

THE EFFECT OF JALA NETI IN THE MANAGEMENT OF VATAJA PRATISHYAYA W.S.R. TO ALLERGIC RHINITIS – A CASE STUDY

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ABSTRACT

Allergic rhinitis is most common disease affecting all age group of either sex. It is highly prevalent and it has been recorded as, 20-30 % of people are suffering from this condition. The symptoms of allergic rhinitis can be co-related with *Lakshanas* of *Pratishyaya* explained in *Sushruta Samhita*. *Pratishyaya* is one among the *Pranavaha Srothojanya Vikaras*. *Vataja Pratishyaya* is a disorder in which there is vitiation of *Vata & Kapha doshas* characterized by inflammation of mucous membrane of the nose which is characterized by *Nasa Srava*, *Nasavarodha*, *Kshavathu*, *Shirashoola* and *Swarabedha*. By practicing *Jala Neti* procedure which is mentioned in *Yoga*, it can destroy *Nasagata Roga*. *Jala Neti* is *Kaphahara* and thus clears the nasal cavities, also reduces the infection, inflammation, effect of hyper sensitivity and headache. The patient was advised *Jalaneti* for a period of 15 days daily once in the morning. After the treatment, the patient relieved from almost many of the sign & symptoms of *Vataja Pratishyaya*. So, *Jalaneti* procedure has a significant role in management of *Vataja Pratishyaya* (AR). It was found to be even cost effective, easy to perform and as it is non pharmacological did not cause any complications.

Keywords: *Vataja Pratishyaya*, *Jala Neti*, Allergic rhinitis

INTRODUCTION

Allergic Rhinitis is one of the commonest diseases mostly occurring during change of season or exposure to dust, cold, pollens etc.¹ It is highly prevalent and it has been recorded as, 20-30% of people are suffering from this condition & among them 15% of population having developed asthma.² The clinical symptoms can be compared with that of *Vataja Pratishyaya*.

Among *Nasagata rogas pratishyaya* is the one which is described by almost all the *Acharya* in details. Among various *Pratishyayas* explained, *Vataja Pratishyaya* is one of the common clinical conditions. The clinical features of Allergic Rhinitis or *Vataja Pratishyaya* are severe sneezing (*Ksavathu*), watery discharge (*Tanusrava*), and nasal obstruction and hoarseness of voice (*Swarabheda*).³ *Vataja Pratishyaya* develops due to exposure to mist (fog,

snow), breeze and dust, drinking water from other places (not accustomed), playing in water (sports). By these causes the *Doshas* with the predominance of *Vata*, getting aggravated affects nasal cavity & cause *Vataj Pratishyaya*.⁴

However, patients suffering from allergic rhinitis adopt treatment modalities like anti histamines, nasal decongestants, steroids etc. But the patients cannot get satisfied by these techniques because the medication can't give complete relief and these medication give rise to further recurrence of the disease. So to avoid these complications of western medicines a simple treatment which can overcome the symptoms and recurrence of disease can be planned.^{5,6}

The *Shatkarmas* mentioned in *Hathayoga* and *Gheranda Samhita* is very effective and these purificatory processes are both preventive and curative. Among six purificatory procedures, we have focused on one of the nasal cleansing techniques called "*Jalaneti*".⁷ In *Jalaneti* where luke warm saline water is used which leads to vasodilatation and has main role is the drainage of the mucous secretion & helps to clear out the nasal obstruction., So it improves sensitivity of the olfactory nerve, helping to restore lost sense of smell & It removes foreign particle in the nasal cavity. *Jala Neti* deals with nasal hygiene. Nasal hygiene is important as it is linked to many conditions like allergic, sinusitis etc.⁸

CASE REPORT:

A diagnosed case of *Vataja Pratishyaya* (AR), referred from dept of *Shalakyata Tantra* OPD, was taken for the study with complaint of excessive nasal discharge, nasal obstruction, sneezing, headache since 15 days. Patient was healthy before 2 months. Then he gradually suffered from severe sneezing & watery nasal discharge and had recurrent symptoms. Patient was exposed to dust allergy and suffered from the disease and having history of morning sneezing, nasal discharge and coughing. Patient has taken anti-histamine and antibiotics for the temporary relief and could not get any satisfactory result.

