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“LITERATURE STUDY OF SHUNTHYADI TAIL WITH  
SPECIAL REFERENCE TO VATAJ PRATISHYAY”

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**ABSTRACT –**

Allergic rhinitis is common type of rhinitis and shunthyadi tail is used frequently by many physicians. In this study literature study has been done on articles published on Shunthyadi Tail for nasya karma . Total 10 published articles are found and studied extensively. After this study pharmaceutical and analytical standards established. After studying 2 single case studies and 6 clinical trails it is found that Nasya of Shunthyadi Tail is effective in Vataj Pratishyay ( Allergic Rhinitis)

**Keywords:** Allergic rhinitis, Pratishay, Nasya, Shunthyadhi Tail.

**INTRODUCTION:**

Allergic rhinitis is the most common type of chronic rhinitis, affecting 10 to 20% of the population, and evidence suggests that the prevalence of the disorder is increasing. Nasya karma is the recommended route of drug administration for the management of Pratishyaya (Allergic rhinitis). Shunthyadi Taila has been highlighted for the treatment of recurrent episodes of continuous Sneezing (kshavathu) which being a cardinal symptom of allergic rhinitis. Hence extensive literary research has been done to explore researches done on Shunthyaditaila. Two different references of Shunthyadi Tail are explained in classical text . One reference is in the Bhavprakasha in which Shunth, Kushtha , pippali , Bilva , Draksha and tiltaila are the ingredients .while in another reference of Ashtanghruday Bilva is replaced by Vidang . In Sharangdhara Samhita this taila is named as Kushthadi Taila but ingredients are same as that of Bhavprakash .So researches done on Shunthyadi Tail & Kushthadi Taila are compiled and analyzed

**AIMS AND OBJECTIVES**

Aim- To compile researches done on Shunthyadi Tail

**OBJECTIVE-**

1) Literature study of Shunthyadi Taila

- 2) Online compilation of modern researches done on shunthyadi Tail
- 3) To Analyze the compiled data & draw inferences from it

Review of literature & discussion

Classification of Research articles on the basis of Type of Study

Total article published of shunthyaditaila	Pharmaceutical study & Analytical Study	Clinical Study		Single Case study	
		Allergic rhinitis	Vasomotor rhinitis	Allergic rhinitis	Allergic conjunctivitis
10	2	5	1	1	1

- ☐ Total 10 Research articles has been published about shunthyadi Tail & Kushthadi Taila
- ☐ Out of 10 research articles, 2 studies are pharmaceutical study & Analytical Study, 2 studies are Single case studies, 6 are Randomized clinical trials
- ☐ Out of 2 Single case studies , one is for Allergic rhinitis & other is for Allergic conjunctivitis
- ☐ Out of 6 Clinical Trails , 5 are for Allergic Rhinitis & one is for Vasomotor Rhinitis
- ☐ In all clinical Trials , only Shunthyadi Taila is given for Nasya ( Topical snehan, swedan of Urdhwajatrugata area is Pre-treatment) , Except in one trial along with Shunthyadi Taila Nidigdhika Kwatha is given

**Comparison of Two Pharmaceutical & Analytical Studies**

		Study 1 <sup>(2)</sup>	Study 2 <sup>(11)</sup>
[1]	Reference	Bhavprakash	Bhaishajyaratnavali
[2]	Ingredients	Shunthi, Kushta, Pippali, Bilwa, and Draksha-Kalka – 1 Part  Tila Taila – 6 Part  Shunthi, Kushta, Pippali, Bilwa, and Draksha-Kwath( Prepared by adding 4 times Water and Reducing it by ¼)  - 24 Part	<i>Shunthi, Kushta, Pippali, Bilwa, Draksha-Kalka- 1 Part</i>  <i>MoorchitaTila Taila -4 Part</i>  Water – 16 Parts
[3]	Procedure time	1 Day	5 Day
[4]	Pak Achieved	Mrudupak	Madyampak

Though in both studies , Shunthyadi Taila is prepared with same ingredients but it differs in reference ,proportion of ingredients , use of tilataila and moorcchitailataila , duration of procedure and pak also .

