



Case Study

AYURVEDIC MANAGEMENT OF ALLERGIC RHINITIS WITH CORRELATION TO VATA-KAPHAJA PRATISHAYA

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ABSTRACT

Ayurveda identifies this condition as *Vata-Kaphaja Pratishyaya*, which arises from disturbed *Doshic* balance and *Stroto Dushti* (disturbance of body channels), especially within *Pranavaha Strotas*. Ayurveda offers well-established interventions for allergic manifestations based on balancing bodily *Doshas* (*Vata*, *Pitta*, *Kapha*) and optimizing *Agni* (digestive fire). **Materials and Methods:** A 32-year-old female patient with lifelong nasal allergies, presenting with marked nasal blockage, runny nose, continuous sneezing, and intermittent eye symptoms, was evaluated. Ayurvedic diagnosis classified her disease as *Vata-Kaphaj Pratishyaya* (Allergic Rhinitis) and *Aahar Asatmyata* (food intolerance). The therapeutic plan combined *Nasya Karma* (nasal therapy) using *Nasayoga Grutham* and IAFA Nasal All Clear X Drops, internal polyherbal formulations including IAFA *Aahar Amrutham Ras*, IAFA Respiratory Detox Tablet, IAFA Respiro Detox Formula, and IAFA Res Chai-7 Ayurvedic *Kawah*, a comprehensive regimen of proprietary Ayurvedic medicines with documented anti-allergic, immunomodulatory, and anti-inflammatory herbs and minerals, alongside dietary and yogic interventions. **Results:** After 90 days of therapy, the patient reported 75% symptomatic relief, with substantial reductions in nasal blockage, sneezing, eye symptoms, and associated headaches. Maintenance treatment continued for a further 90 days with sustained benefit. **Conclusion:** This case highlights the efficacy and safety of a comprehensive Ayurvedic regimen for Allergic Rhinitis, correlating pathophysiologically with *Vata-Kaphaja Pratishyaya*. Ayurvedic therapy may restore neuroimmune balance through *Dosha* regulation, *Strotas* cleansing, and enhancement of mucosal immunity. Further clinical trials are needed to further validate these findings.

INTRODUCTION

Allergic rhinitis is a globally prevalent disorder, affecting up to 10- 25% of the population, and is characterized by sneezing, nasal discharge, congestion, and pruritus. Comorbid conditions, including conjunctivitis and impaired olfaction or gustation, often coexist, compounding morbidity. Modern treatment includes the use of antihistamines, corticosteroid sprays, and sometimes immunotherapy; however, residual symptoms, medication side effects,

and patient preference for natural therapies have raised interest in integrative approaches.^[1-3] From an Ayurvedic perspective, the root cause is from *Srotasam Atipravrutti*, i.e., hyperactivity of specific body channels, which can result from *Doshic* imbalances (especially *Vata* and *Kapha*), disturbances in *Agni* (digestive capacity), and accumulation of *Ama* (toxins from undigested food). Ayurveda describes multiple internal (*Pranavaha*, *Annavaha*) and external (nostrils, oral cavity) *Strotas*, which, if imbalanced, can predispose to *Pratishyaya* (rhinitis) and *Asatmyata* (intolerance), manifesting as recurrent respiratory and food-related symptoms. ^[4-6] This case report provides a detailed clinical intervention, with emphasis on Ayurvedic diagnostic and therapeutic principles, integrated with disease frameworks.

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Case Presentation**Patient Details**

- Age/Sex: 32/F
- Initial consultation: 12th April 2022
- Follow-ups: 14 May 2022, 31 August 2022
- Duration of illness: Since childhood
- Past Interventions: Neti pot, quercetin supplements, acupuncture (unsuccessful)
- Family History: Non-contributory

Chief Complaints

- Persistent nasal blockage and watery discharge.
- Frequent sneezing and eye irritation.
- Occasional headaches and a reduced sense of taste.
- Nightmares and fatigue.

