



**A CLINICAL STUDY TO EVALUATE THE EFFECT OF *SHIRISHKASHAYA* AND *ANU
TAILA* IN THE MANAGEMENT OF *VATAJA PRATISHYAYA* W.S.R TO ALLERGIC
RHINITIS**

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ABSTRACT

Pratishyaya is one among 31 *Nasagatha Roga* explained by *Sushruta Acharya*. *Vata* and *Kapha* are said to be the predominant *Doshas* involved in the manifestation of this condition. *Vataja pratishyaya* is one among 5 types of *Pratishyaya*. It is a common disorder characterized by *AnaddhaPihita Nasa* (Intermittent Nasal Obstruction), *Nasavrava* (Nasal Discharge), *Shosha in Gala Tалу* and *Oshta*, pain in *Shankapradesha* and *Swaropaghatha*. It is correlated to allergic rhinitis. This is a disorder in which there are episodes of nasal congestion, watery nasal discharge sneezing and redness and itching in eyes and nose. Allergic rhinitis is a common condition characterized by inflammation in the nose due to an overreaction of the immune system to allergens in the air. The seasonal type is known as hay fever. Symptoms include a runny or stuffy nose, sneezing, red and itchy eyes, and swelling around the eyes. Allergens such as pollen from weeds, grass and trees or mold often cause seasonal allergic rhinitis. Treatment options include avoiding allergens, taking antihistamines and using nasal corticosteroids.

KEYWORDS: *Pratishyaya*, Allergic Rhinitis, *Nasavrava*, *Kshwathu*, *Shirishkashaya*, *Anu Taila*.

INTRODUCTION

Pratishyaya comes under the category of disease affecting the nasal cavity. The accumulated humor (*Kapha-Vata*) get resides and produces various types of discharges from it which is called *Pratishyaya* (Allergic Rhinitis). It is a disease of body humors dominance characterized by *Nasavrava* (Nasal discharge), *Nasanaha* (Nasal Congestion), *Shirogourava* (Heaviness), *Anadhvapihita Nasa* (Intermittent nasal Obstruction) and is difficult to cure.^[1-2] These symptoms of *Pratishyaya* explained in Ayurveda classics show resemblance with the symptoms of allergic rhinitis.^[3] Allergic rhinitis is an inflammation in the nose that occurs when the immune system overreacts to allergens in the air. The seasonal type is called hay fever. Common symptoms include a runny or stuffy nose, sneezing, red and itchy eyes, and swelling around the eyes. The fluid from the nose is usually clear. Allergens such as pollen from weeds, grass and trees or mold often cause seasonal allergic rhinitis. It is an immunoglobulin IgE mediated Type 1 hypersensitivity inflammatory disease. The prevalence of Allergic Rhinitis is high but still it goes undiagnosed. It affects 40% of children and 10 to 30% of adults worldwide, and is characterized by one or more symptoms such as sneezing, itching, nasal congestion, and rhinorrhoea.^[4] In India, 20-26% of people suffer from Allergic Rhinitis.

AIMS AND OBJECTIVES

1. To study the effectiveness of the drug.
2. To establish the prevalence of the disease according to age and seasonal variations.
3. To study the side effect or hypersensitivity of drug if any.

MATERIAL AND METHODS

Selection Criteria

A total number of thirty patients were selected from *Shalakya Tantra* OPD/IPD of Government Ayurvedic Medical Hospital, Akhnoor, JKUT, after obtaining their consent. Case study was random and irrespective of age, sex, caste, religion, occupation etc. All the patients were followed up every 15 days interval for 3 months after commencement of trial.

Inclusion Criteria

Patients of different age group having features described in allergic rhinitis were selected.

Exclusion Criteria

- a) Severe nasal obstruction i.e., severe DNS (Deviated Nasal Septum), adhesion of nasal cavity, nasal polyp.
- b) Active systemic disorders like hypertension, diabetes mellitus, cancer, renal, hepatic and gastrointestinal diseases.
- c) Pregnant and lactation mothers

- d) Regular medications for Allergic Rhinitis or cold and other allergic disorder.
 e) Vasomotor rhinitis and rhinitis medicamentosa.
 f) Received allergen injections in previous 2 years.
 g) Patients below 10 yrs. and above 50 yrs.

