



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“VATAJA PRATISHYAYA LITERATURE REVIEW IN CLASSICS WITH SPECIAL REFERENCE TO ALLERGIC RHINITIS”

Dr.Monali Dilip Pawar¹ Dr.Suhas Bhagwan Mohite²

- 1) Pg Scholar Md Panchakarma, Loknete Rajarambapu patil Ayurvedic Medical college, Hospital ,Post Graduation institute and Research centre, Islampur, Sangli , Maharashtra, 415409.
- 2) Guide and Professor. Department of Panchkarma.
Loknete Rajarambapu patil Ayurvedic Medical college, Hospital ,Post Graduation institute and Research centre, Islampur, Sangli , Maharashtra, 415409.

ABSTRACT:

Human life fundamentally relies on air and water; however, these natural elements can also act as carriers of infections. With the rise of modern civilization, there is growing evidence linking environmental air pollutants to various health issues. In Ayurveda, pollutants such as Raja (dust) and Dhooma (smoke) have been identified as causative factors for respiratory illnesses like Allergic Bronchitis (Shwasa), Allergic Rhinitis (Pratishyaya), Cough (Kasa), and Hiccough (Hikka). The occurrence of Vataja Pratishyaya, or Allergic Rhinitis, has notably increased over time. Pratishyaya is recognized as an independent clinical condition in the Uttar Tantra of Sushruta Samhita. Based on the similarities in signs and symptoms, Allergic Rhinitis can be correlated with Vataja Pratishyaya. It is characterized by inflammation of the nasal membranes, leading to symptoms such as watery nasal discharge, nasal obstruction, sneezing, and itching in the nose. Although modern medicine offers various treatments—such as corticosteroids, antihistamines, and inhalers—these options are not fully effective in curing the disease or preventing its recurrence and often come with their own side effects.

KEYWORDS: Pratishyaya; Ayurveda; Allergic rhinitis; Nasya

INTRODUCTION:

Allergic rhinitis is among the most prevalent allergic disorders, arising when the nasal passages are exposed to external agents such as pollen, dust, and other irritants. Common symptoms include nasal congestion or a runny nose, sneezing, redness, itching, watery eyes, and swelling around the eyes, often accompanied by clear nasal discharge. Symptoms typically appear within minutes of exposure and can severely impact sleep quality, work efficiency, and academic performance. Those affected by pollen-related allergic rhinitis generally experience seasonal flare-ups. Additionally, many individuals with allergic rhinitis also suffer from associated conditions like asthma, allergic conjunctivitis, or atopic dermatitis. In *Ayurvedic* literature, *Pratishyaya* has been documented since the era of the *Brihatrayee* and *Laghutrayee*, where it is identified as a premonitory sign (*Purvarupa*) of Tuberculosis (*Rajyakshma*) and linked with conditions such as *Vega Vidharanaja*, *Kshayaja*, and *Vishamasanaja Yakshma*. *Sushruta Samhita* elaborates on *Pratishyaya* in a dedicated chapter, emphasizing its significance among nasal disorders (*Nasa Roga*). *Ayurveda* describes *Pratishyaya* as resulting from the vitiation of *Vata* and

Kapha doshas at the nasal root, leading to abnormal nasal secretions flowing against the inspired air. In recent years, allergic rhinitis has emerged as a major global health concern, affecting between 10% to 25% of the world's population, with its incidence steadily rising. Reports from the World Allergy Organization (WAO) estimate that nearly 400 million people worldwide are affected by allergic rhinitis, with approximately 20% prevalence in India. Although it is not a life-threatening condition, allergic rhinitis considerably diminishes the quality of life due to its persistent symptoms that disrupt daily activities⁷. If neglected or inadequately treated, the condition may lead to serious complications.

