

MANAGEMENT OF ALLERGIC RHINITIS WITH SHIRISHADI CHURNA SEVAN- A CASE STUDY

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ABSTRACT

Allergic Rhinitis is an atopic disease.^[1] It is IgE-mediated immunologic response of nasal mucosa to air borne allergens presenting with symptoms like sneezing, nasal congestion, clear rhinorrhoea and nasal pruritis. It affects one in six individuals and is associated with significant loss of productive work and health care costs. Historically Allergic Rhinitis was thought to be a disease process of the nasal airway alone still the development of the unified airway theory has classified Allergic Rhinitis as a component of systemic allergic response with associated conditions such as asthma and atopic dermatitis sharing and underlying systemic pathology some of the clinical features of Allergic Rhinitis can be correlated with *Vataj pratishaya*. *Pratishaya* being one among the *pranawaha strotajanya vikaras*.^[2] For the management of allergic rhinitis, the combination of *shirish*, *haridra*, *sariva*, *kantakari* and *yashtimadhu churna* along with *madhu* is to be given internally. The *guna karma* of these drugs are *snighdha*, *amla*, *madhur*, *tikta*, *kashay*, *kaphahar* -*vatahar*. This requires observation of eosinophil count of the patient before and after treatment.

KEYWORDS: *Vataj pratishaya*, *pratishaya*, *pranawaha strotajanya vikaras*.

Study Rationale

Purpose of the study is to find out solution for the relief from *Vataja Pratishaya*. The main purpose of this study is to find safe and effective treatment without untoward effects in the management of allergic rhinitis. The disease *Vataja Pratishaya* which is due to vitiation of *vata dosha* in nasa region can be correlated with Allergic Rhinitis which is more common now a days due to increased pollution and change in lifestyle.

derived from the *sanskrit* word *Ayur*(life) and *veda* (science of knowledge). Its main aim is to protect the health of the healthy person and cure the disease of the diseased. Allergic Rhinitis is major public health problem that has an impact on social education personal and economic life. It is characterised by symptoms like nasal congestion, sneezing, rhinorrhoea. It can be categorised as

INTRODUCTION

Ayurveda is a natural system of medicine originated in India more than 3000 years ago. The term Ayurveda is

INTERMITTENT (mild)	PERSISTENT (Moderated severe)
Symptoms < 4days/ week or < 4 consecutive weeks	Symptoms>4 days/week or > 4 consecutive weeks
Normal sleep	Abnormal sleep
No impairment of daily activity, sport leisure	Impairment of daily activity

Most people with asthma have rhinitis. The presence of Allergic Rhinitis significantly increases the probability of asthma up to 40%.^[4] The prevalence of Allergic Rhinitis in the United States is approximately 15% on the basis of physician diagnosis and as high as 30% on the basis of self-reported nasal symptoms. Furthermore, its prevalence may be increasing overtime as suggested by

some studies in various countries. In modern science the treatment option is oral antihistamine or corticosteroids or Nasal decongestant that suppress the symptoms and give temporary relief. Constant use of these only makes patient dependent on the drugs but does not give complete relief. Hence to provide efficient better and long-term cure through Ayurveda so this study is

planned. Oral *churna* including 5 drugs along with honey is given to the diseased. In *pratishaya* there is *dushti* of *vata dosha*. In *pratishaya* there is *dushti* of *vata dosha*. Hence, we choose these drugs that are *ushna tikta kashaya vatashamak* and *kaphashamak*.

In *Uttartantra*, *Pratishyayapratishedha adhyaya*, *Acharya Sushruta* has explained symptoms of *vataj pratishaya* like *anadha*, *peeta*, *tanustrava* and *kshavathu* which are just like allergic rhinitis that is nasal blockage, rhinorrhoea and common sneezing.^[5]

In *Chikisthan*, *Trimarmiya Adhyaya*, *Acharya Charak* has explained the importance of *snighdha*, *laghu*, *ushna*, *amla rasaatmak dravya's* importance in *vataj pratishyaya*.^[6]

Hence we are using the drugs *Shirish*, *Haridra*, *Sariva*, *Kantakari*, *Yashtimadhu* which are *ushna*, *laghu*, *snighdha*, *kashay*, *tikta*, *vata* and *kaphahar* in the treatment of *Vataj pratishyaya*.

Pathophysiology

Inhaled allergens produce specific IgE antibody in the genetically predisposed individuals. This antibody becomes fixed to the blood basophiles or tissue mast cells.

On subsequent exposure antigen combines with IgE antibody.

This granulation produces degranulation of the mast cells with release of several chemical mediators some of which already exists. These mediators are responsible for symptoms of Allergic Rhinitis.

Depending on the tissue involved there will be vasodilatation, mucosal oedema infiltration with eosinophil excessive secretion from nasal glands.

Classification

1. Seasonal- Symptoms appear in or around a particular season when the pollens of particular plant

Treatment Planned

Shirish Haridra Sariwa Kantakari Yashtimadhu -1/2 tsp bd for 7 days with honey.

