



Review Article

## A CRITICAL REVIEW ON JEERNA PRATISHYAYA AND ITS MANAGEMENT IN AYURVEDA

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### ABSTRACT

Ayurveda is interminable and ceaseless stream of old pharmaceuticals. The present era is full of stress, chaos, and strain due to lifestyle changes, changes in dietary propensities, urbanisation and industrialisation driving to expanded contamination and increased resistance to the various antibiotics that are responsible for occurrence of several diseases. Nose is one of the sensitive organs in human body which is uncovered to the outside environment, and is more prone to these causative factors leading to recurrent infection. Repeated attacks of *Pratishyaya* lead to the development of *Jeerna Pratishyaya*. Numerous treatment modalities are explained in allopathy like corticosteroids, antihistamines, anti-allergies, inhalers etc., but none of them are completely useful in curing the illness as well as preventing its recurrence, besides they have their own side effects. Thus, Ayurvedic management is more advantageous in *Jeerna Pratishyaya*.

### INTRODUCTION

*Pratishyaya* is one among *Nasagata Roga* which is first and foremost and an important condition. If it is not treated in its early stage, it will lead to the development of another condition named as *Jeerna Pratishyaya*.

*Pratishyaya* is a *Vata-Kaphaja Roga* and can be correlated with rhinitis which is described in modern medical science. Clinical features of *Pratishyaya* are *Nasavrava* (running nose), *Ghranauparodha* (nasal obstruction), *Shirahshoola* (headache), *Shirogauravam* (heaviness in head), *Jwara* (fever), *Kasa* (cough), *Kaphotklesha* (phlegm), *Swarabheda* (hoarseness of voice), *Aruchi* (anorexia), *Klama* (tiredness), *Indriyanamasmarthayama* (altered functions of sense organs).<sup>[1]</sup>

If *Pratishyaya* is not treated in its early stage, it also develops numerous conditions like *Kasa* (cough), *Agnimandya* (anorexia), *Aghrana* (anosmia), *Daruna Netra Roga* (severe ocular disorders), *Badhirya* (deafness), *Andhta* (blindness) and *Shopha* (inflammation).<sup>[2]</sup>

In modern medical science, *Jeerna Pratishyaya* can be correlated with chronic rhinitis.

Chronic simple rhinitis is an advanced stage of unresolved acute rhinitis due to the presence of predisposing factors.<sup>[3]</sup>

### AIM AND OBJECTIVES

1. To study the literature review of *Jeerna Pratishyaya*.
2. To study the Ayurvedic management of *Jeerna Pratishyaya*.

### Review of Disease

#### Etymology

The word "*Pratishyaya*" is originated from Dhatu "*Shyeng Gatau*" with *Upsarga* "*Prati*", means movement of *Doshas* is ceaseless in *Pratishyaya*. The disease in which *Kaphadi Doshas* move towards *Vata* or out of the nose is called *Pratishyaya*; and when it is left untreated then it leads to "*Jeerna Pratishyaya*."

#### Nidana

Common causative factors of *Pratishyaya* are depicted in many *Samhitas*. Acharya Sushruta has portrayed causes of *Pratishyaya* like *Nariprasanga*, *Shirsoabhitapa*, *Dhuli*, *Raja*, *Shitamatipratapa*, *Mutrapurisha Sandharanam* etc.<sup>[4]</sup>

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## Stages of Pratishyaya

Acharya Dalhana has described two stages of *Pratishyaya* i.e., 1. *Amavastha* 2. *Pakwavastha*.

1. **Amavastha:** Symptoms are *Aruchi* (anorexia), *Vaktra Virasam* (tastelessness), *Nasa Srava* (thin nasal discharge), *Ruja* (pain), *Shirogurutwama* (heaviness in the head), *Kshavathu* (sneezing), *Jwara* (fever) etc.