**Physical Observations in both Pharmaceutico –Analytical Studies**

		Study 1 <sup>(2)</sup>	Study 2 <sup>(11)</sup>
[1]	Odor	Irritant	.....
[2]	Taste	Not tasted	Characteristic
[3]	Color	Brownish	Reddish Yellow
[4]	Touch	Smooth	Smooth

**Chemical Parameters**

	Parameters	Study 1 <sup>(2)</sup>	Study 2 <sup>(11)</sup>
[1]	Loss on Drying	0.59 w/w%	0.81 w/w%
[2]	Acid Value	5.56	Not done
[3]	Saponification Value	183.9	Not done
[4]	Iodine Value	76.5	Not done
[5]	Specific Gravity	1.08	0.9297
[6]	Refractive Index at 40°C	1.472	1.478
[7]	Total solid	Not done	99.19%
[8]	HPTLC	Not done	Rf values 0.10, 0.16, 0.23, 0.26,0.23, 0.40, 0.52,

			0.58, 0.65,0.78, 0.86, 0.92
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		28 days	days and haridradivat i for anjan for 15 days
[6]	Dose	6 drops in each nostril , in the morning	Not Mentioned
[7]	After treatment	Symptoms were totally recovered after the treatment	Symptoms were totally recovered after the treatment except mild congestion was there

Reference for analytical standards of Shunthyadi Tail is not available in Ayurvedic pharmacopeia of India so reference of these studies can be taken for Standardization of Shunthyadi Taila.

**Comparison of two Single case studies**

		Single case Study 1 <sup>(3)</sup>	Single case Study 2 <sup>(12)</sup>
[1]	Age & Gender	25 year Female	30 Year female
[2]	Signs & symptoms	Kashvathu , NasagatJal avatSrava , Nasavrodh	Watering eyes, Itching, Foreign body sensation, Congestion
[3]	Ayurvedic diagnosis after Physical examination and History	Vataj Pratishyaya	Vataj Netrabhishy anda
[4]	Diagnosis after physical examination & History	Allergic Rhinitis	Allergic Conjunctivitis
[5]	Treatment	Shunthyadi Taila for Nasya for	Shunthyadit aila for nasya for 7

In both single case study, diagnosis is Vata dosha pradhan& the sthan of vyadhi is Kapha Stan , so nasya of Shunthyadi Taila gave the results though vyadhi is at different place i.e eye and nose

**Comparison of clinical Trials**

	Clinical Trial no 1 <sup>(6)</sup>	Clinical Trial no 2 <sup>(5)</sup>	Clinical Trial no 3 <sup>(4)</sup>
Study Design	Single blind Randomized Clinical Trial	A Rando mized double blind controll ed (active control) clinical trial	A Randomi zed controlle d clinical trial

Number of Patients	Trail Group-30 Control group-30	Trail Group-45 Control group-44	Trail Group-30 Control group-30
Diagnosis	Vataj Pratishya( Allergic rhinitis )	Vataj Pratishya( Allergic rhinitis )	Vataj Pratishya ( Vasomotor rhinitis)
Treatment	Nasya	Nasya	Nasya
Drug given	Trail Group- Shunthya di Tail Nasya Control group- Anu Taila Nasya	Trail Group- Shunthya di Tail Control group- Anu Taila	Trail Group- Shunthya di Tail Control group- Anu Taila
Duration	15 days (Same for Both group)	7 days (Same for Both group)	15 days
Dose	2 drops in each nostril (Same for Both group)	8drops in each Nostril (Same for Both group)	6 drops in each Nostril (Same for Both group)
Time	In morning & evening (Same for Both	Once a day , In the morning (Same for Both	Alternate day

