

EFFICACY OF SHIRISH-ASHWAGANDHADI AVLEHA AND ANU TAIL NASYA IN THE MANAGE-MENT OF VATAJA PRARISHYAYA: A CASE REPORT

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ABSTRACT

Objectives: Among *Nasagataroga Pratishtyaya* is the one which is described by almost all the *Acharyas* in detail, which shows its importance due to dreadful nature. This disease is also known for its recurrence and chronic nature if not treated from its root. The disorder creates headache and fatigue, limits routine activities, interferes with sleep and results in poor work performance. **Methods:** A chronic case of Allergic Rhinitis of a 29 years old male patient with complaints of excessive Nasal discharge, Nasal obstruction (unilateral and intermittent), Nasal burning, excessive Sneezing (100-150 times in a day) Watering from eyes, Foreign body sensation in nose, Hoarseness of voice and Headache since 5 years and all Symptoms aggravate with exposure to dust smoke or hot environment was given ayurveda management with *Anutaila Nasya* and *Shirisha Ashwagandhadi Avaleha* orally for 1 month is presented in this paper. **Results:** *Anutaila* and *Shirisha Ashwagandhadi Avaleha* gave better result in *Kshavathu* (Sneezing), *Nasavarodha* (Nasal obstruction), *Tanusrava* (Watery nasal discharge) *Kandu* (Itching) etc. The excellent results and observations reveal that Ayurveda approaches are helpful in managing Allergic rhinitis. **Conclusion:** So it is better for patients of Allergic rhinitis to diagnose and cure with proper Ayurveda treatment and giving them better way to live their life.

Keywords: Allergic rhinitis, *Anu Taila*, *Nasya*, *Shirisha Ashwagandhadi Avaleha*, *Vataja Pratishtyaya*

INTRODUCTION

Human body consists of five sense organs (Eye, Ear, Nose, Skin, Tongue), which are responsible for the perception of objects. If any obstacle comes in between the sense organ and sensory object, then perception of object becomes challenging (or difficult). Any disease of sense organ creates problem in perception of that particular object but Allergic rhinitis is such a disease which creates problem in all the five sense organs. It significantly impairs patient's quality of life and productivity by imposing sneezing, nasal

discharge, nasal blockage, headache, heaviness in head, itching in eyes, throat, palate etc. According to WHO, 400 million persons worldwide suffer from Allergic rhinitis¹ In Ayurveda, based on the symptoms of AR, it is mostly similar to *Vataja Pratishtyaya*. Allergic Rhinitis from an Ayurvedic perspective is caused due to the *Ama* (toxins) present in the body and due to low immunity.² Accumulated *Ama* aggravates the levels of *Kapha* (Water) in the body, giving rise to different symptoms of allergies. *Acharya*

Sushruta dealt *Vataja Pratishyaya* in *Nasagata Roga* along with its complete etiology, prodromal symptoms, diagnosis, prevention and treatment guideline.³ So, to evaluate efficacy of *Shirisa Ashwagandhadi Avaleha* with *Anutaila Nasya* in the Management of Allergic rhinitis, study has been conducted.

CASE REPORT

A diagnosed case of *Vataja Pratishyaya* (AR), male patient of 29 years attended the ENT OPD of IPGT & RA Ayurveda P.G medical College & Hospital on 20-03-2018 with complaints of excessive Nasal discharge, Nasal obstruction (unilateral and intermittent), Nasal burning, excessive Sneezing (100-150 times in a day) Watering from eyes, Foreign body sensation in nose, Hoarseness of voice and Headache since 5 years. Symptoms aggravate with exposure to dust smoke or hot environment. He was getting attacks of same in every summer with 4 to 5 days in every week. During attack he was not able to perform his normal routine work. He has to take leave from his work also.

O/E His nasal mucosa was pale bluish, nasal septum was slightly deviated towards left side. In Ear examination EAC was clear and Tympanic membrane was intact retracted and cone of light was absent. In throat examination mild congestion was observed on anterior pillar and oro-pharynx.

Past History: No other past history was noted according to patient statement. He was on Levocetirizine 5 mg. once daily with temporary relief.

Investigations

His hematological and biological laboratory findings (on 22-03-2018 at IPGT & RA Ayurveda P.G medical College & Hospital) showed., TLC: 8000/Cumm, DLC: N44L49E14Mo3, AEC: 1240/Cumm, FBS: 93 mg/dl, ESR: 04/hr

Therapeutic Intervention: The patient was treated with *Anutaila Nasya* and *Shaman chikitsa* with *Shirisha Ashwagandhadi Avaleha*. He was followed up every 7 days.

