



ISSN 2456-3110

Vol 9 · Issue 8

August 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Exploring Ayurvedic potential in the management of *Jirna Pratishaya* (Allergic Rhinitis): A Single Case Report

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ABSTRACT

The present era is characterized by chaos, stress, and strain due to lifestyle modifications, dietary changes, urbanization, and industrialization, leading to increased pollution and antibiotic resistance. This has resulted in a rise in diseases, notably *Jirna Pratishaya* (chronic allergic rhinitis). In India, the prevalence of allergic rhinitis in children is approximately 21.99% and continues to increase. Repeated attacks and inadequate management often escalate the condition to a chronic phase. Additionally, *Ajirna* (indigestion) can cause *Aam* (toxins) accumulation, contributing to various disorders. This study evaluates the efficacy of Ayurvedic management - including *Shamana Chikitsa* (palliative treatment), dietary adjustments, and lifestyle modifications - for *Jirna Pratishaya*. It focuses on a 13-year-old boy diagnosed with allergic rhinitis for four years, who presented with symptoms aligning with *Jirna Pratishaya*. Treated at an Ayurvedic hospital, he received *Shamana Chikitsa* comprising *Tribhuvan Kirti Ras*, *Shwas Kuthar Ras*, *Gokshuradi Guggul*, and *Ashtang Lavan Churna*, alongside dietary and lifestyle changes over three months. Symptomatic assessments were performed every 15 days, revealing significant improvement in the patient's overall quality of life and a notable reduction in inhaler usage. The therapy provided effective symptomatic relief and highlights the potential of Ayurvedic interventions in managing chronic allergic conditions. This study underscores the importance of a holistic approach to treatment, addressing both physical symptoms and underlying lifestyle factors.

Key words: *Pratishaya*, *Allergy*, *Ajirna Janya Pratishaya*, *Shaman Chikitsa*, *Ayurveda*.

INTRODUCTION

The Present era is full of Chaos, stress and Strain due to lifestyle modification, changes in dietary habits, urbanisation, and industrialisation lead to increased pollution and increase resistance to the antibiotics are responsible for prevalence of many diseases The most common upsurge of diseases is *Jirna Pratishaya*.^[1]

In India, the prevalence of allergic rhinitis in children is 21.99% and it increasing day by day due to change in life style.^[2] Repeated attack, improper management or

negligence of the acute stage leads the disease to chronic phase.

Ama, *Asatmya*, *Virudh Aahara* and allergens, etc. mainly involves in allergic conditions. *Pratishaya* characterized with symptoms of sneezing, heaviness, fever, and coughing, etc.^[3] *Ajirna* i.e., indigestion is one of the possible causes for *Aam* in Body which always leads to various disorders. Long term *Ajirna* converted into *Jirna Pratishaya*.

Allergic Rhinitis can be correlated with Ayurvedic terminology i.e., *Kaphaja Pratishaya*.^[4]

Pratishaya is diseases of *Nasa* and *Shiras* associated with respiratory system. *Pratishaya* is *Kapha-Vata* predominating disease which also involves vitiation of *Pranavaha* and *Rasavaha Srotas*. There are different stages of disease depending upon pathological progression of disease namely *Amavastha* and *Pakwavastha*.

The untreated condition turned to the chronic and advance stage which described as *Ajirna Pratishaya* difficult to treat. *Samanya Chikitsa*, *Pakwa Peenasa*

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Submission Date: 12/07/2024 Accepted Date: 25/08/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.9.8.42](https://doi.org/10.21760/jaims.9.8.42)

Chikitsa, and consideration of concepts of *Pathya-Apathya* play important for treating *Pratishaya*.^[5]

AIM AND OBJECTIVES

To study the role of Ayurvedic medication along with Yoga and lifestyle modification in *Jirna Pratishaya* i.e., Allergic Rhinitis.