Diagnosis [6-10]

- Modern Diagnosis: Allergic rhinitis with mild food intolerance
- Ayurvedic Diagnosis: *Vata- Kaphaja Pratishaya* with *Ahara Asatmyata*
- *Lakshana* (symptoms) of *Vata- Kaphaja Pratishaya*: *Ksavathu* (sneezing), *Sirsa Gaurava* (head

Internal Medications

Formulation	Key Ingredients	Dose	Why is it given?
IAFA Aahar Amrutham Ras	<i>Choti Dudhi, Nirgundi, Shrifal, Bhomi Amla, Punarnava</i>	30 ml of water with equal water BID after food	Restores <i>Agni</i> , GIT modulation, detoxification, and anti-allergic
IAFA Respiratory Detox Tablet	<i>Hingu, Surasa, Jivanti, Elachi, Bhumi Amla, Kanthkari, Bruhati, Agar, Pushkarmul, Ustukhudus</i>	2 tabs BID after meals	<i>Vata- Kapha Shamana</i> , bronchodilator, antiallergic
IAFA Respiro Detox Formula	<i>Thaleespathradi choorna, Giloy Satva, Tankan Bhasma, Sphatika Bhasma, Godanti Bhasma, Abhrak bhasma</i>	3 g BID with honey or with lukewarm water post meals (15 minutes after meal)	Immune balancing, anti-inflammatory, detoxification
IAFA Res Chai- 7 Ayurvedic Kawah	<i>Tulsi, Karpooravalli, Yashtimadhu, Changeri, Chamomile, Talisa, Joofa, Choti Pippali, Ginger, Ela, Dalchini, Yavakshara</i>	2.5 g (1 tsp) BID as tea	Antioxidant, respiratory tonic, <i>Kapha-Vata</i> pacifier

Dietary and Lifestyle Interventions

Diet: Light, fiber-rich meals, avoidance of dairy, cold, and fried food

Yoga: *Ustrasana, Dhanurasana, Baddha Konasana, Nadi Shodhana Pranayama* daily

Adjuvants: Herbal water infusion of fennel, cumin, and curry leaves

Follow-up Plan

Follow-ups were conducted, and symptom severity and subjective relief were recorded at each interval.

heaviness), *Pratisrava* (nasal discharge), *Ghrana Indriya Daurbalya* (olfactory disturbance).

Triggers and Exacerbating Factors

- Exposure to dust and cold air.
- Consumption of curd, cold beverages, fermented or packaged foods.
- Sleep immediately after meals.

MATERIALS AND METHODS**Treatment Approach**

Ayurvedic therapeutic objectives were *Dosha Shamana, Srotoshodhana*, and restoration of *Agni* and *Ojas*. The protocol included local (*Nasya*), systemic (internal medications), and lifestyle modifications.

Ayurvedic Treatment Protocol**External Therapy (*Nasya Karma*)**

Nasayoga Grutham: 4–6 drops in each nostril and 2–4 drops applied to the navel region twice a day, early morning and at bedtime.

IAFA Nasal All Clear X Drops: 4–6 drops per nostril, twice daily in late morning and early evening.

RESULTS**Clinical Progression**

Visit Date	Symptom	Outcome	Improvement (%)
12 April 2022	Severe, persistent nasal blockage and sneezing	Baseline	No improvement
14 May 2022	Moderate, reduced sneezing, improved taste	Partial relief	Approximately 25%
31 August 2022	Minimal symptoms, no recurrence	Sustained remission	Approximately 75%

Follow-up Assessment

1 Month: Noticeable reduction in frequency and intensity of nasal blockage and sneezing.

2 Months: Nearly 25% remission from symptoms, improved sleep, energy, and digestion.

5 Months: Approximately 75% remission from symptoms, and for the maintenance phase, *Bhoomi Amla* capsules and *Aam Visha* Balance tablets, continued stability.