2. **Pakwavastha:** Symptoms are *Tanutwam Ama Liganama* (decreased severity of *Ama Lakshana*), *Shirolaghuta*, *Nasalaghuta*, *Asyalaghuta* (feeling of lightness in head, nose and mouth), *Ghanpeetakaphatvam* (thick and yellowish nasal discharge) etc.<sup>[5]</sup>

## Purvarupa of Pratishyaya

Acharya Sushruta has depicted the prodromal symptoms of *Pratishyaya* as *Shirogurutwama*, *Kshawathu*, *Angamarda*, and *Parihrishtromta*.<sup>[6]</sup>

## Classification of Pratishyaya

Acharya Sushruta, Vagbhatta, Madhavakara, Bhava Mishra and Sharangdhara have depicted five types of *Pratishyaya* i.e., *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja* and *Sannipataja*.

Acharya Charaka has described four types of *Pratishyaya* i.e., *Vataja*, *Pittaja*, *Kaphaja* & *Sannipataja* and depicted *Dushta Pratishyaya* as late stage of *Pratishyaya*.

Ras Vagbhatta has mentioned *Malasanchya janya Pratishyaya*.

## Samprapti Ghatak of Pratishyaya

1. *Nidana: Kapha Vata Prakopaka Ahara Vihara.*
2. *Dosha: Kapha Vata Pradhana, Alpa Pitta, Rakta.*
3. *Dushya: Rasa and Rakta*
4. *Agni: Jatharagni, Rasadhatwagni*
5. *Srotas: Pranavaha, Rasavaha, Raktavaha Srotas*
6. *Srotodushti: Sanga, Vimargagamana, Atipravriti*
7. *Adhishthana: Nasa*

## Samprapti of Pratishyaya

According to Acharya Charaka, consumption of etiological factors leads to aggravation of *Vata Dosha* in head and leads to *Pratishyaya*.<sup>[7]</sup>

Acharya Sushruta has portrayed that the vitiated *Vata* and other *Doshas* individually or collectively associated with or without *Rakta* gets accumulated in head and leads to *Pratishyaya*.<sup>[8]</sup>

Acharya Vagbhatta has portrayed that the vitiation of *Vata Dosha* in nasal cavity leads to *Pratishyaya*.<sup>[9]</sup>

## Lakshana of Pratishyaya

**Samanya Lakshana:** These are mentioned only by Acharya Charaka and Maharishi Kashyapa which are as follows:

- **Acharya Charaka:** *Shirahshoola*, *Shiroguravam*, *Ghranviplava*, *Jwara*, *Kasa*, *Kaphotklesha*, *Swarabheda*, *Indriya Asamarthatva*.<sup>[10]</sup>
- **Maharishi Kashyapa:** *Daugandhya*, *Parikledata* etc.<sup>[11]</sup>

## Vishishta Lakshana<sup>[12]</sup>

- **Vataja Pratishyaya:** *Anaddha Pihita Nasa* (obstructed and stuffed nose), *Tanusrava Pravartini* (watery nasal discharge), *Galtaluoshtha Shosha* (dryness in throat, palate, and lips), *Swaraupghata* (hoarseness of voice).
- **Pittaja Pratishyaya:** *Ushna Evam Peeta Nasasrava* (warm and yellow nasal discharge), patient suffers from *Krishta* (emaciation), *Pandu* (anaemia), *Jwara* (fever) and *Trishna* (thirst), *Sadhoomam Sehsha Vahnim Vamtiva* (feeling of smoking and burning sensation in throat and nose).
- **Kaphaja Pratishyaya:** *Shukla Sheeta Nasasrava* (white and cold nasal discharge), *Shuklavabhasa Shunaksha* (white eyes with swollen lids), *Guru Shiromukha* (heaviness on head and face) and *Shiragalaoshthatalu Kandu* (itching in head, throat, lips, and palate).
- **Raktaja Pratishyaya:** *Raktasrava* (blood-stained nasal discharge), *Tamraksha* (coppery discoloration of the eyes), *Uroghata* like symptoms, *Durgandhuchhvasa Vadanastatha* (ozostomia and foetor oris), *Gandhananaveti* (anosmia), *Krimi Shweta*, *Snigdha Tatha Anu* (presence of small, smooth and white maggots in the nasal cavity), *Krimimurdhavikara Samanam Lakshanam* (symptoms same as *Krimija Shiroroga*).
- **Tridoshaja Pratishyaya:** *Bhutwa Bhutwa Pratishyayo Akasmata Vinivartate* (*Pratishyaya* which appears and disappears all sudden), *Sampakvo Va Apakvo* (may or may not be associated with suppuration), and *Lingani Chaiva Sarvesham Peenasanam* (have mixed features of all types of *Pratishyaya*).

