EVALUATION OF EFFECT OF PATHADI TAILA NASYA IN VATAJA PRATISHYAYA (A PILOT STUDY)

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ABSTRACT

Pratishyaya (Allergic Rhinitis) is one of the commonest and frequently observed ailments though seem simple but it affects the regular activities. In India more than 20% of the population is reported to be affected with allergic rhinitis. The increasing prevalence of allergic disorders in the country has been more marked in the past two decades, lot of people exhibiting an allergic response to some common environmental factor. Hence the present study intended to evaluate the role of Pathadi Taila Nasya in Vataja Pratishyaya. Observation has done on disease, Procedure effect and its modalities etc. Finally we had concluded with this study Pathadi Taila Nasya having good efficacy in the management of Jeerna Pratishyaya due to its Tikshna, Ushna properties. In the present study 06 patients with vataja pratishyaya were taken up for the study of age group between 19-50years and were given treatment for 7 days i.e nasya with pathadi taila. The study has been subjected to statistical analysis, in which the results were found to be significant.

Key Words: VatajaPratishyaya, PathadiTaila, Nasya

INTRODUCTION

Ayurveda is an ancient science which explains preventive and curative aspect of diseases\(^1\).There are many diseases which affect the people and cause hindrance to their daily activities which in turn lead to reduction in working potency of the community. Vataja Pratishyaya is one of such disease. Acharyas opines that Vataja Pratishyaya is curable disease if treated properly; otherwise it gets converted into Jeerna Pratishyaya\(^2\).

Pratishyaya can be correlated with Allergic Rhinitis which is common respiratory disease in all age, sex groups. Allergic Rhinitis affects 20% of population approximately. So there are many allergic factors which aggravate the clinical features very often. Fuel emission, Pesticides (chemicals that are meant to kill pests), exposure to industrials fumes, pollution, increased use of air conditions, over stressed, se-
dentary life style and resistance to antibiotics increase incidence of Rhinitis.\(^3\)

Panchakarma are modules of treatment which eliminates vitiated Doshas from its root. Shodhana therapy acts on the root sites of Dosha and remove the vitiated Dosha from the body, so that there is no recurrence of disease that leading to healthy condition. Thus Panchakarma is radical treatment\(^4\). Specialy NasyaKarma having major role in the management of all Urdhva Jathurgata Rogas.

**AIMS OF STUDY**

To study the effect of PathadiTaila Nasya in the management of VatajaPratishyaya

**Materials and Methods:**

- **Source of data:**
  - In this study 6 patients were randomly selected from O.P.D and I.P.D of D.G.M Ayurvedic medical college and hospital and Research centre Gadag
  - Trial drugs were prepared in the D.G.M Ayurveda Medical College Gadag
  - Total 06 Patients with signs and symptoms of VatajaPratishyaya were selected for the study.

- **Study design:**
  - Patients fulfilling the inclusion criteria selected for the study.

- **Inclusive Creteria**
  1. patient complaining of Nasasrava, Nasashoola, Nasakandu, Nasavarodha, Kshavatu
  2. Age group of 15 -50 years
  3. Who are fit for nasya karma.

- **Exclusive criteria**
  1. Patients who are below 15 years and above 50years are excluded
  2. Pregnant women and lactating mother
  3. Patients suffering from other systemic disease like Hypertension, Diabetes Mellitus, Tuberculosis and Asthma
  4. Patients related to other Nasal disorders like nasal polyp, DNS and tumours of nose.
  5. Patients those who are Ayogya for Nasya Karma.

- **Objective Parameters**
  1. AEC (Absolute Eosinophil count )
  2. ESR (Erythrocyte Sedimentation rate)

- **Drug Review:**
  - **PATHADI TAILA** (CHA.CHIL26/145)

<table>
<thead>
<tr>
<th>Si.No</th>
<th>Drug</th>
<th>Latin name</th>
<th>Part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Patha</td>
<td>Cissampeloespareirs</td>
<td>Root</td>
</tr>
<tr>
<td>2</td>
<td>Haridra</td>
<td>Corcuna longa</td>
<td>Root</td>
</tr>
<tr>
<td>3</td>
<td>Daruharidra</td>
<td>Berbarisoristata</td>
<td>Root</td>
</tr>
<tr>
<td>4</td>
<td>Moorva</td>
<td>Sesevieriaroxighiana</td>
<td>Root</td>
</tr>
<tr>
<td>5</td>
<td>Pippali</td>
<td>Piper longum</td>
<td>Root</td>
</tr>
<tr>
<td>6</td>
<td>Jatipallava</td>
<td>Jasmeniumgrandiflorum</td>
<td>Root</td>
</tr>
<tr>
<td>7</td>
<td>Danti</td>
<td>Balispermummontanum</td>
<td>Root</td>
</tr>
<tr>
<td>8</td>
<td>Tila tail</td>
<td>Sesame oil</td>
<td>Root</td>
</tr>
</tbody>
</table>
Indications; Swasa, kasa, hikka, moothraroga
Chemical constituents; Piperine, piplartine, piplasterol
Prepared Medicines; Gudapippali, pippalikhanda, pippalyasava.
PathadiTaila had prepared on the basis of MridhuTailaPakaVidhana as per BhaishajaKalpaana.

h. Investigation:-
1) Hb%
2) RBS
3) PNS X-RAY

i. Diagnostic Creteria
Patients are diagnosed clinically on the basis of subjective and objective parameters and also through laboratory investigations.

