

REVIEW ON NIDANAS OF PRATISHYAYA

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ABSTRACT

In day-to-day life number of *Pratishyaya* patients are increasing but it is observed that so many people are ignoring the disease. Though the disease is *aashukari* and needs short-term care but in the chronic stage of *pratishyaya* it causes diseases like *rajyakshma*. Hence, it is necessary to study the causes of *pratishyaya* to prevent the disease. For the formation of any disease, there is need of *sthanvaigunya-doshadi* formation. *Sthanvaigunya* is responsible for causing disease rapidly so it is necessary to study about *hetu* for avoiding *sthanvaigunya* and prevention of disease.

KEYWORDS: *Pratishyaya, Aashukari, Sthanvaigunya.*

INTRODUCTION

The disease in which *kaphadi* dosha tends to come out of the nasal passage, that disease is called as *Pratishyaya*. In *pratishyaya*, there is vitiation of *kaphadi* dosha which is being carried away or attracted towards *vata* dosha which is *nasika* and this secretion is eliminated from nasal passage (*nasika*).^[1]

Pratishyaya is responsible for the formation of many diseases like *Nasaroga, Kasa, Rajyakshma, Karna badhriya*.^[2] *Pratishyaya* has different etiological factors which are classified into 2 types by *Madhukosh tikakar, sadyojanak hetu* and *chayapurvak hetu*.^[3]

Sadyojanak hetu is that which mainly produces *sthan vaigunya* and defects without expectation of *chayadi* and immediately produces catarrhal disease.

In *pratishyaya, sandharan, raj* (dust particle), *shirobhitap, prajagran, atiswapn, shitambu, ibashpa, dhoom*, these are *sadyojanak hetus* by *Aacharya Charak*.^[4] and *nari prasanga, shirobhitap, dhul, raj, shitabhitap, mutra purishadi sandhan* these *sadyojanak hetu* are explained by *Aacharya Sushruta*.^[5]

Other causes include the gradual accumulation of *sanchay, prakop, prasar* which is followed by *pratishyaya samprapti* which is why they are called as *chayapurvak hetu*. In *chayapurvak hetu*, there is importance of *dosha prakop* than *sthan vaigunya*.^[6]

Here we are considering *sadyojanak hetu* because *pratishyaya* is *aashukari* vyadhi.

Aashukari vyadhi develops rapidly and is accompanied by distinct symptoms that require urgent short-term care and get better once they are treated.

AIMS AND OBJECTIVES

Review and critical analysis of *nidanas* of *Pratishyaya* accounting to Ayurveda.

MATERIAL AND METHODS

Review and critical analysis of *nidanas* of *Pratishyaya* are collected from different Ayurvedic and Contemporary medical textbooks, magazines, and journals.

Nidanas of Pratishyaya

Aacharya Sushruta and *Madhavkara* mention the cause of *pratishyaya* into two types.

1) *Sadyojanak Nidan*

Sadyojanak hetu immediately produce disease

Sadyojanak hetu are as follows

Nari Prasangah- Coitus

Siraso abhitap – Head too much exposure to heat

Rajah- Dust

Sitam- Excess Cold

Atipratap- Excess heat

Sandharanam – Suppression urges of urine and faeces.

2) *Chayadi Kramjanya Nidan*

Chayadi hetu involves gradual accumulation of *dosha* which is followed by *samprapti*.

Vata and other *doshas* including *rakta* separately or, combinedly gets accumulated in the head, gets aggravated by different exiting causes and cause *pratishyaya*.

Aacharya Charak mention the cause of *pratishyaya* into three groups

- 1) *Aaharatmaka Nidan*
- 2) *Viharatamak Nidan*
- 3) *Mansik Nidan*.

Aaharatmak Nidan

1. *Ajeerna* (indigestion)
2. *Atishitambupana* (excessive intake of water).

- **Viharatamak Nidan**

1. *Vegasamdharna* (suppression of urge)
2. *Diwaswapna* (sleep during day time)
3. *Ratrijagaran* (staying awake at night)
4. *Atibhasya* (Excessive speech)
5. *Avashyaya* (Exposure to dew)
6. *Atimathuna* (Excessive sexual intercourse)
7. *Raja* (Exposure to mist)
8. *Dhooma* (Exposure to smoke)
9. *Him* (Exposure to cold)
10. *Aatapa* (Exposure to hot).

- **Mansik Nidan**

1. **Krodh (Anger)**

Role of Aaharatmaka Nidan in Pratishyaya

Aaharatmaka nidan assumes a significant part in the vitiation of *dosha* in *pratishyaya*. Thus, *Aacharya Sushruta* has mentioned that eating unnecessary food causes *ajeerna* and *kaphprakop* due to *ajeerna* causing *pratishyaya*.

Role of Viharatamak Nidana in Pratishyaya

Viharatamak Nidana like *Diwaswapna*, *Ratrijagaran* having *abhishyandi* property prompts *kaphprakop* along *vatprakop* and causes *pratishyaya*.

Samprapti

When the person suppresses urges of urine and feces, stays awake at night, is exposed to cold, smoke, and uses cold water, the increased *kapha* *dosha* gets accumulated in the head and vitiated *vata* produces *pratishyaya*.

Types of Pratishyaya

Aacharya Charak mentioned four types of Pratishyaya

- 1) *Vataj Pratishyaya*
- 2) *Pittaj Pratishyaya*
- 3) *Kaphaj Pratishyaya*
- 4) *Sannipataj Pratishyaya*^[7]

Where *Aacharya Sushruta* has mentioned additional *dushta pratishyaya*.^[8] *Aacharya Madhavkara* has mentioned *raktaj pratishyaya*^[9] respectively.

Pratishyaya Parinam

All types of *Pratishyaya* if not treated in time due to course of time create many diseases converts in *Dustapinasah* (chronic rhinitis) *Badhira* (deafness), *Andhyam* (Blindness), *Aghranam* (loss of sense of smell), *kasa* (cough), *Agnisad* (Dyspepsia) *Nayanamaya* (eye disease).

Pratishyaya has effects on all sense organs and if not treated causes chronic diseases mentioned above therefore it is very important to study the causes of *pratishyaya* and overcome it.

OBSERVATION AND DISCUSSION

The following factors play an important role in the *samprapti* of *pratishyaya*

- *Nidana*- *kapha vata prakop*
- *Dosha*- *kapha vata pradhan alpa pitta*
- *Dushya* – *Rasa, Rakta*
- *Strotas* – *Rasavaha, Raktavaha Pranvaha*
- *Srotodushhi*- *sanga, vimargagamana, Atipravriti*
- *Udbhavasthana*- *Aamashya*
- *Sancharisthana* – *Gala, Nasa*
- *Vyaktasthana*- *Nasa*
- *Rogmarga* – *Bahya*
- *Adhithana*- *Nasa, Shiras*

RESULT

In Ayurveda, *pathya apathye nidan parivarjan* is a unique concept to adopt which is not mentioned in any other science, so using this unique concept it is possible to open with *Pratishyaya* or to prevent from *pratishyaya* as prevention is better than cure.

CONCLUSION

It can be concluded that *pratishyaya* can be prevented by doing *nidan parivarjan* according to Ayurveda.

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