No adverse events were reported throughout therapy.

DISCUSSION^[11-14]

Allergic rhinitis (AR) involves chronic immune dysregulation characterized by Th2 dominance, mast cell degranulation, and mucosal inflammation leading to nasal obstruction, sneezing, and rhinorrhea. Ayurveda correlates this disorder with *Vata-Kaphaja Pratishaya*, where *Vata* causes imbalanced neurosensory responses and *Kapha* leads to mucosal accumulation and obstruction. The underlying *Ama-Visha* (metabolic toxin) and *Stroto Dushti* (obstruction of microchannels) increase hypersensitivity and recurrence. The therapeutic goal was *Dosha Samyata*, *Ama-Nirharana* (detoxification), *Agni-Deepana* (digestive enhancement), and *Stroto Shodhana* (cleansing of channels). The combination of internal and external therapies adopted here aligns with both *Samprapti Vighatana* (breaking the pathogenesis) and modern immunomodulatory approaches.

Ayurvedic treatment protocol^[15]**IAFA Aahar Amrutham Ras**

This *Swaras Chikitsa* preparation acts as a foundational detoxifier. Ingredients such as *Bhumi Amla*, *Nirgundi*, *Bael*, *Punarnava*, *Choti Dudhi*, etc., that target *Amavisha* and enhance *Agni*. Its *Tikta-Kashaya Rasa* and *Ushna Virya* pacify *Kapha* and improve digestion, preventing undigested antigenic buildup. Modern evidence supports its hepatoprotective and gut-modulating activity, establishing the gut-immune-respiratory axis balance, which is the center of allergic disorders.

IAFA Respiratory Detox Tablet

A polyherbal composition containing *Hingu*, *Surasa*, *Jivanti*, *Elachi*, *Bhumi Amla*, *Kantakari*, *Bruhati*,

Agaru, *Pushkarmul*, and *Ustukhudus*. It acts through *Amavisha Shodhana*, *Vata-Kapha Shamana*, and *Stroto Shodhana*. It corrects the deranged *Udana Vata* and *Pranavaha Strotas* function. Pharmacologically, the ingredients exhibit bronchodilator, mast cell stabilizing, and anti-inflammatory effects, reducing nasal mucosal hyperreactivity and hypersensitivity.

IAFA Respiro Detox Formula

Enriched with *Thaleespathradi Churna*, *Giloy Satva*, *Tankan*, *Sphatika*, *Godanti*, and *Abhrak Bhasma*, this formula strengthens *Ojas* and enhances mucosal resilience. Its dual action, i.e., *Dosha Shamana* and *Ojas-Vardhana*, prevents relapse. *Giloy Satva* acts as a natural immunomodulator, *Godanti* reduces mucosal inflammation, and *Abhrak Bhasma* supports tissue rejuvenation and neuroendocrine balance. Together, they stabilize mucosal immunity and restore *Vyadhi-Kshamatva*.

IAFA Res Chai-7 Kawah

A synergistic *Rasayana* blend of *Tulsi*, *Changeri*, *Chamomile*, *Yashtimadhu*, *Talisa*, *Joofa*, *Ela*, and *Dalchini*, etc., which provides *Vata-Kapha Shamana* and *Agnideepana* benefits. It soothes respiratory pathways, acts as a mild expectorant, and balances oxidative stress. Modern studies confirm that *Tulsi* and *Chamomile* modulate cytokine expression and improve antioxidant defenses, reducing allergic mucosal inflammation.

Bhumi Amalaki Capsule (Phyllanthus niruri)

It's *Katu*, *Kashaya*, *Madhura Rasa*, and *Sheeta Virya* pacify *Pitta-Kapha* and eliminate *Amavisha*. Acting primarily on *Yakrit* (liver) and *Rasa-Rakta Dhatu*, it promotes systemic detoxification, reduces antigenic load, and indirectly restores immune tolerance. Its hepatoprotective and immunoregulatory activities align with its Ayurvedic function of maintaining *Agni* and metabolic balance.