Plan of work

The study was planned in different steps as mentioned below:

Investigations

Haematology- Hb%. TLC, DLC, ESR, TEC, LFT, RFT.

Biochemistry - FBS

Radiology - X ray PNS Water's view.

Clinical Assessment

Assessment of the effect of treatment has been done on the basis of relief of subjective signs and symptoms of Allergic rhinitis on the basis of grading and scoring system.

• Itching in nose, palate & pharynx

No itching	0
Can tolerate without rubbing of nose	1
Can tolerate after frequent rubbing of nose	2
Continuous rubbing of nose	3
Irresistible itching	4

• Excessive sneezing

No sneezing	0
1-10 sneeze in each bout	1
11-20 sneeze in each bout	2
21-30 sneeze in each bout	3
>30 sneeze in each bout	4

• Thin & watery nasal discharge

No discharge	0
1 hanky/day	1
2 hanky/day	2
3 hanky/day	3
>3 hanky/day	4

• Nasal obstruction

No obstruction	0
off/on obstruction	1
Obstruction at night	2
Obstruction in day & night	3
Forceful opening	4

• Watering from eyes

No watering	0
Fills the fornix	1
Fills the lower edge of cornea	2
Fills the pupillary area	3
Fills the whole eye/ water comes out	4

• Mucosal Oedema

No oedema	0
Oedema up to 2mm	1
Oedema up to 3mm	2
Oedema up to 4mm	3
Compete oedema	4

• Congestion of nasal mucosa

No congestion	0
Capillary engorgement	1
Arterial engorgement	2
Bluish pink	3
Reddish	4

• Discharge collection in middle ears

No collection	0
Fills the lower 1/4th of T.M.	1
Fills the lower 1/2th of T.M.	2
Fills the lower 3/4th of T.M.	3
Fills the whole of T.M.	4

• Post nasal drip

No drip	0
Off/on drip	1
Dripping behind uvula	2
Dripping below the uvula	3
Dripping in oropharynx	4

• Retracted tympanic membrane

No retraction	0
Obliteration in cone of light	1
Dull T.M. with obliteration	2
Loss of cone of light	3
Atelectasis	4

• Granulation on posterior Pharyngeal wall

No granulation	0
2-3 granulations	1
4-5 granulations	2
6-7 granulations	3
Complete Granulations	4

Criteria For Overall Assessment

The total effect of therapy was assessed considering the following criteria.

- Complete remission: 100% relief in the signs and symptoms.
- Markedly improvement: >75% relief in sign and symptoms.
- Moderately improved: >50% relief in sign and symptoms.
- Mild improvement: >25% relief in sign and symptoms.
- Unchanged: <25% relief in sign and symptoms.

Rasa Panchaka of Shirishkashaya^[5]

Shirishkashaya have-

- Kashaya Tikta Katu Rasa
- Laghu Ruksha Guna
- Ishat Ushna Virya
- Katu Vipaka
- Tridosahara properties

Drug Schedule

1. Anu Taila- Nasya (6 drops in each nostril) twice a day.

2. *Shirishkashaya* – 20 ml twice a day (Morning and Evening) B/f

Duration

45 days.

Follow up

After completion of trial every fortnightly for 3 months.

OBSERVATION

In the present study of 30 patients 32.5% belonged to age 31-40 years, 50% were females, 88% were married, 100% belonged to rural area, 87% patients were Hindus, 48% patients were housewives, 29% were graduates, 82% were of lower class, 64% patients were consuming vegetarian diet, 63% were having no addiction, 87% were having good appetite, 64% were having sound sleep, 50% patients were taking *Madhura rasa*, 23% were of *Vatakaphaja Prakriti*, 75% were of *Madhyama Sara*, 72% were of *Madhyama Samhanana*, 75% were of *Madhyama Pramana*, 90% were of *Madhyama Satva*, 65% were of *Madhyama Vyayama Shakti*. Most of the patients had chronicity upto 3 years. 80% of patients were having previous treatment history of the disease. As incidence of signs and symptoms were concerned almost all patients showed symptoms like Itching in nose, palate & pharynx, Sneezing, Thin & watery nasal discharge, Nasal obstruction, Watering from eyes, Mucosal oedema, Congestion of nasal mucosa i.e., 100% frequency followed by Post nasal drip 88%, Granulation on post. Pharyngeal wall 80%, Retracted tympanic membrane 45%. Discharge collection in middle ears 35%.