## Chikitsa (Treatment)

### Samanya Chikitsa

- **Aam Peenasa Chikitsa:** *Langhana*, *Deepana*, *Pachana*, *Swedana*, *Ikshu Vikara*.
- **Pakwa Peenasa Chikitsa:** *Shirovirechana*, *Kaval Graha*, *Dhoompana*, *Snehaana*, *Vamana*, *Virechana*, *Asthapana Basti*, *Shamana Aushadha*.<sup>[13]</sup>
- Acharya Chakradutta has specified some *Aushadha Yogas* like *Panchamula Siddha Ghrita*, *Chitraka Haritaki*, *Sarpiguda*, *Shadang Yusha*, *Vyoshadi*

*Churna, Nasya with Shadbindu Taila and Pathadi Taila.*<sup>[14]</sup>

### Updrava (Complications)

The *Updrava* of *Pratishyaya* are primarily due to anatomical relationship and common blood supply of organs through which the infections travel. The *Sadya Pranahara Marma i.e., Shringataka Marma* is the union point of *Srotas* of *Jihwa* (tongue), *Nasika* (nose), *Akshi* (eyes) and *Shravanendriya* (ears). *Pratishyaya* causes deterioration of this *Marma* and leads to various complications.

*Peenasa, Indriyavikara, Badhirya, Andhatwa, Ghranavikara, Darunanetra, Kasa* and *Shotha* are *Updrava* of *Pratishyaya*. Acharya Madhavakara said that if *Pratishyaya* not treated in early stages, it will lead to *Kasa*, and then further leads to *Kshaya*.<sup>[15]</sup>

### Sadhya-Asadhyata

Acharya Sushruta has depicted *Jeerna Pratishyaya* as *Krichhrasadhya* (difficult to cure), while Vagbhatta said that it is *Yapya* and Madhavakara said that it is *Krichhrasadhya* or *Asadhya* (not curable).

### DISCUSSION

*Pratishyaya* is a broad term that covers all the Nasal, Para nasal sinuses, upper and lower respiratory tract infections. *Pratishyaya* can occur as an independent disease, as a symptom of a disease or as a complication of many other diseases. *Pratishyaya* is a *Vata Kapha* predominant *Tridoshaja Vyadhi*.

After analysing all *Nidana* of *Pratishyaya*, it is understood that the allergens like dust, fumes cause paroxysmal sneezing and rhinorrhoea, while other factors like seasonal variations, head injury, suppression of natural urges etc. can be potent to initiate the pathological variations of the disease.

Acharya Vagbhatta has described that the root cause of each disease is *Mandagni*, so due to *Agnimandya*, *Sara Dhatu* is not formed that leads to *Alpa Vyadhikshamatva* (low immunity) and *Agnimandya* also leads to vitiation of *Doshas*. So, it becomes very difficult to treat this disease. After analysing all *Nidana*, it can be stated that all *Nidana* are classified under *Asatmya Indriyarthasanyoga, Pragyapradha* and *Parinama*.

### CONCLUSION

*Jeerna Pratishyaya* is a chronic condition with significant impacts on daily life. Ayurveda offers a comprehensive approach to managing this disorder, addressing both the root cause and symptoms through detoxification, herbal remedies, dietary adjustments, and lifestyle changes. Factors like *Desha, Kala, Vaya* of patient should also take into consideration while treating the disease. *Pathya-Apathya* should also be added with the prescribed medicines. Regular follow-

up and preventive care is key to avoiding recurrences and maintaining long-term relief from symptoms.

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