Ayurvedic Management of Chronic Simple Rhinitis - A Case Study

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ABSTRACT

Chronic simple rhinitis can be correlated with Vata-Kaphaja Pratishyaya. Treatment of Pratishyaya is either Shodhana or Shamana, According to Bala and Dosha of the Patient. In Pratishyaya choice of Shodhana treatment can be Nasya, Vamana, Niruhabasti, which helps to remove the vitiated Dosha from Shira (Head), Aamashaya with Pakvashaya and breakdown the Samprapti of Pratishyaya. Pachana medicine is prior required for proper Shodhana and Rasayana medicine provide best result after Shodhana. In this case of Pratishyaya the line of treatment is Pachana, Nasya, Niruhabasti, Vamana and Vardhman Pippali Rasayana, patient get started relief from first day of treatment and complete relief after Vamana and also not get the recurrence after completion of Vardhman Pippali Rasayana.

Key words: Chronic simple rhinitis, Nasya, Vamana, Basti, Pippali Rasayana.

INTRODUCTION

Rhinitis is defined as an inflammation of the lining of the nose and is characterized by nasal symptoms including anterior or posterior rhinorrhea, sneezing, and nasal blockage and/or itching of the nose.[1] Chronic simple rhinitis has similar clinical features, but post nasal drip and nasal blockage are more marked. The nasal secretion become thick and viscid.[2]

In Ayurveda it is similar to Vata-Kaphaja Pratishyaya.[3] There is a vitiated Vata engage the Kapha and Pitta and draw towards the Shira (head) and produce the symptoms through Nasa.[4] Pratishyaya is the prime diseases of Shira (head), which can produce many more serious diseases, if untreated.[5] There are two choice of treatment Shodhana or Shamana.[6] Shodhana is applied if patient is Balvana and has Bahudosha Avastha.[7] In Pratishyaya choice of Shodhana treatment can be Nasya, Vamana, Niruhabasti. Deepana and Pachana medicine is prior required for proper Shodhana.[8] Nasya deal directly on vitiated Dosha of Shira (Head) through Nasal cavity.[8] In Pratishyaya if Pakvashaya is more disturbed than, Niruhbasti can be given in this Avastha, it acts on Pakvashaya and also eliminate the vitiated Vata Dosha.[8] Vamana is best for elimination of vitiated Kapha Dosha from Aamashaya.[11] Recurrence of symptoms is the major problem in this condition so, after applying this Shodhana procedure, Rasayana provides the best results as per mentioned in Charaka Samhita.[12]

CASE STUDY

A 23 year old male, IT professional, came in OPD on 15/3/2017 with the complains of severe nasal discharge, sneezing, nasal itching, heaviness in head, nasal blockage at night, so he can’t able to sleep from last 3 days. Itching in throat with thick pharyngeal and nasal secretion.

He has continuous episodes of this condition from 9 months, he felt allopathic medicine was not
responding him. His job was in AC office for 10 hours, he was taking around 250ml milk in breakfast. He was not doing any exercise. He was taking fruits daily to improve health. His diet timing was not regular. He feel heaviness in abdomen after taking food.

On examination there is inflammation in nasal and pharyngeal mucosa. Severity of symptoms excessive in the morning time and after taking meal. He is having Kapha Prakruti, weight 80kg, and bowel two times/day with unclear feeling. On abdominal palpation, he has pain in lower abdominal area (Sthana of Pakvashaya). He don’t have any investigation. He don’t take any other medicine this time.

Treatment detail

Patient was treated on OPD base, on 15/3/2017 (Treatment schedule of first 5 days)

1. Classical Nasya with Anutaila - 6 - 6 drops at 9.00 am - this continued up to 19/3/2017.
2. Classical Niruha Basti of Triphala Kvatha on 11.30 am - this was repeated on 17/3/2017 and 19/3/2017 (Total 3 times).
3. Internal medicine - (1) Tab. Chaturushan 2tds (2) Tab. Vaishvanar 2tds (3) Tab. Haridradi (Haridra + Ajmoda + Vacha) 2tds (4) Tab. Haritaki 3 tab at night.

- On 20/3/2017 - Snehapan a was started with Go Ghrita 50ml + Trikatu Churna 5gm, mixing Ghrita well, luke warm and empty stomach on 7.00am. This dose is continued for next 4 days up to 24/3/2017. (Total 5 days)
- On 25/3/2017 - Sarvanga Abhyanga and Swedana was done.
- On 26/3/2017 - Classical Vamana was done, with Pravara Shuddhi.
- On 26/3/2017 - Samsarjan Krama was given for 6 days, up to 31/3/2017.
- On 1/4/2017 - Vardhman Pippali Rasayana was given for 15 days. (Dose of Pippali 1 to 5gm/twice/day for 5 days, 5gm/twice/day for 5 days and 5to1gm/twice/day for 5 days. Total 15 days.) He was advised to change in his diet (light diet: Mudga Dal etc.) and life style.

Observation and Results

- On the first day (15/3/2017) of treatment patient feel better in all symptoms, he sleep well at night without nasal congestion.
- After completion of five day treatment patient feel up to 70% relief in nasal discharge, sneezing, nasal itching, heaviness in head, nasal blockage.
- After Vamana and Samsarjana Krama patient has relief up to 90% in all symptoms.
- After Rasayana treatment, patient has got complete relief in all complains.
- After one month of follow up, he has not get any recurrence in any symptoms.

Discussion

In Ayurveda, Panchkarma has prime important role in the treatment of diseases. In this case patient is Balvana and having Bahudosha Avastha, so he is selected for Shodhana treatment. Before going to Shodhana, Deepana and Pachana is required so, in this case it done by Chaturushana, Vaishvanar, Haritaki and Haridra. Which all have this property. Niruhabasti is contraindicated in Pratishyaya, but Patient has Vibandha and Pakvashaya Sthana Vedana so, his Avastha is suitable for Niruhabasti. It helps to remove the vitiation of Vata, which is primly affected in Samprapti of Pratishyaya. Anutaila Nasya[13] removes the local vitiated Dosha from head through nose, which helps to provide immediate relief. Vamana can eliminate the root cause Kaptha Dosha from Aamashaya, which help to complete breakdown the Samprapti of Pratishyaya. Pippali Rasayana is specifically mentioned in Pratishyaya in Samhita,[14] which helps to prevent the recurrence of symptoms.

Conclusion

It can be concluded that management of Chronic Simple Rhinitis (Vata Kaphaja Pratishyaya) can be fast and effectively treated by Panchakarma and Pippali Rasayana.
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