

ROLE OF SAMSHODHAN CHIKITSA IN JEERNA PRATISHYAY**Ritu Wadhwa**

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ABSTRACT

The disorder of nasa have been described by all the acharya among them pratishyay is described with its complication that proves seriousness of disease. Acharya **Sushrut** has mentioned in Uttartantra that Pratishyay is the disease condition in which vata & kapha dushti was observed. Single case study was done to review the concept of chikitsa sutra of Pratishyay according to Acharya Sushrut i.e. vaman & nasya therapy & found to be effective.

Keywords: Sushrut, Pratishyay, vata & kapha, chikitsa

INTRODUCTION

Acharya Sushrut has described 31 type of Nasagataroga among them Pratishyay is one of the most important roga. Management of Pratishyay with modern drugs is unsatisfactory & temporary to overcome the symptoms, shodhan is best as described by all Acharyas. As shodhan therapy prevents further reoccurrence by enhancing the body immunity.⁽¹⁾ Recurrence of symptoms are very common in Pratishyay & that can be solved by shodhan therapy. Pratishyay is a disease of Kapha vata dominance situated in Jatrurdhva characterized by Nasasrava, Nasanaha, Shirogaurava, Not able to distinguish Smell etc. & is difficult to cure.⁽²⁾ Single Case Study was done, based on chikitsa Siddhant of Pratishyay described by achary Sushrut⁽³⁾ i.e. Ghruta Pan, Swedan, Vaman & Nasal Medication in appropriate time should be judiciously administered.

AIMS & Objective – 1. to prove the chikitsa siddhant of Pratishyay shodhan chikitsa in the form of vaman & Nasya are carried out .

2. Review the concept of chikitsa sutra of Pratishyay according to Acharya Sushrut i.e.

administration of emesis & nasal medication.

Case Study: 32 year old male visited to Panchakarma OPD in DYPatil Ayurved Hospital, Nerul, Navi Mumbai. Following Symptoms were Observed - Too much thick fluid in nose, foul smell in breath, Blockage of Nasal Passage, Shirogaurava & was having poor appetite. Patient was having these symptoms since 5 years & diagnosed as chronic rhinitis. Routine Haematology (CBC, ESR) was done. HB-12.5% ESR was 40, Eosinophylls- 13 other counts were normal.

Material & Method

Vaman & Nasya Therapy were administered in following manner-

1. **Deepan, Pacnan- with Trikatu churna** 4 gm with warm water twice in a day for 3 days.
2. **Internal oleation** – with **Panchatikta Ghruta** for 5 days. First Day – 30 ml ghruta warm water as anupan. Gradually increase the dose by 30-30 ml/Day.

3. **One Rest Day** include **sarvang snehan** with til tail & **swedan** with Dashmool Bharad Nadi Sweda.
4. **Vaman** with Madanphal, vacha churna & saindhav in 4:2:1 ratio.
5. **Samsarjan Kram** for 7 Days
6. **Nasya** with Shatabindu tail 6-6 drops for 7 Days.
7. **Haridra Dhum Varti** as Dhumapaan after Nasya is given.
8. **Duration of treatment** – 24 Days.

POORVA KARMA FOR VAMAN-

- **Deepan, Pachan** -is the first poorvakarma which is performed with the objective to get rid of the ama & dhatvagni vardhan.
- **Snehapaan** – Test dose (30ml) Panchtikta gruta was consumed & gradually increase the dose till samyak snehan lakshan arises. i.e. Vata anuloman & Agnideepti ocures.

Bahya Snehan and Swedan- After the appearance of samyak snehan symptoms patients was advised to take rest for 1 day. **Sarvang snehan** with til tail & **swedan** with Dashmool Bharad Nadi Swedan was done on the rest day & on the day of vaman. It causes mrdutva and vilayana(liquefaction) of accumulated doshas; increase the local blood supply and liquefies the mucous; makes the drug absorption faster due to vasodilatation of blood vessels

On the day of rest patient had normal diet but for the dinner he has advised to consume kapha *utkleshak ahar* like – curd rice, sweets, dahi vada etc.

