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Ayurvedic Management of Chronic Simple Rhinitis - A Case Study

Jaimin R. Patel

Reader, Department of Panchkarma, J. S. Ayurveda Mahavidyalaya, Nadiad, Gujarat, India.

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.^[9] In *Pratishyaya* if *Pakvashaya* is more disturbed than, *Niruhabasti* can be given in this *Avastha*, it acts on *Pakvashaya* and also eliminate the vitiated *Vata Dosha*.^[10] *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]

Address for correspondence:

Dr. Jaimin R. Patel

Reader, Department of Panchkarma, J. S. Ayurveda Mahavidyalaya, Nadiad, Gujarat, India.

E-mail: vd.jaimin@gmail.com

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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 - *Snehapana* 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 *Kapha 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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