



MANAGEMENT OF VATAJA PRATISHYAYA IN CHILDREN AS PER AYURVEDA: A REVIEW

Jitesh Thakur^{*1} and Amit Jagtap²

¹P.G.Scholar, Department of Kaumarbhritya, Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

²Associate Professor, Department of Kaumarbhritya, Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

* Corresponding Author: Jitesh Thakur*

P.G.Scholar, Department of Kaumarbhritya, Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

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ABSTRACT

Vataja Pratishyaya is one of the *Pratishyayas* considered as *Sadhya Vyadhi*. It is described as *Nasa gata rogas*. The diseases prevalence is significant in children due to the *Kapha* predominance. *Vata* along with *Kapha*, *Pitta* and *Rakta* play important role towards the disease pathogenesis. Chronic prognosis of disease *Pratishyaya* may cause *Dushta Pratishyaya* which is difficult to cure. Factors like genetic, dust, cold, breeze and pollution etc acts as disease contributory elements.

KEYWORDS: Pratishyaya, Vataja Pratishyaya, Bal-Roga, Pediatric, Ayurveda.

INTRODUCTION

Pratishyaya is major health problem in childhood age. The long term complication of disease may involve *Badhira*, *Andhata* and *Ghrananasa*. Modern medical science resembles Allergic Rhinitis as *Vataja Pratishyaya*. The common sign & symptoms of disease involve; obstacle of nasal passage, itching on nose & eye, throat irritation, continuous sneezing & sometimes fever. As per Ayurveda there are various factors which lead to the allergic rhinitis such as; *Kapha dosha*, *Mandagni*, *Virudh aahara*, dust, animal contact, environmental factors, adverse drug reaction, autoimmune responses and infections. As per traditional science of medicine *Pratishyaya* may be sub classified as; *Vataja pratishaya* (Sneezing & Nasal congestion), *Kaphaja pratishaya* (Breathlessness), *Kaphaja-Vataja pratishaya* (Nasal discharge), *Vataja -Kaphaja Pratishaya* (Headache) and *Kaphaja - Raktaja pratishaya* (Nasal itching). As per traditional science of medicine *Ama* may also leads Allergic rhinitis; *Ama* disturbed *Rasa* and *Rakta Dhatu* leads to the *Pratishyaya*.

The modern view elaborate pathogenesis of Allergic rhinitis in children as inflammatory responses of inner lining of nose may be due to the allergens. Weak immunity also considered as responsible factor for Allergic rhinitis.

Ayurveda suggest line of treatment for the management of which encompasses use of *Nasya* (to control *Vata*

Dosha) along with medicines & *Shodhan* therapy for *Rasa-Rakta* which results enhanced systemic strength (*Bala*) and *Vyadhikshamatva*.^[1-6]

Katphaladi Kwatha and Anu Taila Nasya for Vataja pratishyaya

Nasya is *Shodhana* procedure mainly utilized for *Uttamanga Shuddhi*. Research investigations proved efficacy of various Ayurvedic approaches for the management of *Vataja Pratishyaya* including use of *Katphaladi Kwatha* and *Anu tail nasya*. *Katphaladi Kwatha* and *Anu tail nasya* offers significant relief in symptoms of *Vataja Pratishyaya* due to their *Sukshma* and *Vyavayi guna*. *Anutaila* possess capacity to cover minute channels of tract and its *Laghu Tikshna guna*, *Ushna veerya* and *Katu vipaka* perform *Srotho shodakatwa* (opening of channels). *Anu Taila* also possesses anti-inflammatory effect on nasal mucosa. *Katphaladi Kwatha* offers *Katu*, *Tikta rasa*, *Laghu*, *Ruksha guna*, *Katu vipaka* and *Vata Kaphahara* properties hence remove the *Srotho rodha* and control *Doshas* vitiation. It also boosts *Agni* and thus helps to retain the *Samyaka Dhatu Parinama* which is essential for immunity. *Katphaladi Kwatha* having anti-inflammatory property & antibacterial activity therefore prevents chances of infections & recurrence of the *Vataja Pratishyaya*. An investigational study proved that *Katphaladi Kwatha* and *Anu tail* possess *Vataja Prathishyaya Shamana* property, *Anu Taila* specifically relief symptoms like; *Kshavathu*, *Nasavarodha*, *Tanusrava*, *Gandhahani* and *Kandu* while

