



Review Article

## PANCHNIDANATMAK STUDY OF VATAJA PRATISHYAYA W.S.R ALLERGIC RHINITIS

Mahesh Kumari Thakur<sup>1\*</sup>, Anjali<sup>2</sup>

<sup>1</sup>Assistant Professor, Dept. of Roga Nidana, Dayanand Ayurvedic College, Jalandhar, Punjab, India.

<sup>2</sup>Associate Professor, Dept. of Shalaky Tantra, Swarwati Ayurvedic College, Mohali, Punjab, India.

### Article info

#### Article History:

Received: 19-11-2023

Accepted: 14-12-2023

Published: 05-01-2024

#### KEYWORDS:

Vataja Pratishyaya, Panchnidanatmk, Ayurveda, Allergic Rhinitis.

### ABSTRACT

Allergic Rhinitis becomes very common problem in now days. Patient who suffers with this ailment has symptoms like stuffy nose, continuous sneezing, red itchy and watery eyes and swelling around the eyes. All these symptoms are very much similar to *Vataja pratishyaya* which is a type of *Pratishyaya* in Ayurvedic texts. This problem become serious when it hamper the patient daily routine. Allopathic medicine only gives symptomatic relief. Ancient science Ayurveda always focus on the route cause so that we can find an effective treatment plan. To find the root cause of disease it is very necessary to do the *Panchnidanatmak* study of *Vataja Pratishyaya*.

### INTRODUCTION

*Pratishyaya* is one of the most important diseases in our Ayurvedic text. It describes under *Nasa roga* (disease related to nose). It happens due to the vitiation of three *Dosha* i.e., *Vata*, *Pitta*, *Kapha*.

वातं प्रति अभिमुखं श्यायो गमनं कफादीनां यत्र स प्रतिश्याय । (डल्हण)

Disease defined as the secretion produced by the vitiation of *Vata*, *Kapha* flow through the nose.<sup>[1]</sup>

#### Importance of *Pratishyaya* Allergic Rhinitis

*Pratishyaya* is the causative condition for all the other disease of nasal cavity and hence it is explained with priority of *Nasa rogas*.

*Pratishyaya* is the only disease explained in *Shalaky tantra* which develops complication even before the sign and symptoms occur, hence if treated when the *Pooravarooops* are seen, the further pathology can be stopped.<sup>[2]</sup>

#### Allergic Rhinitis

Over the last decades allergic rhinitis represents a global health issue affecting between 10%-25% of world population and with increasing prevalence day by day.

Over 400 million people suffer from allergic rhinitis around the world, which to a large extent remains under-diagnosed and undertreated. In the United States it affected between 10-30% of adult general population and up to 40% of children, making it fifth most common chronic disease. The disease is not life threatening but significantly affect quality of life due to its symptoms which hamper routine activity of the patient. If these symptoms are ignored or not cured properly the complication may be very severe.<sup>[3,4]</sup>

**Nidana of *Pratishyaya*:** *Nidana* is the causative factors of the disease. Knowledge of *Nidana* helps in identifying the cause of the disease. If the *Nidan* is not identified we can't isolate them and can't stop the disease from worsening.<sup>[5]</sup>

Aharaja	Viharaja	Mansika
Mandagni	Vega sandharana	Atikrodh
Ajeerna, Vishmasana	Rajahdhumarasevan	
Atijalpan after meal	Atisambhasanam	
Ati guru Madhura sheet ruksha sevan	Shirsoabhitapam	
Atisheetambupaan	Divasyanam	
	Atap sevan, Snan in Ajiran	

**Pooravarooopa of *Pratishyaya*:** Before the manifestation of disease proper there are few features seen in patient which are manifested prodromal to

#### Access this article online

Quick Response Code



<https://doi.org/10.47070/ayushdhara.v10i6.1442>

Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)

disease. Such symptoms are called as *Poorvarupa*. These prodromal features help to know the *Dosha* responsible for that particular disease but not the nature of forthcoming disease.<sup>[6]</sup>

- *Shirogurutvam* (heaviness in head)
- *Kshvathu pravatanam* (sneezing)
- *Angamarda* (body ache)
- *Parihristaromta* (generalized horripilation)<sup>[7]</sup>

**Roop of Pratishyaya:** *Roopavastha* is the succeeding stage of *Poorvarupa*. The symptoms which are vague or unclear in *Poorvarupa* become completely and clearly manifested in *Rupa avastha*. When the disease is fully manifested it exhibits particular to disease. By looking at those signs and symptoms physician will diagnose the disease and also plan for the treatment accordingly. *Rupa's* of *Vataja pratishyaya* are:<sup>[8]</sup>