CASE REPORT

A 13-year-old male patient was diagnosed with Allergic Rhinitis by a private practitioner with complaints of

- Nasal congestion
- Sneezing and runny nose,
- Headache (*Shiroshul*)
- Sinus pressure with periorbital edema (*Netra Shoth*)
- General weakness (*Daurbalya*),
- Other associated symptoms like trouble breathing

These symptoms were occurring on and off from past 3-4 year.

History of present illness

After taking a detailed medical history of the patient, it was found that he was suffering from Allergic Rhinitis from the past 3-4 years, for which she received symptomatic allopathy treatment from a Private allopathic institute. He was suffering from *Nasal congestion*, *Shiroshul*, *Netra Shoth*, from last 15 Days.

So, he approached Ayurvedic Hospital and was diagnosed with *Jirna Pratishaya*, and treatment was started on OPD Basis.

Past Medical History

- Known case of asthma from 4 Years
- No surgical history
- Patient using Bronchodilator inhaler frequently

Family History

- No history of asthma in family.
- No history of any Lung disorder.

Ashtavidaha Pariksha

1. *Nadi* - 88/min
2. *Mala* - Unsatisfactory bowel
3. *Mutra* - *Samyak*
4. *Jivha* - *Saam*
5. *Shabda* - *Spashta*
6. *Sparsha* - *Samsheetushna*
7. *Drik* - *Samyak*
8. *Akriti* - *Krusha*

General examination

Blood Pressure - 110/70mm of hg

Pulse Rate - 88/min

Weight - 28kg

Height - 148cm

BMI - 23 Kg/m²

Temperature - 37° Celsius

Systemic Examination did not reveal any abnormality.

Laboratory Investigations

Hematological

Hb - 12.2gm%

TLC - 9300/cu mm

DLC - P-54%, L- 38%, E+M-08%

ESR - 18mm/hr.

Platelet Count - 2.77 lac/cu mm

Personal History

- Wake up timing-7am
- Bowel Habits: Unsatisfactory
- Exercise: Never
- Food: Vegetarian and non-vegetarian food
- Water intake: Early in the morning in an empty stomach, during and just after food 2-3 glasses of water.
- Breakfast: Poha, Upama, Fried rice.

- Junk food: Frequently
- Bed Time: 11 pm
- Dinner: 9pm
- *Nishapana* (Water intake before going to Bed) - 1 glass

Samprapti

The entity *Pratishaya* is a respiratory disease which covers a broad spectrum of nasal and para nasal mucosal inflammation.

One of the conditions of *Pratishaya* which is having pathological background of allergy to respiratory mucosa is consider here as a disease condition.

Studying the *Nidanas* (etiology) of *Pratishaya*, allergic conditions are due to the *Agni-Mandhyakara Nidanas* and *Santarpanotta Nidanas*, which is responsible for *Ammotpatti* at *Rasavaha Srotas* and *Pranavaha Srotas* leading to allergic condition of respiratory system.^[6]

Samprapti Ghatak

1. *Nidan - Kapha Vata Prakopak Ahara Vihara*
2. *Dosha - Kapha Vata Pradhana, Alpa Pitta, Rakta.*
3. *Dushya - Rasa and Rakta.*
4. *Agni - Jatharagni, Rasadhatwagni.*
5. *Srotas - Pranavaha, Rasavaha, Raktavaha.*
6. *Srotodushti - Sanga, Vimargagamana, Atipravruithi.*
7. *Adhithana - Nasa, Shiras.*

Principle of Management

Pratishaya is *Amashaya Udabhava Vyadhi*, So correction and production of *Prakrut Rasa Dhatu* is main treatment.

In this case, *Jirna Pratishaya* was diagnosed as *Ajirna* and *Rasa Dhatu Dushti*.^[7] Treatment was given specially on *Agni, Rasa Dhatu* along with dietary changes and Yoga Practice. These drugs help to improve Digestion and Metabolic activities of body.