	group)	group)	
Purva Karma	Urdhwan gsnehans wedan (Same for Both group)	Urdhwa ngsnehans wedan (Same for Both group)	Urdhwan gsnehans wedan (Same for Both group)
Follow up	3 <sup>rd</sup> , 5 <sup>th</sup> day , 7 <sup>th</sup> day , 15 <sup>th</sup> day ,30 <sup>th</sup>	7 <sup>th</sup> , 37 <sup>th</sup> , 67 <sup>th</sup> and 97 <sup>th</sup>	8 <sup>th</sup> ,13,15 <sup>th</sup> day , 30 <sup>th</sup> day
	Kshavathu, Nasasrav, Nasakandu, Nasa-avarodh, Varn of shleshmal a kala	nasal congestion ,ear itching ,sneezing, watery nasal discharge , absolute Eosinophil count in nasal smear	Watery rhinorhea , blocked nose , frequent sneezing of unknown etiology
Statistical significant	All the above symptoms reduced significantly by both Shunthya di Tail & Anu Tail i.e. Both are equally	statistically insignificant effect on sneezing, watery nasal discharge , absolute	statistically insignificant effect on Watery rhinorhea , blocked nose , frequent sneezing of unknown

	effective	Eosinophil count in nasal smear  i.e both Taila are equally effective in these symptoms	etiology  i.e both the groups are equally effective
	Nasakandu is significantly reduced by shunthyadi Tail than Anu Taila	nasal congestion, ear itching symptoms are significantly reduced by Shunthyadi Tail than Anu taila	

	Trail		
Number of Patients	Trail Group -12  Control group-12	Patient 30	30
Diagnosis	Vataj Pratishya( Allergic rhinitis	Vataj Pratishya ( Allergic rhinitis	Vataj Pratishya( Allergic rhinitis
Treatment	Nasya	Nasya	Nasya Internal Medicine
Drug given	Trail Group - Shunthyadi Tail  Control group-Triphaladi Taila	Shunthyadi Tail	Kushthadi Tail & Nidigdhikadi Taila
Durati on	15 days	7 days	21 day
Dose	8 drops in each nostril	6 drops in the morning & 2drops in the evening	6 drops in each nostril, 40 ml Nidigdhikadi kwath BD

	Clinical Trial no 4 <sup>(1)</sup>	Clinical Trial no 5 <sup>(10)</sup>	Clinical Trial no 6 <sup>(10)</sup>
Study Design	A Randomized controlled clinical trial	A Randomized clinical trial	A Randomized clinical trial

Time	Morning	Morning & evening	Nasya time morning		by both Shunthyadi Tail & Anu Tail but Nasagat Tanusrav & Nasavrodh are more reduced by Triphaladi Taila		
Purva Karma	Urdhwangsnedhan (Same for Both group)	Urdhwangsnedhan					
Follow up	7 days	1st, 3rd, 5th and 7th	1 <sup>st</sup> , 3 <sup>rd</sup> , 10 <sup>th</sup> , 15 <sup>th</sup> , 21 <sup>th</sup>				
Symptoms examined during Clinical Trail	Rhinorrhoea, Sneezing, and Nasal obstruction, Absolute Eosinophil count, nasal smear	Itching nose/throat, Headache, Sneezing, Rhinorrhoea, Nasal mucosa, Inferior Turbinates, Nasal septum, Spatula test, Absolute Eosinophil Count	Sneezing, nasal watery discharge, nasal block, Headache, Swarbheda (hoarseness of sound)		In Sneezing, Absolute Eosinophil count, Nasal smear test Shunthyadi Taila gives better result		
Statistically significant	symptoms reduced significantly	All the symptoms are reduced significantly by	Statistically significant on above parameter				

After Analyzing all the 6 clinical trials, it is found that results of Shunthyadi

