

Management of Jirna Pratishaya by Ayurvedic drugs: A case study**Vd.Pushpa D.Gawale.**

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hemantmaske2010@gmail.com**Abstract:-**

Now a days Jirna Pratishaya (Chronic Allergic Rhinitis) is very commonly observed disease. Many peoples are suffering from Jirna Pratishaya due to changed lifestyle, changed environmental conditions and Industrializations. Allergic rhinitis, according to modern medicine can be treated by avoiding allergens, taking antihistamines, steroids and decongestants. This line of treatment has its own limitations. After taking this medicines recurrent attacks of Allergic Rhinitis are seen in patients if patients are exposed to allergic conditions. In such situations Ayurveda therapy can help the peoples suffering from Allergic Rhinitis. Case report: A female patient of age 35 years who is a teacher and suffering from Jirna Pratishaya. She had taken allopathic treatment for this disease. She is relieved when the medicines are going on but when the medicines are stopped the episode of Allergic Rhinitis relapse back. So for desensitization and strengthen to nasal mucosa Nasya is used as it is described in Samhitas. Along with Nasya Sitopaladi churna and Arogyavardhini with Anuloma na churna was given to patient for 45 days with some variation in doses. Result and discussion: above given medicines are found effective in patient. These Medicines delayed the time between two episodes of Allergic Rhinitis. Nasya improve the nasal mucosa so that sensitivity to allergens reduced.

Introduction:-

Diseases of respiratory system become very troublesome now days. Changed environmental conditions, changed dietary habits, stressful lifestyle, drinking cold beverages, increased pollution, Industrialization and alteration in seasonal climate effects deeply on human health. Due to these changes so many diseases like metabolic disorders, autoimmune diseases, allergic conditions are developing in human being. In allergic conditions, a Allergic Rhinitis is very common. The prevalence of allergic rhinitis through out the world is approximately 10 to 30% of adults and 40% of children. In India the prevalence of allergic rhinitis is 20 to 30%.

Above-mentioned etiological factors like changing humidity and pollution make the the nasal mucosa more susceptible to allergens. **Inhalants** like dust, pollen grains, animal Oder and hairs, feathers, mites,

Ingestant food like eggs, fish, milk **Contactance** like cosmetics and powder **irritants**

like fumes and smoke are commonly found as precipitating factors.

In Ayurved samhita, Vataj Pratishaya is described .we can correlate this with allergic rhinitis. Symptoms of Vataj Pratishaya are Nasavrodha (congestion in nostrils), Nasastrava (nasal discharge), Gala.Talu, Oshta shushkata (dryness of throat palate and lips), Shankhtoda (headache), Kshvathu (excessive sneezing), Swarbhedha (hoarseness of voice) and Aruchi (alteration in taste) are described in samhitas. Acharya Charaka had described Pratishaya at first because they had mentioned that if Pratishaya is not treated properly in time , it causes Kasa, Kasa causes Kshya and Kshya causes Rajyakshama. Folding up of the natural urges (Vegvidharan), Indigestion, Exposure to dust, Excessive talk, Anger, alteration in seasonal climate, sleeping at day time, excessive intake of cold water and drinks, exposure to cold and humid climate causes Vatprakopa and kaphaprakopa and then results in Pratisakhya.

AIM:

The aim of the study is to find the result of Ayurvedic drugs on Chronic Allergic Rhinitis.

CASE REPORT:

Female patient of age 35 years old residence of a village near Udgir came in OPD of Kayachikitsa at Dhanwantari Ayurved Medical College and Hospital Udgir with following complaints

- * Sneezing (more than 30)at morning time
- *Watery nasal discharge
- *Headache
- *Aruchi, all symptoms are since 3 years.

As she is a teacher,she is daily in contact with chalk dust.

Past history: for the same above complaints patient had taken allopathic treatment, but she did not get relief. The symptoms substance for some period,after that they becomes worse in condition so she came to hospital for ayurvedic treatment.

No history of any other major illness.

Place of study:

Dhanwantari Ayurved Medical College and Hospital Udgir Dist. Latur.

EXAMINATION:

- Local** -Hypertrophied turbinates
 -Nasal secretions+
 -No e/o tonsillitis

- Systemic** – B.P.110/74 mm of Hg
 -Body weight-54kg
 -general condition is good

Blood investigations-

- Hb -11 gm %
- B.S.L.R -86mg/dl

Urine routine µ.is normal

Material And Methods

After proper examination of patient we decided line of treatment with shodhan and shamana chikitsa. We gave nasya and virechana for shodhana and ayurvedic drugs formulation for Shaman chikitsa.

- *Anu taila used for Nasya for 7 days after that Panchendriya vardhan taila was used for pratimarshya Nasya.
- *Gandharva Haritaki 5 gm with kosha jala was given at Nishi Kala for 7 days.
- *Shamana-Sitopaladi chuna 3gm twice a day with madhu was given for 3 weeks.

- Guduchi satva 500 mg at morning for 1 month.
- Arogyavardhini vati 250 mg twice a day for 15 days. After 15 days Pipli siddha Dugdha was given to patient for 15 days.

Pathyapatya:

Ahar: kapha vriddhi kar aahar like milk and milk products, sweet items, cold atoms like ice cream curd, fruits like banana, custard apple are restricted to eat.

Vihar: Sheet vayu sevan, cold water for drink and bath, sleep at day time are advised to stop.

Follow up: after every 15 days. During follow any changes in signs and symptoms are noted. Some changes was done in treatment during follow-up as per need. Shodhan Nasya was change to shaman that is Anutaila was replaced by Panchendriya vardhanTaila.

Discussion:

After starting the treatment, we observed the symptoms and signs during follow up.Grades that are absent (0), mild(1), moderate (2) & severe (3) given to symptoms, Sneezing, Nasal discharge, Headache, Gala,Talu,Oshtha shushkata and data was collected on 0day, 15th d day, 30th day and 45th day of follow up. The data shows significant reduction in the grades of symptoms which shows that above ayurvedic treatment is useful in in Chronic Allergic Rhinitis that is Jirna Pratishaya.

Result:

In Jirna Pratishaya (chronic allergic rhinitis) Sitopaladi churna, Arogyavardhini vati, Guduchi satva along with Nasya is found effective.

Conclusion:

As allergic rhinitis is a chronic disease which suffers the patient a lot. Above Ayurveda drugs are found effective in treating chronic allergic rhinitis (Jirna Pratishaya). These drugs are safe with no major side effects. All these drugs are easily available in market. This case study will give an opportunity for further study on Chronic Allergic Rhinitis.

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