Intervention Details

SN	Treatment	Drug of Choice	Duration
1.	<i>Shaman Chikitsa-Langhan</i>	Warm water, Lahya, <i>Murmure</i> (Puffed Rice), <i>futane</i>	1 week
2.	<i>Aushadhi Chikitsa</i>	<i>Tribhuvan Kirti Ras-1-bd</i> <i>Ashtang Lavan-3gm-bd-before meal</i> <i>Shwaskuthar Ras-1-bd</i> <i>Gokshuradi Guggul-2-bd</i>	2 Week
3.	Dietary Advice	i) Diet Chart ii) Wholesome - Unwholesome diet	1 Month 3 Month
4.	Yoga (Exercise)	<i>Suryanamaskar</i> <i>Bhujangasan</i> <i>Omkar Chanting</i> <i>Dirgha Shwasan</i> (Deep Breathing)	1 Month

Follow-Up Medicine - for next 15 days

1. *Arjun + Ashwagandha Ksheerpak - OD (Rasayankale)* i.e., empty stomach - Strengthen Heart Capacity and Immunity.
2. *Avipattikar Churna - 3gm - BD - Apane* i.e., before meal - For correction Proper *Drava Pitta* and *Anuloman*.
3. *Tribhuvan Kirti Ras - 1 - BD*

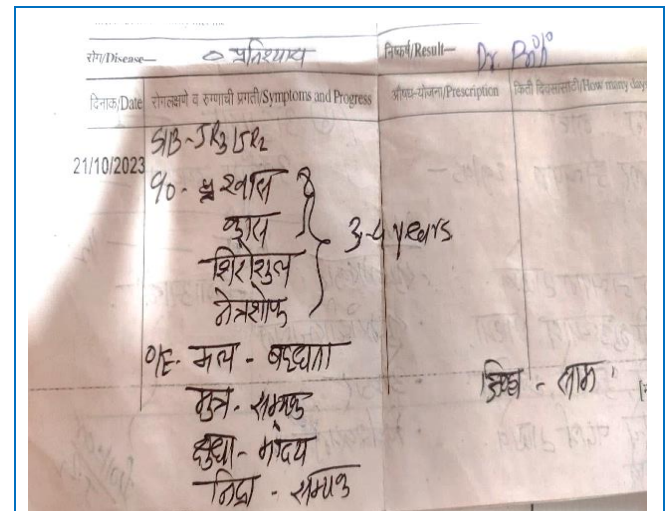
Diet Chart

Events	Time	Advice
Wake up time	5-6 am	Avoid unnecessary water Intake
Yoga	6-7am	<i>Suryanamaskar, Bhujangasan, Omkar Chanting,</i> <i>Dirgha Shwasan</i> (Deep Breathing)
First Meal	8 am	<i>Upma / Soji / green gram soup + Hing + Ghrut / Fruit OR</i>

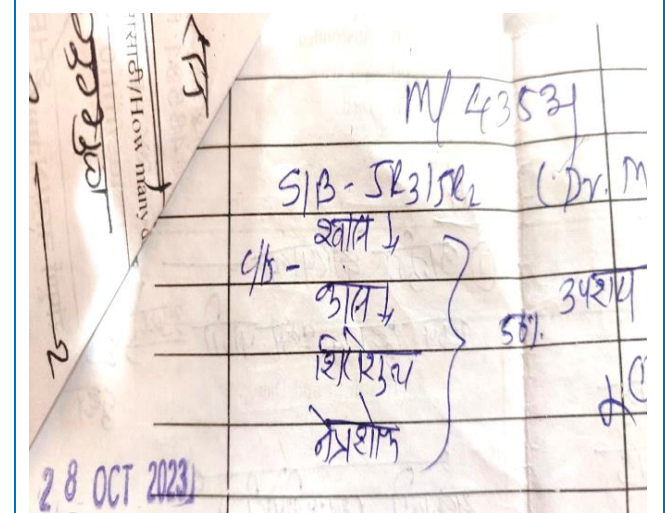
		3 fulke +1 bowl Varan + half bowl rice (Puran Shali) + Salad (Beet + Corriander + Carrot + Raddish + Tomato + Cucumber) + Awala Chutney/ Javsachi chutney Vegetables: Bitter gourd (Karla), Ridge gourd (Dodka), Drumstick (Shevga), Sankegourd (Patol). Bottle gourd (Doodhi bhopla/lauki), Dhemas, Lady's finger (bhendi), Brinjal (vangi), Fenugreek (methi), Spinach (palak), Horse gram (kulith) etc.
Lunch	12 pm	Goghrut + Sugar with Fulke / Fulke + one bowl vegetable + one bowl green gram Dal + buttermilk (Takra)
Last Meal (Dinner)	5 pm	Bhakri (Nachni/Jwari) + (Green gram) Mugache varan 1 bowl + Vegetables (Bhaji)
Sleep	10 pm	Avoid unnecessary water Intake