J. Treatment
Nasya Karma with PathadiTaila for 7 days.

1. Posology and Intervention
Nasya Karma
• Poorv karma: Mrudu Mukha Abhyanga, Shira, Baahuabhyanga with Murchihtila Tailam for 10 to 15 minutes, & NadiSweda is done for 10 minutes .
• Pradhana karma: Nasya karma with Pathadi Taila 8 Bindu (avichinnadhara) in each nostril

Timing: Morning (daily once)
Duration: for 7 days

2. STUDY DURATION:
➢ Treatment: 07 days
➢ Follow up: 14 days
➢ Total duration of study: 21 days
➢ Patients will be assessed clinically on 1st, 7th & 21st days
Patient was treated in following order

Procedure of Nasya
Poorva Karma:-
During Nasya procedure, Abhyanga was done by Murchita Tila Taila over head, face and neck, after abhyanga followed by nadi sweda. For water was boiled in a covered vessel then kept in front of patient. Patient was covered with a towel at the time of steaming for the time period in which patient feels sweating.
Patient is advised to lie in head down position then lukewarm Pathadi taila 8 drops were poured in nostril. Then after feeling taste of taila in throat patient was asked to spit the oil mixed kapha in a kidney tray at sides. After this, patient was given kavala with warm water until feeling of clearance of oil from throat.

**Pashchat Karma**

Patient was given dhumapna with haridra. Inhaled from nose and exhaled from mouth. First three times inhaled from one nostril, then next three times from the other. This process was repeated for three times. After dhumpana again steam was given in the above explained way. Patient was advised to stay in nivata sthāna after nasya karma for 30 minutes.

**Dhumpana**

Grade 2 – Moderate –
Grade 3 – Severe –

2. **Nasashoola** (Nasal pain)
Grade 0 - Absent
Grade 1 - Mild
Grade 2 - Moderate
Grade 3 - Severe

3. **Kshavatu** (Sneezing)
Grade 0 – Absent
Grade 1 – Mild
Grade 2 – Moderate
Grade 3 – Severe –

4. **Nasakandu** (Nasal itching)
Grade 0 – Absent
Grade 1 – Mild
Grade 2 – Moderate
Grade 3 – Severe

**Criteria for the Assessment**;

Assessment was done on the basis of improvement in the clinical condition of the Patient i.e relief in the signs and symptoms scoring were according to the following scale and even on the basis of AEC and ESR.

Gradation Index;

1. **Nasasrava** (Nasal discharge)
   Grade 0– Absent.
   Grade 1 –Mild –
RESULTS;

Table 2: Evaluation of patient was done before and after the treatment clinical symptoms

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Parameter</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>% IN RELIEF</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Nasa srava</td>
<td>1.8</td>
<td>0.8</td>
<td>20%</td>
</tr>
<tr>
<td>02</td>
<td>Nasa shhoola</td>
<td>1.4</td>
<td>0.6</td>
<td>16%</td>
</tr>
<tr>
<td>03</td>
<td>Nasa kandu</td>
<td>1.8</td>
<td>0.8</td>
<td>20%</td>
</tr>
<tr>
<td>04</td>
<td>Nasa vrodha</td>
<td>2.4</td>
<td>0.6</td>
<td>36%</td>
</tr>
<tr>
<td>05</td>
<td>Kshavatu</td>
<td>2.2</td>
<td>0.8</td>
<td>28%</td>
</tr>
</tbody>
</table>

Table 3: Evaluation of patient was done before and after the treatment clinical symptoms

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Sl.No.</th>
<th>Assessment Criteria</th>
<th>BT In mean</th>
<th>AT In mean</th>
<th>AF In mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subjective</td>
<td>1.</td>
<td>Nasa shhoola</td>
<td>1.8</td>
<td>0.8</td>
<td>0.4</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>Nasa srava</td>
<td>1.4</td>
<td>0.6</td>
<td>0.4</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>Nasa kandu</td>
<td>1.8</td>
<td>0.8</td>
<td>0.5</td>
</tr>
<tr>
<td></td>
<td>4.</td>
<td>Kshavatu</td>
<td>2.2</td>
<td>0.8</td>
<td>0.8</td>
</tr>
<tr>
<td>Objective</td>
<td>1.</td>
<td>AEC</td>
<td>476</td>
<td>411.6</td>
<td>362.4</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>ESR</td>
<td>27</td>
<td>19.6</td>
<td>16.6</td>
</tr>
</tbody>
</table>