Drug Name	Latin Name	Family	Guna	Prayog
1) <i>Shirish</i> ^[7]	Albizia Lebeck	Fabaceae	<i>Ushna tikta</i> , <i>Kashaya</i> , <i>Tridoshaghana</i>	<i>Kasahar</i>
2) <i>Haridra</i> ^[8]	Curcuma Longa	Zingiberaceae	<i>Ushna</i>	<i>Kaphahar vatahar</i> <i>grahi pratishaya</i>
3) <i>Sariwa</i> ^[9]	Hemidesmus Indicus	Asclepidaceae	<i>Laghu</i>	<i>Shwas Aruchi</i>
4) <i>Kantakari</i> ^[10]	Solanum Xanthocarpum	Solanaceae	<i>Katu Kaphahar</i> <i>Agnivardhak</i>	<i>Kaphanisarak kasa</i> <i>shwas pratishaya</i>
5) <i>Yashtimadhu</i> ^[11]	Glycyrrhiza Glabra	Leguminose	<i>Madhur Madhur</i> <i>Ushna</i>	<i>Swarbhanga Kasa</i> <i>Kaphanisarak</i>

Acharya Charaka in *Sutrasthan annapanvidhi adhyaya* has explained the *guna* of *madhu* being *guru*, *sheet*,

to which the patient is sensitive are present in the air.

2. Perennial- Symptoms present throughout the year.

Correlation of Allergic Rhinitis with *pratishaya*

Breathlessness	-	<i>kruchshawasan</i>
Sneezing	-	<i>Prata shawasa</i>
Nasal Congestion	-	<i>Nasa Araktata</i>
Nasal Discharge	-	<i>Nasa strav</i>
Headache	-	<i>Shirashool</i>

The purpose of this study is to manage the cases of Allergic Rhinitis with Ayurvedic drug formulation of *Shirish Haridra Sariwa Kantakari Yashtimadhu*.

Aim

To study the effect of *Madhu saha Abhyantara Shirishadi churna sevan* in the management of Allergic Rhinitis w.r.t. *Vataj Pratishaya*.

Objective

To find safe and appropriate Ayurvedic treatment without any adverse effect in Allergic Rhinitis.

MATERIALS AND METHOD

Study Design - 5 patients from the age group of 20-50 were selected for the study of Allergic Rhinitis with prior consent taken. There was no any H/O major illness surgical illness addiction, known drug allergy. The eosinophil count of the patient was taken before and after treatment.

Chief Complaints

1. Rhinorrhoea
2. Sneezing
3. Nasal Congestion
4. Headache

ruksha, *kashya*, *madhur rasaatmak*, *raktpita* and *kapha vikaar nashak*. Hence, it is used as *anupaan* along with

these drugs.^[12]

Treatment Protocol

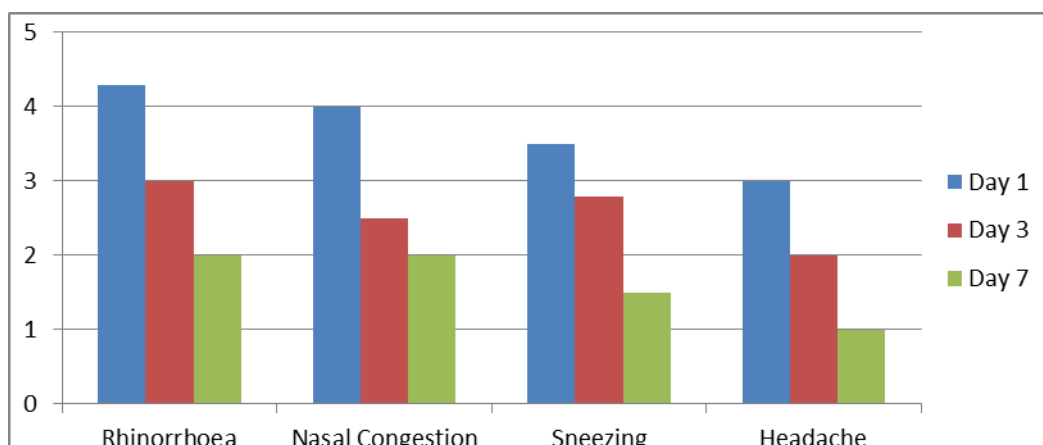
The patients were diagnosed on the basis of symptoms of Allergic Rhinitis. The treatment was explained thoroughly and patient were given medicines and advice to give follow up after 7 days.

Administration Details

Patients were asked to buy 25g *churna* packets of these drugs then all the *churna* was mixed together. Then the patients were asked to take 1/2 teaspoon of *churna* along with honey as *chatan* morning and evening after food.

OBSERVATIONS

Day 1	Day 3	Day 7
1) Rhinorrhoea +++	1) Rhinorrhoea++	1) Rhinorrhoea+
2) Nasal Congestion +++	2) Nasal Congestion++	2) Nasal Congestion+
3) Sneezing+++	3) Sneezing++	3) Sneezing+
4) Headache++	4) Headache++	4) Headache+



DISCUSSION

In *Sushrut Samhita Vatajpratishaya* is mentioned under *Pratishyayapratished adhyaya*.^[13] Its management is mentioned in *uttartantra*. Also, Acharya Vagabhat has mentioned *abhyantar chikitsa* in *vagabhat uttartantra* from where Acharya Vagabhat has explained *abhyantar aahar aushadi sevan* along with *dhumpana Nasya Swedana*. Acharya charaka has explained the importance of *laghu ushna* amla food and medicines in the treatment of *Vataj Pratishaya*. The goal of this study is to reduce frequency and severity of attacks of *vataj Pratishaya*. On the basis of today's lifestyle, the study was concentrated on the thought of quick effective and easy way to take medicines in the form of *churna* mixed with honey.

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