- Limit Allergen Exposure: Avoid contact with common allergens such as pollen, dust, silicates, and harmful chemicals or gases.
- Manage Physical Activity: Refrain from daytime sleeping, excessive physical exertion, and smoking, as these can strain the respiratory system.
- Respect Natural Urges: Do not suppress natural urges, as doing so can lead to toxin accumulation in the body.
- Avoid Self-Medication: Do not self-medicate with steroids or antibiotics unless prescribed by a physician.

Reports



21/10/2023



28/10/2023

Pathya - Apathya

Pathya - It is advised to take light and *Kapha Nashaka* foods, lukewarm water sometimes can be used to relieve symptoms of diseases.

Cereals which include barley, pulses like green gram, fruits are advised.

Vegetables such as pointed gourd, bitter gourd, white gourd melon are advised.

Legumes, soups, and freshly cooked hot food stuffs are considered good for respiratory problems.

Apathya - One should avoid heavy & fermented food, food causing congestion also need to be avoided.

Cold, soar and excessively sweets foods; curd, yogurt, ice creams and yellow grams, etc. are restricted in such types of diseased conditions.

Lifestyle related guideline for Pratishaya

- Avoid Cold Exposure: Steer clear of excessively cold climates, as they can exacerbate respiratory issues.
- Keep Essential Medications Handy: Always have cloves, black pepper, and other recommended medications on hand for those susceptible to acute respiratory distress.

DISCUSSION

- Treatment of any disease changes according to its *Hetu* and *Samprapti*.
- In the pathogenesis of *Pratishyaya*, predisposing factor was *Kapha* vitiated due to *Ahara & Vihar*.
- Prime factor was *Rasadhatwagni Mandyata* which can be corrected through *Langhana*.
- They also have function like *Kaphasaman & Lekhan* (depletive).
- *Ras Aushadhi* (*Parad* containing medicine) are fast acting.
- It nourishes whole body and has tonic, aphrodisiac, rejuvenates, anti-aging, wound-healer, and antimicrobial effect.

Effects of *Chikitsa* protocol

A) *Adravyabhut Chikitsa* - No drug treatment

1. *Langhana*

By focusing on improving digestion, metabolism, and detoxification, *Langhana* helps address the root causes of the condition, ultimately promoting better health and alleviating symptoms.

Benefits of *Laghana*

Improves Digestive Power (*Agni*): By enhancing *Agni*, *Laghana* helps ensure that nutrients are absorbed efficiently, reducing the likelihood of allergic reactions triggered by improperly digested foods.

Rectifies Metabolism: *Langhana* aids in normalizing metabolic processes, which can become dysregulated in individuals with *Pratishaya*. A balanced metabolism can help the body process allergens more effectively, reducing the severity of allergic symptoms.

Regresses Initial Pathological Processes: By promoting a lighter and more balanced state in the body, *Langhana* can help reverse early pathological changes associated with *Pratishaya*. This may include reducing inflammation and mucus production in the nasal passages.

***Strotoshodhak*:** *Langhana* is known for its ability to cleanse and rejuvenate the channels (*Srotas*) of the

body. This detoxifying action can help remove accumulated toxins (*Ama*) that contribute to allergic reactions, promoting better respiratory health.