Aam Visha Balance Tablet

Ama Visha balance tablets are used to neutralize *Amavisha*, which is the root of allergic pathology in Ayurveda, and this formulation combines *Kamdudha Rasa*, *Akik Pishti*, *Mukta Pishti*, *Godanti*

Bhasma, *Kapardak Bhasma*, etc. to activate *Agni* and digest *Ama*. It purifies *Strotas* and enhances the bioavailability of nutrients. Modern pharmacology supports its ability to reduce oxidative stress, modulate T-cell activity, and inhibit pro-inflammatory mediators.

Nasya Yoga Grutham (Nasya Therapy)

Nasya Karma serves as both *Shodhana* (purification) and *Brimhana* (nourishment) therapy. *Nasayoga Grutham*, containing *Yashtimadhu*, *Go Ghrita*, lubricates nasal passages, reduces inflammation, and restores mucosal integrity. Modern research shows *Yashtimadhu* strengthens epithelial barrier function and modulates local immune responses through olfactory-limbic signaling.

IAFA Nasal All Clear X Drops

A topical nasal formulation comprising *Jyotishmati*, *Pippali*, *Haridra*, *Til Taila*, and *Sariva*, *Maricha*, etc., serving as a natural decongestant and antioxidant. The drops clear *Kapha Avarana*, improve nasal airflow, and restore olfactory sensitivity. Bioactive compounds like curcumin, piperine, and alkaloids exhibit antihistaminic and anti-allergic activities comparable to mild corticosteroids, but without systemic side effects.

Together, these formulations achieved a multidimensional therapeutic effect by *Ama Pachana*, *Dosha Shamana*, *Strotoshodhana*, *Agni Deepana*, and *Oja Vardhana*. This directly disrupts the *Samprapti* of *Vata-Kaphaja Pratishyaya* and prevents chronic recurrence.

From a modern medical perspective, the improvement seen in this case reflects how the treatment acted on multiple levels, i.e., immune, epithelial, and neuroendocrine levels. The IAFA herbal formulations used work together to calm the overactive allergic response and help the body regain its natural balance. Active compounds like Curcumin, Piperine, and Ocimumosides reduce the release of histamine and block key inflammatory signals i.e. IL-4, IL-5, and IL-13 that result in eosinophil buildup and nasal swelling. Phyllanthin and Glycyrrhizin help control the IL-5 pathway, which is mainly responsible for attracting eosinophils to the respiratory mucosa. *Giloy* (*Tinospora cordifolia*) and *Abhrak Bhasma* show strong adaptogenic effects, helping the body handle stress and supporting healthy immune regulation through the hypothalamic-pituitary-adrenal (HPA) axis. *Nasya* therapy also plays a key role as it improves nasal mucosal health by stimulating the parasympathetic system and balancing nitric oxide levels, which enhance healing and reduce inflammation. Together, these actions lower immune hyperreactivity, repair the mucosal barrier, and

provide lasting relief from allergic symptoms. This integrated approach explains how Ayurvedic detoxification and immune-balancing therapies can achieve long-term control in allergic rhinitis and related eosinophilic conditions.

CONCLUSION

This case demonstrates successful management of lifelong allergic rhinitis through individualized Ayurvedic therapy integrating *Nasya Karma*, internal polyherbal formulations, dietary regulation, and yogic lifestyle. The correlation of *Vata-Kaphaja Pratishyaya* with modern allergic rhinitis offers a conceptual bridge for further research.

Clinical Implications

This single case study demonstrates that individualized Ayurvedic intervention can achieve significant remission in chronic allergic rhinitis without dependency on steroids or antihistamines. The Ayurvedic protocol addressed metabolic toxicity, immune imbalance, and local mucosal integrity simultaneously, and offered an integrative management of allergic diseases.

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