CLASSIFICATION:

Acharya Sushruta, Vagbhatta, Madhavakar, Bhava Mishra, and Sharangadhara have classified *Pratishyaya* into five types: *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, and *Raktaja*. However, Acharya Charaka and Kashyapa did not recognize *Raktaja Pratishyaya* as a separate category^{8,9}. According to *Rasa Ratna Samuchaya*, six distinct types of *Pratishyaya* are mentioned.

Acharya Dalhana further categorized *Pratishyaya* into two stages¹⁰: *Amavastha*

(acute stage) and *Pakwavastha* (matured stage).

Importance Of Pratishyaya;

Pratishyaya holds great significance in Ayurveda as it is considered the underlying cause for many other nasal disorders, thus it is discussed with special emphasis among *Nasa Rogas*. Uniquely, it is the only disease described in *Shalaky Tantra* that can develop complications even before the clinical signs and symptoms manifest, highlighting the importance of early intervention at the stage of *Purvaroopas* to prevent disease progression.

The causative factors (*Nidana*) of *Pratishyaya* are broadly classified into two types:

Sadyojanaka Nidana (immediate causative factors) and *Kalantrajanaka Nidana* (factors causing delayed onset).

Purvarupa (Prodromal Symptoms):

According to *Sushruta*, and later followed by *Madhava Nidana* and *Bhavaprakasha*, the early signs (*Purvarupa*) of *Pratishyaya* are described as follows¹²
Shirogurutvam – a feeling of heaviness in the head

Kshvathu Pravartanam – frequent sneezing

Angamarda – generalized body ache

Parihrista Romaharsha – generalized horripilation (goosebumps)

Rupa (Clinical Features)

1.1.a. Clinical Features of *Vataja*

Pratishyaya according to Acharya *Charaka* (*Chikitsa Sthana* 26/105)

- *Ghranarti Toda* – pricking pain sensation in the nasal region
- *Kshavathu* – repeated sneezing
- *Jalabhisarava* – profuse watery nasal discharge
- *Swarabheda* – hoarseness or change in the voice
- *Shirashoola* – headache

1.1.b. Clinical Features as described by *Sushruta* (*Uttara Tantra* 24/6-7), *Madhava Nidana*, and *Bhavaprakasha*

- *Anaddhapihita Nasa* – nasal obstruction and stiffness
- *Tanusrava Pravartini* – continuous thin watery nasal discharge
- *Galtavoshtha Shosha* – dryness of the throat, palate, and lips
- *Shankha Nistoda* – pricking pain in the temporal region
- *Swaropaghata* – hoarseness of voice
- *Chikitsa* (*Treatment*) of

Pratishyaya

The foremost approach to managing *Pratishyaya* is *Nidana Parivarjana*—eliminating the causative factors. As local

therapies alone are insufficient, oral medications are also essential to address the underlying pathology and enhance the immune system.

Samanya Chikitsa (General Treatment)

Acharya *Chakrapani* suggests administering *Langhana* (lightening therapy) for five days as the initial step in the management of *Pratishyaya* (*Chakrapani* 59/3). Except for *Nava Pratishyaya* (recent onset cases), all other types should be treated with *Gritapana* (intake of medicated ghee), *Swedana* (sudation therapy), *Vamana* (therapeutic emesis), and *Avapidan Nasya* (nasal medication).

Vishesh Chikitsa (Specific Treatment)

Acharya *Sushruta* provides a detailed regimen specifically for *Vataja Pratishyaya*:

Ghratapana: Administration of medicated ghee prepared with *Panch Lavan Siddha Ghrta* and *Vidarigandhadi Gana Siddha Ghrta*.

Nasya and Other Therapies: Management of *Ardita* (facial palsy) through therapies such as *Shirobasti* (oil pooling on head), *Nasya* (nasal instillation), *Dhooma* (medicated smoke inhalation), *Upanaha* (poultice application), *Sneha* (oleation), *Nadi Swedana* (steam therapy), as well as *Ksheerataila Pana* (intake of medicated

milk-oil preparations) and *Abhyanga* (massage).