VAMAN PROCEDURE

- On the final day external oliation & Nadi sweda was done, after 15 minutes 1 – 2 litre of milk was given to drink. Patient was advised to take vama yoga (mandanphala 8 gm vach – 4 gm & saindhav – 2 gm with honey) as avleha and wait for 20 min. then yas-timadhu phant was used as vamanopag drug.

- After 45 min. Of Vaman Dhumapaan was given by HaridraAVarti . Samsarjan Kram (Peyadi Kram) was adviced for 7 days.

Observation & Result

- After Vaman Karma foul smell in Breath was reduced , nasal passage get cleared & appetite had improved but Shirogauravata & Shiroshool were still present.
- Shatabindu Tail(6-6 drops)Nasya was administered to get rid of above said symptom.⁽⁴⁾ (B.R.65/78-80)
- It has been observed that elevated Eosinophil was within normal limit after treatment.
- Patient got significant relief in all symptoms after Vaman & Nasya Therapy.

DISCUSSION

Pratishtyay is vata kapha predominant disease⁽⁵⁾. The nidanas include vegadharana, raju, dhooma, dhuli sevena, sheeta ambupana, divaswapna mitya ahara viharas⁽⁶⁾. The samprapti as told in the classics is the nidhana causes vitiation of vatadosha. It gets vimargagamana and gets sanchaya in moordha pradesha. There it further deranges khapadi doshas and causes pratigamana of kaphadi doshas leading to continuous out flow of doshas through nose. To treat this disease these doshas should be maintain properly. Vaman is indicated in all kapha dominant disorders. Most of the drugs used in vaman procedure are having properties that help to remove the srotorodha (nasal obstruction) and promote the expulsion of vitiated kapha from the nose. Deepana and pachana properties of the drugs cause amapachan, dhatvagni vardhan and facilitate the formation of Sara dhatus, ojus and thereby increase the immunity. Nasya with Shatbindutail helps in draining mucus, lowers facial pain, opens nasal passage & reduces inflammation of sinuses symptoms of Pratishtyay is controlled by Nasya therapy.

Mode of Action of Nasya

- **Purva Karma - Abhyanga (facial Massage)** with Tila Tail causes Mruduta of Doshas

- **Swedana (Dashmool Nadi sweda)** causes Vilayana (liquification) of accumulated Doshas. It increases the local blood supply. Due to vasodilatation the permeability of blood vessels increases, which makes the drug absorption faster.

Pradhana Karma – Shatbindu Tail 6-6 drops was administered into the nostrils in the head-low position of the patient. Thus, oil reaches the Shringataka and from there, through different Siras, it spreads to other parts like Netra, Shirah, etc. and removes the morbid Doshas. By the properties of drug, it causes Srotoshuddhi and makes the AnulomanaGati of Vayu (mitigation of Vayu), which is hampered in Pratishtyaya.

- **Pashchat Karma- Dhumapaan** with *Haridra Dhum Varti* removes the residual kapha to avoid recurrence & Clear the passages of nose and throat.

- **Ingredients of Shatbindu Tail** such as shunthi, Yashtimadhu, Karkatshringi, rock salt are act as kaphnisarak & srotoshodhak. Rasayan property of Bhringraj, Yatimadhu & Jeevanti revitalize mucus membrane of nasa. Ushna veerya of Rasna, Tagar, Arand helps in pacifying *vata & kaphadosha**.

CONCLUSION

- Jeerna Pratishtyay is burning issue in present era, as there is no permanent solution for this condition in allied science, hence case study was done on samshodhan basis & found to be effective. The recurrence rate is significantly lower. Sometimes patient need second sitting of samshodhan therapy. Complete eradication is possible by Pathya palan & regular undergoing seasonal Panchakarma, i.e. Vasantik Vaman. Nasya is

a unique procedure mentioned in classics especially in the management of Nasa & Shirorogas. It not only clears local pathology but also acts on sense perception on smell, systemically may controls neurologic dysfunctioning to release pain like Headache in this case.

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