

**Impact
Factor
2.147**

ISSN 2349-638x

Refereed And Indexed Journal



**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Publish Journal

VOL-III

**ISSUE-
XII**

Dec.

2016

Address

- Vikram Nagar, Boudhi Chouk, Latur.
- Tq. Latur, Dis. Latur 413512
- (+91) 9922455749, (+91) 9158387437

Email

- aiirjpramod@gmail.com

Website

- www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

“Conceptual Review Of Vachadi Avaleha In The Management Of Pratishyaya W.S.R To Recurrent Rhinitis ”

Vd. Prasad G. Yewale

Research Scholar,

CSMSS Ayurved Mahavidyalaya,
Kanchanwadi, Aurangabad.

Vd. V.R. Unnarkar

Guide

CSMSS Ayurved Mahavidyalaya,
Kanchanwadi, Aurangabad

ABSTRACT :

Pratishyaya is most common disease among the childhood, though it is not life threatening disease but it affects the normal growth and development of child as well as disturbing routine work of child. also it is well known for its recurrence and chronicity. Recurrence of pratishyaya occurs because doshas reside in their latent stage and give rise to same disease when factors are favourable. , Recurrent infections remain a common presentation in ENT practice, and recurrent upper respiratory tract infections (URTIs) not responding to antibiotics should alert the doctor to a possible underlying immunodeficiency it had been hypothesized that immunomodulation may have favourable impact in treating recurrent URTIs. Most children suffering from recurrent URTIs.

Vachadi Kashaya mention in Bharatbhaishajyaratnakar indicated in pratishyaya this drug contains rasayana drug which are immune modulatory effect hence it can play important role in pratishyaya treatment and to prevent its recurrence. Avaleha can be prepared for palatability purpose as per standard procedure mentioned in Sharangadhar Samhita. So an effort has been made in this paper to explain role and action of Vachadi Avaleha in Sampraptibhanga of Pratishyaya.

Key Words : Pratishyaya, Recurrent Rhinitis, Vachadi Avaleha

INTRODUCTION :

Pratishyaya is the most common disorder in pediatric age group, it is not life threatening but it affects the normal growth of child as well as disturbing routine work of child. In ayurveda Pratishyaya described in Shiro-roga¹. The description of Pratishyaya in terms of etiology, pathology, signs and symptoms, treatment available in ayurved classics. There are four types of Pratishyaya; Vataja, Pittaja, Kaphaja, and Sannipataja². Recurrence of Pratishyaya occurs because doshas reside in their latent stage and give rise to same disease when factors are favourable³. Modern science describe only symptomatic management like antihistamine, nasal decongestant, steroid etc. also Antibiotics is mentioned for infectious causes but they are expensive and having unwanted effects as well as long term complication.

Recurrence of pratishyaya occurs because doshas reside in their latent stage and give rise to same disease when factors are favourable. , Recurrent infections remain a common presentation in ENT practice, and recurrent upper respiratory tract infections (URTIs) not responding to antibiotics should alert the doctor to a possible underlying immunodeficiency it had been hypothesized that immunomodulation may have favourable impact in treating recurrent URTIs. Most children suffering from recurrent URTIs,

The drug selected in this study Vachadi Kashaya mention in bharatbhaishajyaratnakar -6468, indicated in pratishyaya this drug contains rasayana drug which are immune modulatory effect ¹ hence it can play important role in pratishyaya treatment and to prevent its recurrence .

Aim : Study the Role of vachadi Avaleha In The Management Of Pratishyaya

Objectives

1. To study and compile all the references of Pratishyaya from all Ayurvedic text and Recurrent Rhinitis from modern text.
- 2.To evaluate the efficacy of Vachadi Avaleha .

Material And Methods: Data were collected from the Authentic Ayurvedic text, scientific journals and using web sources.

Drug Review :

Ayurveda Pharmacodynamic Properties And Other Properties Of Ingredients Of Vachadi Avaleha :

Drug name	Latin name	Rasa	Vipak	Virya	Guna
Vacha	Acorus Calamus	Katu Tikta	Katu	Ushna	Laghu Tikshna
Yavani	Trachy Spernum Ammi	KatuTikta	Katu	Ushna	Laghu Ruksha
Amalaki	EmbelicaOfficinalis	LavanrahitPanchras	Madhur	Shit	Guru Ruksha Shit
Bibhitak	Terminilia Belerica	Kashaya	Madhur	Ushna	LaghuRuksha
Haritaki	TerminiaChebula	LavanrahitPanchras	Madhur	Ushna	LaghuRuksha
Shunthi	ZingiberOfficinalis	Katu	Madhur	Ushna	Laghu Snigdha

Vacha-

- Vacha is explained in the vachadigana and pippalyadigana in sushrutasamhitaboth these gana is indicated for vata and kaphadoshavyadhi The main dosha in pratishyaya is kapha and vata.
- Vacha cures pratishyaya by its katutikta rasa and ushnnavirya and tikshnaguna which are vataghna and kaphaghna properties
- Vacha contains caffeine which act as cns stimulant and is content of various anticold syrup
- It is used as medhyarasayan in the childrens
- In rhinitis there is inflammation of nasa; mucus membranes vacha suppress the primary and secondary phase of inflammation and it is significantly proved as potent analgesic