2. *Vyayama*

By increasing energy levels, improving circulation, and strengthening the cardiovascular system, exercise can significantly alleviate the symptoms of allergic rhinitis and enhance overall well-being.

Benefits of *Vyayam* in treating *Pratishaya*

a) **Increases Energy Levels and Delivers Oxygen and Nutrients to the Whole Body:** Regular exercise enhances lung capacity and efficiency, improving oxygen intake. This is particularly beneficial for individuals with *Pratishaya*, as proper oxygenation supports respiratory health and overall vitality.

b) **Strengthening Heart Muscles and Improving Circulation:** Exercise strengthens the heart muscles, leading to improved cardiovascular health. Improved circulation helps in detoxifying the body by facilitating the removal of waste products and toxins, including those that may contribute to allergic reactions.

c) **Enhances Immunity:** Regular physical activity can strengthen the immune system, making the body more resilient to allergens. A well-functioning immune system is crucial for managing conditions like *Pratishaya*.

3. Lifestyle Modification

a) **Avoiding Excess Water Consumption:**

***Aam Utapatti*:** In Ayurveda, excess consumption of water can lead to the formation of "*Ama*," or toxins, which are often implicated in various health issues, including allergies. By limiting water intake, especially during meals, individuals can enhance digestion and reduce the likelihood of *Ama* accumulation. This can help minimize the severity of allergic symptoms and support overall digestive health.

b) **Consuming Dinner Before Sunset:**

Improved Digestion: Eating dinner before sunset aligns with our natural circadian rhythms, promoting better

digestion. This practice allows the body to process food while it is still light outside, facilitating optimal digestive function. Eating earlier can help prevent indigestion and support the body's natural detoxification processes overnight, which can be beneficial for managing allergies.

B) Dravyabhut Chikitsa - Drug Treatment (Aushadhi)

Correcting *Rasadhatwagni Mandyata* using *Rasoashadhi* like *Tribhuvan Kirti* and *Shwaskuthar Ras*, etc.

Discussion on Medication

Rasa Aushadhi given with corrected *Dinacharya* with proper and added *Yog* provides more accuracy in *Samprapti Bhanga* i.e., *Chikitsa*

SN	Name of Medicine	Effect
1.	<i>Tribhuvan Kirti Ras</i> ^[8]	<i>Kapha-Vataghna, Jwarghna, Swedajanana</i>
2.	<i>Ashtang Lavan</i> ^[9]	<i>Deepana, Pachana</i> ^[10] and <i>Kaphahara</i> properties along with <i>Shroto Shodhan</i> (cleansing of micro channels of the body).
3.	<i>Shwaskuthar Ras</i> ^[11]	<i>Shwasghna</i> (Improve respiration), <i>Kapha-Vataghna</i>
4.	<i>Gokshuradi Guggul</i> ^[12]	<i>Laghu, Dipana, Pachana, Strotovishodhako, Kledahara</i>

CONCLUSION

In this Case, *Atyambupana* (excessive water intake) and *Mithya Ahar Vihar* (incorrect diet) is the main etiological factor to *Aam* production leading to *Ajirna* then finally leading to *Pratishaya*. Treatment of *Aam Ajirna* i.e., *Laghana, Deepana, Pachan* along with Dietary changes, *Yoga* gives more effective results in *Jirna Pratishaya*. Correction of Little Daily routine things can make the huge difference in life and make u free from Suffocative Inhalers. Ayurvedic modalities like *Dincharya, Rutucharya* and *Yoga* played a crucial role in diseases like *Pratishaya*. To effectively manage allergic rhinitis in Ayurveda, a holistic approach is

recommended, focusing on diet, lifestyle changes, and herbal treatments tailored to individual needs.

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How to cite this article: Priti Holkar, Sumeeta Jogad. Exploring Ayurvedic potential in the management of Jirna Pratishaya (Allergic Rhinitis): A Single Case Report. *J Ayurveda Integr Med Sci* 2024;8:274-279. <http://dx.doi.org/10.21760/jaims.9.8.42>

Source of Support: Nil, **Conflict of Interest:** None declared.