Effect of therapy

1. Itching in nose, palate & pharynx: The initial score of itching was 2.482 which was reduced to 0.6 after treatment. The percentage relief was 75.83% which is highly significant.

2. Sneezing: The initial score of sneezing was 2 which was reduced to 0.66 after treatment. The percentage relief was 67% which is highly significant.

3. Nasal discharge: The initial score of nasal discharge was 2.464 which was reduced to 0.76 after treatment. The percentage relief was 69.16% which is highly significant.

4. Nasal obstruction: The initial score of nasal obstruction was 2.4 which was reduced to 0.6 after treatment. The percentage relief was 72%.

5. Watering eyes: The initial score of watering eyes was 3.5 which was reduced to 0.7 after treatment. The percentage relief was 80% which is highly significant.

6. Mucosal oedema: The initial score of mucosal oedema was 2.607 which was reduced to 0.768 after treatment. The percentage relief was 70.55%.

7. Congestion of nasal mucosa: The initial score of congestion nose was 1.9 which was reduced to 0.821 after treatment. The percentage relief was 56.79% which is highly significant.

8. Discharge collection in middle ear: The initial score of discharge collection in middle ear was 1.8 which was reduced to 0.4 after treatment. The percentage relief was 77.78% which is highly significant.

9. Post nasal drip: The initial score of PND was 2.21 which was reduced to 0.539 after treatment. The percentage relief was 75.65% which is highly significant.

10. Retracted tympanic membrane: The initial score of RTM was 1 which was reduced to 0.278 after treatment. The percentage relief was 72.2% which is highly significant.

Effect of therapy on quality of life

After getting involved in taking the Ayurvedic trial medicines all the patients got rid of impaired concentration and sleep, fatigue and malaise. They also became free from their limited daily activities and limited social interaction. No need of prompt availability of handkerchiefs and frequent blowing of nose brought about the spirit of well-being in them and thus, they became full of enthusiasm and ready to give their valuable contribution in national prosperity.

DISCUSSION

Allergic Rhinitis is a disease which hampers the quality of life and disturbs the daily activities of the person. According to WHO, 400 million persons world-wide have Allergic rhinitis.^[6] The incidence rate of this disease is increasing day by day due to the increased environmental pollution, stressful life and decreased immunity of the person. The international study of asthma and allergies in childhood (ISAAC) noted the prevalence of allergic rhinitis vary widely from 0.8 to 39.7% in different countries throughout world.^[7] At this stage, if Allergic Rhinitis is not treated, it may lead to infection resulting in various complications. The condition can cause emotional distress, impaired normal activity and reduced attendance at work or school.^[8]

Allergic Rhinitis is caused due to smoke, dust, allergy, atmospheric pollution.

The allergens which are inhaled releases newly formed or preformed mediators, which leads to the causation of-

1. Increased vascular permeability and vasodilation followed by tissue oedema and nasal blockage.
2. Change in smooth muscle tone followed by Bronchospasm.
3. Hyperactivity of glands followed by increased secretion and rhinorrhoea.

Nasya is one of the effective lines of treatment indicated in most of the *Urdhwajatrugata Vikaras*. This treatment is equally beneficial in treating *Vataja Prathishyaya* as it is one among the *Nasagatharoga*. Trans-nasal administration of medicated drugs plays an important role in treating the disease by preventing the contact of the allergens by forming barrier between the nasal mucosa which helps in preventing the reoccurrence of disease.

CONCLUSION

Vataja Prathishyaya (Allergic Rhinitis) if untreated can lead to bronchial asthma, recurrent middle ear infections, sinusitis and chronic cough. Ayurvedic formulations can be adopted for more effective, non-chemical treatment for allergic rhinitis/*vataja pratishyaya*. All formulations are proposed to be taken up for evaluation of their effect in *vataja pratishyaya* /allergic rhinitis to come up with safe and cost-effective treatment for this ailment.

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