- Vachadigana is indicated for amapachanadu due to its property Vacha can be treat jwar which is most common symptom of with pratishyaya Vacha is explained in pipplyadigana which is mainly indicated for kaphaharan and pratishyaya

Yavani-

- Yavani act on kapha and vatadosha due to its katutikta rasa and ushnvirya and laghuruksatikshanguna
- It is also use carminative in children and act as dipaniya

Amalaki-amalaki is tridoshghna due to its rasa viryavipaka

- It has rasayana property

Haritaki – haritaki is also rasayan drug

- It also act tridoshghna due to its rasa viryavipaka
- Haritaki is indicated in kashyapsamhita for pratishyaya

Bibhitak-

- Bibhitak is kaphachhedana and kasanashana
- Bibhitakamajja acts on kapha and vata which are main causative dosha for pratishyaya

Triphala –

- Triphala is rasayanvara drug
- It is tridoshghna and ratktadoshanashaka
- It act as immunomodulator and prevent various infection
- Triphalarasayana proved effective in recurrent rhinitis
- Triphala is also indicated for pratishyaya in kashyapasamhita
- It is also has krimighna property due to which it can act on various infectious causes of pratishyaya

Shunthi-

- Shunthi act as kapha and vata shaman due to its madhurasnigdha and ushna properties
- It also has property of amapachana
- Due to its action of amapachana it act as jwaraghna
- In kashyapasamhitashunthi is indicated for pratishyaya
- Shunthi contains vitamins a, b, c among this vit a play important role in the immune system

From above property of the content of vachadikashaya can act as follow -

- It treats acute attack of rhinitis due to its vacha , yavani, shunthi, it prevents recurrence due to triphala and shunthi hence it is ideal drug in recurrent rhinitis which can treat acute attack and prevent its recurrence
- All the content of vachadiavaleha are safe in pediatric age group
- All the drug mention in vachadikashaya are useful in various pediatric disease
- All drug are safe for long term use in childrens
- By vachadikashaya we can treat various disorders of respiratory system

Content Of Vachadi avaleha Act On Body Rather Than Pratishyaya As Below:

- **VACHA –**
- Act as rasayana drug in children
- It is medhya drug
- It is krimighna
- It acts on obesity

- **Yavani**- it is pachakruchyadipaniyaandkrimighna hence it can also treat the disorder of gastrointestinal system of childrens
- **TRIPHALA** – it is rasayana
- Balya
- Tridoshghna
- **SHUNTHI**-
- It is dipaniyaaampachakavatanulomak'blood purifier
- Due to its rasa gunaviryavipaka it can be used in aadhmanachhardiagnimandya and ajirna

Method of preparation of vachadi avaleha –sharangdhara mention method of preparation of avaleha in sharangadhar samhita as follows the solid mass obtain by boiling quatha is known as rasakriya or avaleha by this general principle all the contains are taken in equal quantity and water taken 16 times of raw drug this mixture is boiled till 1/8 part is obtained this is quatha this quatha is again boiled and sugar is added as 4 times of the quantity of raw drug

Conclusion:

It can be justified that due to its *Ayurvedic* pharmacodynamic properties and scientifically proven bioactivities Of Vachadi Avaleha can be used effectively in the management of *Pratishyaya*

Acknowledgement: I am highly thankful to HOD Prof.Vd.Karuna Ratnaparkhi Madam, GUIDE Vd. Verendra R. Unnarkar, Collogue Vd.Hemant G.Panchade C.S.M.S.S *Ayurved* College Aurangabad, for their crucial guidance in preparing this review article.

References :

- 1.Kashyapa Samhita – Hindi commentary by Satyapala Bhishagacharya, Chaukhamba Sanskrit Samsthan, Varanasi
- 2.Madhavakara. Madhavanidana. Roga viniscaya English translation, Prof. Srilkantamurthy K.R., editor. Varanasi: Chaukhamba Orientalia; 2nd ed. 1995.
- 3.Sharangadhara, Sharangdhara Samhita with Hindi Commentary, Baidyanath Ayurved Bhavan Ltd., Ilahabad, IV Edition, 2001.
4. raj nighantu Bhavaprakasha Nighantu, (2006), Reprint, Comment. Dr.K.C.Chunekar,Dr. G.S. Pandey, Chaukhambha Bharati Academy,Varanasi.
- 5.Ayurvedic Pharmacological & therapeutic uses of medicinal plants– Vaidya V.M.Gogate-IAP-Textbook of paediatrics, A Parthasarathy, et al, 4th edition,published by Jaypee Brothers medical publishers (P) LTD. New Delhi. Reprinted in India 2009.
- 6.Agnivesha, Charakasamhita with English Translation, Bhagwandash, R.K. Sharma, editors. Varanasi: Chowkamba Sanskrit Series Office; 2nd ed. 2000.
- 7.Arunadatta, Astanga hridaya, Sarvanga Sundara Vyakya, Vaidya H.P. Krishnadas Academy of Varanasi, 1995.
- 8.dr.avyaguna vigyana – acharya priyavat sharma
9. Sharma P.V., Dravya Guna Vijyana, Vol. II, Reprint, 2001,Chaukamba VishwaBharati Oriental Publication, Varanasi.
- 9.Nelson, Text Book of Pediatrics, Reed Elsevier India Private Ltd,New Delhi, 17th Edition, 2004.
- 10.Ghai Essential Paediatrics Seventh edition11)textbook of E.N.T. diseases - bhargava