- *Aandha Pihita nasa* (nasal obstruction & stuffiness)
- *Tanusarava pravartini* (watery nasal discharge)
- *Galtalvosoth shoshach* (dryness in throat, palate, lips)
- *Nistodah shankhyostatha dant, Sankh sirovyatha* (pricking sensation in region of temples)
- *Swaropghata* (hoarseness of voice)
- *Kshawathu* (sneezing)
- *Gharanatitoda* (painful sensation in nose)<sup>[9]</sup>

Allergic Rhinitis is an IgE mediated hypersensitivity reaction of nasal airways characterized by sneezing, itching and watery nasal discharge. Symptoms of the disease are:

Excessive nasal discharge, Excessive Sneezing, Itching in nasal cavity, eye and throat, nasal congestion and obstruction, conjunctival congestion, middle ear effusion.<sup>[10]</sup>

### **Samprapti of Pratishyaya**

रोगा सर्वेऽपि मन्देऽग्नौ । (अ. ह. नि 12/1) <sup>[11]</sup>

Impaired *Agni* is the root cause of many diseases. Similar to any other disease, the manifestation of *Pratishyaya* begins from *Agnimandhya* due to the multiple etiological factors like *Vegadharana*, *Vishmashna*, *Atijalpana* after food, ultimately *Mandagni* leads to the formation of *Ama*.

This *Ama* in turn vitiates *Vata doshas* which carry *Kapha*, *Pitta* towards the head expels from nostril cause *Pratishyaya*. *Pooravroop* of *Pratishyaya* like *Angamarda*, *Shirogurutava*, *Lomaharsha* clearly show this association of *Ama* with *Pratishyaya*.<sup>[12]</sup>

**Pathophysiology:** Nasal mucosa has rich blood supply which is similar to the erectile tissue that has venous sinusoids surrounded by smooth muscle fibers sympathetic stimulation causes vasoconstriction and shrinkage of mucosa while parasympathetic stimulation causes not only excessive secretion from

the nasal gland but also vasodilation and engorgement. Atomic nervous system which supplies nasal mucosa is under control of hypothalamus therefore emotions play a significant role.<sup>[13]</sup>

**Upashyaya:** When a patient is relieved of symptoms and feel comfortable by the diet, daily regimen and medicine, then these relieving factors are called as *Upasaya*. The relief should not be temporary. The symptoms should be reduced permanently. Here is some *Upashyaya* of *Pratishyaya*. <sup>[14]</sup>

**Haridra Khand:** *Haridra khand* dominant *Rasa* is *Katu* having properties like *Ghranam asravayati*, *Shwayathu anupahanti*, *Krimihinasti*, *Marga vivrinoti* helps a lot to reduce the sign and symptoms of *Vataja pratishyaya*. The dominant *Guna* in this drug is *Laghu* that help in reduction of heaviness. Again *Laghu guna* relieves the edema of nasal mucosa and clears the osteo-metal complex. *Hridra khand* has *Ushan virya* which help to reduce *Kapha* and *Vata dosha* i.e., over secretions. *Katu vipaka* of drug also has same action as *Katu Rasa*. *Hridra khand* most of the drug having *Agnivardhak*, *Deepan*, *Pachan* properties help to reduce *Ama* which we discussed in *Samprapti*. This is having *Rasayana*, *Jeevaniya*, *Balaya*, *Brimhaniya*, *Dhatu poshaka* properties indirectly increases the *Pratishyaya Vyadhi kshamatva* result from vitiation of *Vata* and *Kapha*. Various ingredients of *Haridra Khand* having *Vata Kapha shamaka* properties.<sup>[15,16]</sup> In modern prospective, most of ingredients of *Haridra Khand* are proved as anti-inflammatory, analgesic, antipyretic, antioxidant, immunostimulator, anti-histaminic pharmacologically.<sup>[17]</sup>

**Langhana:** यत्किंचिल्लाघवकरं देहे तल्लङ्घनं स्मृतम् ।

The procedures or a substance which create lightness in the body is called *Langhana*. The substances which carry out the function of *Langhana* have qualities of *Laghu*, *Ushana*, *Tikshana*, *Vishada*, *Sukshma*, *Khara*, and *Sara Kathina* in characteristics. The classics mention 10 varieties of *Langhana* which further divided in to two types.

1. *Shodhana* (5 types *Vamana*, *Virechana*, *Nasya*, *Niruha basti*, *Raktamokshna*)
2. *Shamana* (*Pachan*, *Deepana*, *Kshut*, *Trishna*, *Vyayama*, *Atopa*, *Maruta*).