Tail are Statistically significant for symptoms of Vataj Pratishyaya (Allergic Rhinitis) . In all 6 clinical trials clinical symptoms assessed are Kshavathu, Rhinorrhea , Nasavarodh . 1<sup>st</sup> and 5<sup>th</sup> clinical Trial assessed nasakandu also . Nasal congestion is also assessed in 1<sup>st</sup>, 2<sup>nd</sup>, 5<sup>th</sup> Clinical trail . Total eosinophil count is also assessed by 2<sup>nd</sup> & 4<sup>th</sup> clinical trial . In all the parameters assessed Shunthyadi tail found statistically significant .

In 1<sup>st</sup> & 2<sup>nd</sup> clinical trial Shunthyadi tail is compared with Anu Taila and it was found as effective as anu tail in all symptoms and in Nasa Kandu it was found more effective than Anu tail . In 4<sup>th</sup> clinical trail it was compared with Triphaladi Tail . Both the Tail show statically results and in Absolute Eosinophil count Shunthyadi Tail shown significant results than Triphaladi Tail . But in 4<sup>th</sup> trial sample size was only 12 ,which is too small to conclude .

In all studies Vataj Pratishyay is correlated to Allergic rhinitis but in 3<sup>rd</sup> study it is correlated with Vasomotor rhinitis. but the parameters assessed are Watery rhinorhea , blocked nose , frequent sneezing of unknown etiology which are similar to allergic rhinitis . The criteria for differentiation between Allergic Rhinitis and vasomotor rhinitis is not mentioned in

his study . So significant results in this study can be of Allergic Rhinitis .

Thus it can be said that Nasya of Shunthyadi Tail is effective in all symptoms of allergic rhinitis.

When matra of Shunthyadi Tail was studied among the 6 clinical trials, it found variable from 2 drops in each nostril to 8 drops in each nostril . In one of study it is divided as 6 drops in each nostril in morning and 2 drops in the evening . Though matra are different in these studies , they show significant results in Vataj Pratishyaya . Matra of shunthyaditaila for vatajpratishyay should be studied in future more precisely because patients compliance improves if matra is reduced to 2 drops than 8 drops.

In 6<sup>th</sup> study along with shunthyaditaila nidigdhikadi kwath is given internally. In this study swarbheda is also assessed . It indicates that vatajpratishyay when turned to dushtapratishyay , the medicine has given .

In first three studies nasya is given for 15 days and symptoms are assessed upto 30<sup>th</sup> day . In 2<sup>nd</sup> study nasya is given for 7 days and symptoms are assessed upto 97<sup>th</sup> day . This indicated long term effects of Shunthyadi tail nasya .

In 6<sup>th</sup> study it is found that vatajpratishyaya is found more in persons of Vatakaphapradhan prakruti and in Ashtang



Hrudaya also it is said that in all pratishyay dosha are Vatapradhan

In Shunthyadi Taila all dravya wiz Shunthi, Kushta, Pippali, Bilwa, Draksha,tiltaila are unshan in virya except draksha and all have Vatashaman property. Vata Dosha which is already dominant in all pratishyay , it is more dominant in its Vataj variety. Sthan of this vyadhi is ‘kaphasthan’,which should be considered during treatment. All the in gradients have vatakapha shaman property except draksha which have vatapitashaman property. Thus by vatakapha shaman activity of dravyas this taila is effective in vatajPratishyaya . Modern pharmacokinetics of this shunthyadi Taila is not known .

#### RESULT-

After analysis of articles on Shunthyadi Taila ,it is concluded that the Pharmaceutico analytical studies established the standards for preparation and analysis of Shunthyadi Taila ,which is not mentioned in Ayurved Formulary Of India. Both Single case study and Clinical Trials shown that nasya of Shunthyadi Tail is effective in Vataj Pratishyay( Allergic Rhinitis) and Vataj Netrabhishyanda ( Allergic conjunctivitis)

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