Observations:

As this is the pilot study, subjects fulfilling the symptom nasa srava which is the main symptom in vataja pratishayya were selected and study was done on 6 subjects attending the Outpatient department and Inpatient department of Post Graduate Studies in Panchakarma Department, D.G.M Ayurveda Medical college Gadag. All patients undergoing the treatment had an onset of the disease between 2 years. Age of the patients varied from 19 to 50 years. Both male and females were selected. Nasa srava was present in all 6 patients and all the patients were taking the food having the predominancy of amla sheeta guna was found. Out of 6 vataja pratishayya patients, 6 out of 4 patients tend to have higher scores of nasa avarodha. General health condition of the patients was satisfactory. When patients approached, they were assessed through subjective and objective criteria with proper history.

All patients treated during the course of this study had vataja pratishayya symptoms. The drug pathadi taila administered through nasya had a tikshna guna but was well-tolerated by all patients. After nasya netra daha and nasa daha seen in 2 out of 6 patients. 1 patient out of 6 had a complaint of shirashoola and rest of the patients had no any complications after nasya. No any complications seen in the 6 patients during dumapana.

2 out of 6 patients had increased kshavatu, and other 4 patients out of 6 had relief in nasa avarodha during follow up. After 21 days all the 6 patients shows positive response to the treatment. Even after the course of the treatment, no patient showed reoccurrence of signs and symptoms.

DISCUSSION

- Vataja Pratishayya is one of commonest disease seen in the society due to Sheeta AharVihar and in modern science only temporary relief will found no permanent relief is there. VatajaPratishayya is having lot of complications like Anidra, Netradaha, Shirashoola, Jwara, Mukhapak etc.

- In Ayurveda, explained lot of treatment aspect to cure Pratishayya. Among all Nasya Karma having best therapeutic effect on Pratishayya.

- In classics there explained lot of Yogas for Nasya like AnuTaila, Shadhbindu Taila, Kheerabala Taila etc. In Vataja Pratishayya there is Vatavrita Kapha so drugs of Pathadi Taila has
Katu, tikta rasa, ushna veerya and laghurooksna, teekshnaguna. This drug by their property dries up doshas by relieving the features of the disease. The post-operative procedures like Kaivala, Gandoosha acts as sleshamahara and srawahara. As per the above classical description of the drugs, it can be inferred that Pathadi Taila is having vatakaphahara, snehana, shotahara, sravahara properties hence is capable of doing sampraptivighatana in Vataja Pratisyaya. Nasya with Patadi taila acts as dosha pratyanikachikitsa

- The mean score of Nasasrava before treatment 1.8 and after treatment 0.8 and 20 % relief found.
- The mean score of Nasashoola before treatment 1.4 and after treatment 0.6 and 16 % relief found.
- The mean score of Nasakandu 1.8 before treatment 1.4 and after treatment 0.8and 20% relief found.
- The mean score of Nasavarodha before treatment 2.4 and after treatment 0.6and 36% relief found.
- The mean score of kshavatu before treatment 2.2 and after treatment 0.8and 16% relief found.
- The mean score of AEC 476 before treatment and 411.6 after treatment 20% relief was found.
- The mean score of ESR 27 before treatment and 19.6 after treatment 19.5% relief was found.

CONCLUSION

- Vataja Pratisyaya can be correlated with Allergic Rhinitis based on the similarity in nidanas and lakshanas.
- Following factors play important role in the etiopathogenesis of Vataja Pratisyaya
  - Agnimandya
  - Vata Kapha Prikriti
  - Exposer to dust smoke and air conditioner room

- Following conclusion can be observed from present study.
  1. Results of study drug significant on the objective parameters
  2. The drug acts as Srotoshodhana, Dosha Anulomana, Tarpana effect therapy relieving the nasa avarodha, nasa kandu symptoms.
- The present study conducted has shown significant result in most of the criteria adopted for the assessment.
- The study was aimed at evaluating the efficacy of Pathadi Taila Nasyakarma in Vataja Pratisyaya

REFERENCES

5. Acharya Agnivesa, Charaksamhita elaborated by Charak Redacketed by Drdbhala Volume-II edited with Vaidyamanoramahindi commentary by Achrya Vidyadhar. Shukla,

6. Table shows the ingredients according to Charaka and latinium names and part used for the preparation of the Pathadi Taila.

7. Table shows the assessment of results according to standard mean of grading before the treatment and after the treatment in percentage wise.

8. Table shows the assessment of results according to objective parameters and grading of each and every symptoms improvement while treatment.

**Source of Support: Nil**

**Conflict Of Interest: None Declared**