Katphaladi Kwatha relieve nasal congestion, Kasa, Swarbheda and Shirahshoola (Headache).^[7]

Vidangadi Taila Nasya & Vidaryadi Ghrita for Vataja pratishyaya

Literature proved role of Vidangadi Taila Nasya & Vidaryadi Ghrita in the management of Vataja pratishyaya. Vidangadi taila nasya perform Shodhana while Vidaryadi ghrita used as Shamanaoushadi. Vidangadi Taila consisted of Vayuvidanga, Saindava, Madhuka, Devadaru, Trikatueach. Vidaryadi Ghrita made up of Vidari, Panchangula, Vrschikali, Devadaru, Mudgaparni, Kapikachhu, Shatavari, Jivaka, Jivanti, Rshabaka, Lagupanchamula, Sariva. Formulations offers relief in symptoms associated with the disease such as; Jwaras, Kasa, Swasa, Pratishyaya and Trikaprushta Graha. The Vidangadi Taila Nasya & Vidaryadi Ghrita help to balance Vata and Pitta, control Kandu (itching) relieve Shula (pain) and open up nasal passages.^[8,9]

Panchakarma for Vataja pratishyaya

Panchakarma may be used as *Shodhna Chikitsa* which offers relief in chronic condition of *Vataja pratishyaya*. *Vamana Panchakarma* helps to clear *Shrotas* and opening of nasal passage. It detoxifies toxins and improves circulation thus relieve symptoms of disease. The literature also provd efficacy of *Virechana* in *Vataja pratishyaya* if administered followed by *Vamana*, this control *Ama* maintain *Tridoshic* balances, improve digestion and boost strength of respiratory tract.

Ayurveda formulation for Vataja pratishyaya

Anand bhairava rasa, *Narada lakshmi vilas rasa*, *shringerabharaka rasa*, *tribhuvan kirti rasa*, *Mayur shringa bhasma*, *Abhraka bhasma*, *Lavangadi pills*, *Marichayadi* and *Sitopaladi choorna*.

Diet regimen for children suffered with Vataja pratishyaya

Ayurveda suggested use of light food, lukewarm water, *Kapha nashaka*, *Saindhav* salt, legumes and soups etc to control disease condition while heavy food, congestive food, fermented food, cold food, soar food, non vegetarian food, sweets, banana, yogurt, ice creams, cakes and fast foods must be avoided.

Dincharya for Vataja pratishyaya

- Should rise early in the morning to avoid any problem of constipation
- Should remain clean and maintain hygiene to prevent chances of infections.
- Protection from possible allergens.
- Use of mask when exposure to the heavy polluter environmental condition.
- Should use warm water for bath & very cold water must be avoided.
- Continuous exposure to the sunrays must be avoided.
- Steam inhalation regularly.
- *Virudha-Ahara* must be avoided.

- Food stuff which possesses *Kapha dosha* should not be used.
- Rest after work to calm down breathing.
- Habit of late night sleep must be avoided.
- Various types of *Yoga* should be involve in daily life routine to control disease prognosis such as; *Ardha chandrasana*, *Veerabhadrasana*, *Salamba sarwagasana*, *Setu bandhasana*.^[10-12]

CONCLUSIONS

Ayurveda described that *Vataja pratishyaya* is a pathological conditions & many children are affected by this problem throughout the word, Ayurveda mentioned various therapeutic approaches for disease control including balancing of *Vata & Kapha Dosha*, removal of constipation and protection from allergens.

Basti, *Swedana*, *Oleation*, *Panchakarma* and *Nasya* are traditional therapeutic modalities which play significant role in disease control. It is also suggested that use of *Yoga* & balance daily routine help to cure disease.

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