*Rogi*, *Rogi Bala*, *Roga* are the basic criteria for *Langhana*.<sup>[18]</sup>

### **As Aacharya Chakradutta said**

अक्षिकुक्षिभवा रोगाः प्रतिस्यायव्रणज्वराः ।  
पञ्चैते पञ्चरात्रेण प्रशमं यान्ति लङ्घनात् ॥

*Pratishyaya* can be treated well by using *Langhna* for 5 *ratris*. In *Pratishyaya*, *Ama* is the main cause of vitiation of *Doshas*. *Ama* can be removed by *Deepan*

*Pachana dravya*. Because if disease is in *Saama Avastha* these *Lanhnna* types shows effective result.<sup>[19]</sup>

### **Nasya karma**

The word *Nasya* is derived from 'Nasa' Dhatu which conveys a meaning of 'Gati'. Here the *Gati* is towards the nose, nasal accessories and to head proper.

“नासा ही शिरसो द्वारं”

As per *Charak* and *Vagbhat*, *Nasa* is gateway of *Shira*. The drug administered through nose as *Nasya* reaches to brain and eliminates morbid *Doshas* responsible for disease.

As per *Sushrut* '*Shringataka marma*' is *Sira marma* present in middle of confluence of *Siras* supplying nourishment to nose, ear, eyes tongue. *Nasya* is one of the *Panchkarma* mentioned in *Ayurveda*. *Nasya karma* is a therapeutic procedure where drug are administered through nose in specific manner to cure *Pratishyaya*. As nose is gateway of head the therapy cleanses and open channels of head thereby improving process of oxygenation (*Prana*) which has direct influence on functioning of brain.<sup>[20]</sup>

### **Jalneti**

Application of *Jalaneti* is the chief *Shodhana* procedure because it can expel the deep seated *Doshas* and can cure it of its root. The *Saindhav lavan* we use in *Jal neti* having *Laghu tikshana guna* it spread through channels and clears the accumulated *Doshas*. Due to warm saline water it act as vasodilator, local cleanser and immunity booster and warm water work as anti inflammatory action in nasal mucosa. It has soothing effect which helps to prevent headache. When a person practices *Jata neti*, it removes all the mucus from the blocked nasal passages, which helps to breathe easily and carry more oxygen to the lungs, without any obstruction. *Neti* improve sensitivity of olfactory nerves, helping to restore lost sense of smell.<sup>[21]</sup>

### **Upadrava**

उपद्रवस्तु खलु रोगत्तरकालजो रोगाश्रयो रोग एव  
स्थूलोऽणुर्वा, रोगात् पश्चाज्जायत इत्युपद्रवसंज्ञः।

Complication is a disease which produced after the formation of the main disease and is dependent on the main disease.<sup>[22]</sup>

*Peenas*, *Indriyavikara*, *Badhirya*, *Andhatva*, *Ghranavikara*, *Darunanetra*, *Kasa*, *Shotha*. *Acharaya Madhavakara* said *Pratishyaya* if not treated lead to *Kasa*, and again lead to *Kshaya*.<sup>[23]</sup>

### **CONCLUSION**

*Ayurveda* is science of healing because it always works on root cause to eliminate the disease from root. In *Panchnidanatamk* study, first we have to focus on *Nidan parivarjana* to stop the progression of the disease. As we know *Ayurvedic* formulations are

more effective, non chemical treatment for allergic rhinitis/*Vataja pratishyaya*.

