:**

1. skoner DP. Allergic Rhinitis, definition epidemiology, pathophysiology, detection and diagnosis J. Allergy clin Immunol 2001 July P-108
2. WHO journal, June 2008
6. Sandhya Rani et al. Effect of shadbindu ghrita nasya and Haridra khand in pratishya,
7. Aiswarya P et all. A clinical study on the efficiency of Haridra khand and Haridra Dhoom nasya in the vata pratishya/ International Ayurvedic medical journal ISSN: 2320 5091
11. Charwardol seema and Jain sapan clinical evaluation of haridra kanda and anu taila nasya in the management of allergic rhinitis, international journal of ayurveda and alternative medicine, vol 1 issue 1 (2013)

**How to cite this article:**