Upadrava (Complications)

If *Vataja Pratishyaya* is not managed properly, it can progress into *Dushta* *Pratishyaya*, leading to complications such as deafness, blindness, loss of smell (anosmia), severe eye disorders, persistent cough, loss of appetite, and generalized oedema.

Certain Instructions to be Followed

Patients should avoid exposure to cold water and polluted air.

Regular nasal douching with saline water is recommended to prevent crusting and dryness of the nasal mucosa.

Using a face mask or covering the nose can help protect against environmental pollutants and infectious agents.

Conclusion:

Ayurvedic interventions offer a promising natural alternative for the treatment of allergic rhinitis or *Vataja Pratishyaya*.

These formulations, being non-chemical, could provide a safer and more cost-effective therapeutic option. Further evaluation of these therapies is suggested to establish their efficacy and safety profile for managing this common ailment.

References:

1. Acharya VYT (2007) *Agnivesh Charak Samhita with Ayurved Dipika*

commentary, Choukhambha Orientalia, Varansi Chikitsasthana 17/13.

2. Vd Yadav TJ, Vd Tukaram CS (2017) A randomized controlled clinical study on the efficacy of chitrakaharitaki avaleha in vataj pratishyaya W.S.R. to allergic rhinitis in children. *PIJAR* 1(3): 68.

3. Bousquet J, Van Cauwenberge P, Khaltaev N, Aria Workshop Group, World Health Organization(2001) Allergic rhinitis and its impact on asthma. *J Allergy Clin Immunol* 108(5 Suppl): S147-334.

4. Aggarwal AN, Chaudhry K, Chhabra SK, D Souza GA, Gupta D, et al. (2006) Asthma Epidemiology Study Group. Prevalence and risk factors for bronchial asthma in India adults: a multicentre study. *India J Chest Dis Allied Sci* 48(1):13-22.

5. Acharaya VYT (2005) Agnivesh charaka Samhita elaborated by charaka and dridbala, with ayurved Deepika commentary by chakrapanidatta Published by chaukhmba publication, Varanasi, chikitsasthan 26/110-114: 604-605.

6. Rajguru N, Sharma PH (2004) Maharshi mareecha kashyapa, Vriddhajeivaka Tantra Revised by vatsya

with Sanskrit introduction with the vidyotani hindi commentary & hindi translation of Sanskrit introduction by ayurvedalankara shri satyapala bhishagacharya, varansi 9th (Edn.), chaukhmba Sanskrit samthan publication, Ka, Chi 12/5, pp: 222.

7. Acharaya VYT, Tirtha NRAK (2005) Sushruta Samhita with nibandha sangraha commentary of shree Dalhanacharya and the Nyaya Chandrika panjika shri govindacharya on nidana sthana, Uttara Tantra 24/16-17, pp: 652.

8. Shastri KA (2019) Sushruta, Nagarjun, Sushruta Samhita, Uttara Tantra, Pratishyaya Adhyaya 24/4, Chaukhamba Sanskrit Sansthan, Varanasi.

9. (2003) Sushruta Samhita, commentaries by shastri, kaviraja ambikadutta Ayurveda Tattva Dipika, chaukhambha Sanskrit sansthan, varansi, India, Uttars Thana 24/5,pp: 153.

10. Shastri KA (2019) Sushruta, Nagarjun, Sushruta Samhita, Uttara Tantra, Pratishyaya Adhyaya 24/18, Chaukhamba Sanskrit Sansthan, Varanasi.

11. Shastri KA (2019) Sushruta, Nagarjun, Sushruta Samhita, Uttara Tantra, Pratishyaya Adhyaya 24/25, Chaukhamba Sanskrit Sansthan, Varanasi.

12. Shastri KA (2019) Sushruta, Nagarjun,
Sushruta Samhita, Uttara Tantra,
Pratishyaya Adhyaya 24/16-17,
Chaukhamba Sanskrit Sansthan, Varanasi.