### **REFERENCES**

1. Shastri, Ambika Dutta. *Sushruta-Samhita*. Reprint Edition. Varanasi (India); Chaukhambha Sanskrit Sansthan; 2017. Uttara Tantra 24
2. Shastri, Ambika Dutta. *Sushruta-Samhita*. Reprint Edition. Varanasi (India); Chaukhambha Sanskrit Sansthan; 2017. Uttara Tantra 24/26
3. Bousquet J, Van Cauwenberge P, Khaltaev N, Aria Workshop Group, World Health Organization [2001] Allergic rhinitis and its impact on asthma. J Allergy Clin Immunol 108 [5Suppl]: S147-334.
4. Aggarwal AN, Chaudhry K, Chhabra SK, D Souza GA, Gupta D, et al. [2006] Asthma Epidemiology Study Group. Prevalence and risk factors for bronchial asthma in India adults: a multicentre study. India J Chest Dis Allied Sci 48[1]: 13-22.
5. Pt.Kashinath shastri and Dr.Gorakhanath chaturvedi, *Charak Samhita of Charak with Vidyostini Hindi Commentary, Sutraasthana*, Reprint edition; 2009 Varanasi: Chaukhambha bharti academy Chikitsa Sthan Chapter 26/104
6. Dr.Nisha Kumari, A Text Book For Roga Nidana And Vikruthi Vijnana, Vol-1. Chaukhambha Orientalia Page 235
7. Shastri, Ambika Dutta. *Sushruta-Samhita*. Reprint Edition. Varanasi (India); Chaukhambha Sanskrit Sansthan; 2017. Uttara Tantra 24/5
8. Dr.Nisha Kumari, A Text Book For Roga Nidana And Vikruthi Vijnana, Vol-1. Chaukhambha Orientalia Page 236, 237
9. Shastri, Ambika Dutta. *Sushruta-Samhita*. Reprint Edition. Varanasi (India); Chaukhambha Sanskrit Sansthan; 2017. Uttara Tantra 24
10. Dr.Deepak Kumar, A Text Book of Head, ENT & Oro-Dental Diseases, Chaukhambha Prakashan Varanasi
11. Dr.Brahmanand Tripathi Astanghriday, *Nirmala Hindi commentary, Chaukhambha Sanskrit pratisthan, Delhi As Hri Ni 12/1*
12. Shastri, Ambika Dutta. *Sushruta-Samhita*. Reprint Edition. Varanasi (India); Chaukhambha Sanskrit Sansthan; 2017. Uttara Tantra 24/4
13. Mohan Bansal *Disease of Ear, Nose, Throat 1st edition context in the Nose and Paranasal sinuses*, New Delhi; Published by Jaypee Brothers medical Publishers, 2013, PN.322
14. Pt.Kashinathshastri and Dr.Gorakhanath Chaturvedi, *Charak Samhita of Charak with Vidyostini Hindi Commentary, Sutraasthana*, Reprint edition; 2009 Varanasi: Chaukhambha bharti academy Nidan Sthan 1/10
15. Pt Kashinath shastri and Dr.Gorakhanath chaturvedi, *Charak Samhita of Charak with*



- Vidyostini Hindi Commentary, Sutraasthana, Reprint edition; 2009 Varanasi: Chaukhambha bharati academy Sutra Sthan Chapter 26
16. PV Sharma, Dravyaguna Vigyanam, Chaukhambha bharati academy, Varanasi. Vol.II. 2005
17. Database on Medicinal Plants used in Ayurveda & Siddha, Vol:1-VII, P.C Sharma, M.B yelne, T.J. Dennis, S.Selvarajan, M.M Padhi, A.K. Mangal, Reprint 2008
18. Pt.Kashinath shastri and Dr.Gorakhanath chaturvedi, Charak Samhita of Charak with Vidyostini Hindi Commentary, Sutraasthana, Reprint edition; 2009 Varanasi: Chaukhambha bharati academy Sutra Sthan Chapter 22
19. Dr.Indardev Tripathi, Chakrdutt Hindi Commentaries, Chaukhambha Sanskrit Bhawan 59/3
20. Shastri, Ambika Dutta. Sushruta-Samhita. Reprint Edition. Varanasi (India); Chaukhambha Sanskrit Sansthan; 2003. Uttara Tantra 40/21, Page No 182
21. Smritirekha Senapati et al: The effect of Jal Neti In the management of Vataj Pratishyaya w.s.r To Allergic Rhinitis - A case Study [IAM]: Volume 6, Issue 8, August-2018]
22. Pt.Kashinath shastri and Dr.Gorakhanath chaturvedi, Charak Samhita of Charak with Vidyostini Hindi Commentary, Sutraasthana, Reprint edition; 2009 Varanasi: Chaukhambha bharati academy Chikitsa Sthan Chapter 21/40
23. Shastri, Ambika Dutta. Sushruta-Samhita. Reprint Edition. Varanasi (India); Chaukhambha Sanskrit Sansthan; 2017. Uttara Tantra 24/17

**Cite this article as:**

Mahesh Kumari Thakur, Anjali. Panchnidanatmak Study of Vataja Pratishyaya w.s.r Allergic Rhinitis. AYUSHDHARA, 2023;10(6):38-41.

<https://doi.org/10.47070/ayushdhara.v10i6.1442>

**Source of support: Nil, Conflict of interest: None Declared**

**\*Address for correspondence**

**Dr. Mahesh Kumari Thakur**

Assistant Professor,  
Dept. of Roga Nidana,  
Dayanand Ayurvedic College  
Jalandhar, Punjab.

Email:

[maheshmittuthakur10@gmail.com](mailto:maheshmittuthakur10@gmail.com)

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.