SPECIFIC EXAMINATION:

O/E of the patient, his nasal mucosa was yellowish white in colour and there was no any sign of deviation of nasal septum. The external nose was reddish in colour and having inflamed nasal vestibule. Patient presented with decreased nasal fosse and mucous membrane of the nose was pink in colour.

Assessment of the Disease was done using these Subjective Parameters:

Kshavathu-

Absence - 0

1-5 - 1

6-10 - 2

>10 - 3

Shirashoola -

Absence - 0

Present at the time of attacks only - 1

Present only for few hours - 2

Present throughout the day - 3

Nasa avarodha -

Absence - 0

Present only during exposure - 1

Present only in morning & evening - 2

Present always - 3

Nasa srava -

Absence - 0

Use 1 or 2 pads per day - 1

Use more than 2 to 5 pads per day - 2

Use more than 5 pads per day - 3

After thorough examination the severity of the sneezing of the patient was at grade 3 - severe sneezing over more than 10. There was mild headache which was graded 1- Present at the time of attacks only. The nasal obstruction and the discharge of nasal mucosa were graded 2 as it showed obstruction during morning and evening and patient was using more than 2-5 pads per day for cleaning nasal discharge respectively.

MATERIALS AND METHODS:

INTERVENTION: Patient was advised *Jalaneti* for a period of 15 days once daily in the morning

MATERIALS:

1. *Neti* pot
2. Lukewarm water
3. *Saindhava Lavana*

METHOD OF PREPARATION OF JALA NETI:

500 ml of water was taken and mixed with ½ table-spoon of *Saindhav Lavana*. It was taken in a *Jalaneti* pot such a way that water would not be too hot, but luke warm.

Procedure of Jala neti:

The cone at the end of the *Jala neti* spout was placed inside the left nostril. Head was slightly tilted to right side & mouth was opened for mouth Breathing. During this process water starts flowing from the left nostril to right nostril. *Jala neti* Pot was filled again with salt water & the same procedure was done from the other nostril where procedure was continued till the water pot is finished.

Post procedure:

After completion of the procedure the patient was advised to perform gentle *Kapalabhati* for 10

rounds. Because the retained water from the nostrils should come out which help in clearing out water droplets.

Observation & Result:

Before treatment, patient was suffering from severe sneezing which was graded as 3 i.e. more than 10 times/day which was considerably decreased to grade 1 i.e. 1-5 times/day after treatment.

Before treatment patient suffered from mild headache graded was 1 i.e. Present at the time of attacks only & after treatment patient has stopped complaint of headache to grade 0 i.e. absent.

Before treatment patient had complaint of *Nasavarodha* which was graded as 2 i.e. present only in morning & evening which was decreased to grade 0 i.e. absent after treatment.

Before treatment patient had complaint of *Nasavrava* which was graded as 2 i.e. use more than 2 to 5 pads per day is decreased to grade 0 i.e. absent after treatment.

Table 1: Showing change in symptoms before and after treatment of *Jalaneti*

Subjective parameters	BT	AT
<i>Kshavathu</i>	3	1
<i>Shirashoola</i>	1	0
<i>Nasa avarodha</i>	2	0
<i>Nasavrava</i>	2	0

DISCUSSION

Application of *Jalaneti* is the chief *Shodhana* procedure because it can expel the deep seated *Doshas* and can cure it of its root. The *Saindhava lavana* is having *Laghu Tikshna Guna* its spreads through channels & clears the accumulated *Doshas*. Due to presence of warm saline water it acts as a Vasodilator, local cleanser & immunity booster and warm water works as anti inflammatory action in the nasal mucosa. It has a soothing effect which helps to prevent headache. It also having antibacterial property arrests the secondary infection & prevents recurrence of the disease. When a person practices *Jala 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* improves sensitivity of the olfactory nerves, helping to restore lost sense of smell. The lukewarm water will irrigate nasal passages & create a correct flow pressure & will cause shedding of virus.

All the above effects were observed during the trial and after treatment. In this study, the *Jalaneti* procedure was having highly significance results in *Nasavrava*, *Nasa avarodha*, *Kshavathu* & *Shirashoola*.

CONCLUSION

- Jala neti procedure was found to be very easy and non pharmacological process which can be practiced daily by a person.
- The saline water prepared was *Srotoshodhaka*, *Shothahara* due to which it was also found very effective procedure in *Vataja Pratishyaya* without having no side effect and cost effective at the same time.

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