Table 1: Treatment protocol

No.	Treatment	Medicine	Mode of administration	Duration
1	<i>Nasya</i>	<i>Anutaila</i>	6-6 drops each nostrils for 7 days with 3 days interval	21 days (3 sittings)
2	<i>Avaleha</i>	<i>ShirishaAshwagandhadiAvaleha</i>	10 gm twice a day with lukewarm water after meal	1 month

RESULTS: Table 2: Patient's progressive reports are as follows:

	Chief Complains	BT	7th day	14th day	21 st Day	AT
1.	<i>Kshavathu</i> (Sneezing)	++++	+++	+	+	-
2.	<i>NasaSrava</i> (Nasal discharge)	++++	++	+	-	-
3.	<i>NasaAvarodha</i> (Nasal obstruction)	+++	++	+	-	-
4.	<i>PihitaNasa</i> (Foreign body sensation/Itching in nose)	++	+	-	-	-

Table 3:

No.	Associated Complains	BT	AT
1.	<i>ShiroVyatha, ShankhaNistoda</i> (Pain in temporal region, Headache)	++	-
2.	<i>MukhaShosha</i> (Dryness of Mouth including throat, palate &lips)	++	-
3.	<i>Swaropaghata</i> (Hoarseness of voice)	+	-
4.	Itching in eyes	++	-
5.	Itching in palate	++	-
6.	Itching in pharynx	+++	-

On the first follow up visit patient told very much relieved in all the symptoms. His Sneezing frequency was reduced up to 40%. He also felt almost 50 % relief in nasal discharge, nasal obstruction and itching, foreign body sensation, watering from eyes and hoarseness of voice.

On the second follow up visit i.e. on 14th day of treatment patient was very much happy observing the relief from symptoms. In all the symptoms patient was feeling relieved up to 60-70%.

On the third follow up visit i.e. on 21th day of treatment, the patient's sneezing frequency was 2-3/ day. Nasal itching & hoarseness of voice had completely gone. Nasal obstruction & nasal discharge was also markedly decreased. On the last follow up visit, the patient was quite satisfied since she was almost completely relieved from disease.

After completion of 1 month Nasal mucosa was normal

Hematological and biological laboratory reports of patients after treatment 23-04-2018 showed:

TLC: 5800/Cumm , DLC: N54L40E03Mo3, AEC: 175/cumm , FBS: 86 mg/dl , ESR: 10mm/hr

HAEMATOLOGICAL INVESTIGATION FORM
 Name: [Redacted] Age & Sex: 29/M
 O.P.D. No. 24000 Date 21/3/18 P.D. No. [Redacted] Date [Redacted]
 Provisional Diagnosis: [Redacted] Ward/Bed No. [Redacted]
 Date of Request: 22/3/18 Physician: Dr. P. B. Verley Deptt. [Redacted] Sign: [Redacted]
 Total W. B. C. :- 8000 /Cumm
 Differential W.B.C. Count :-
 Neutrophils :- 46 %
 Lymphocytes :- 49 %
 Eosinophils :- 04 %
 Monocytes :- 03 %
 Basophils :- 00 %
 Other Cells :- - %
 Blood Indices :-
 MCV :-
 MCH :-
 MCHC :-
 AEC :- 1240/C
 Haemoglobin :- 14.4 gms. %
 P.C.V. :- 39.9 %
 E.S.R. :- 04 mm/ hr (Westergreen)
 Total R.B.C. count :- 5.16 mil/cumm
 Platelet count :- 212 10⁹/ul
 B. T.mt. &sec. C.T.mt. &sec.
 General Blood Picture :-
 Parasites
 Blood Group :- Rh - Factor :-
 AEC - (Absolute Eosinophil) Count
 Date 22 MAR 2018 Pathologist

BT

HAEMATOLOGICAL INVESTIGATION FORM
 Name: [Redacted] Age & Sex: 29/M
 O.P.D. No. 28014 Date 22/03/18 P.D. No. [Redacted] Date [Redacted]
 Provisional Diagnosis: [Redacted] Ward/Bed No. [Redacted]
 Date of Request: 23/4/18 Physician: Dr. P. B. Verley Deptt. [Redacted] Sign: [Redacted]
 Total W. B. C. :- 5,800 /Cumm
 Differential W.B.C. Count :-
 Neutrophils :- 54 %
 Lymphocytes :- 40 %
 Eosinophils :- 03 %
 Monocytes :- 03 %
 Basophils :- 00 %
 Other Cells :- - %
 Blood Indices :-
 MCV :-
 MCH :-
 MCHC :-
 AEC :- 135/C
 Haemoglobin :- 14.5 gms. %
 P.C.V. :- 39.7 %
 E.S.R. :- 10 mm/ hr (Westergreen)
 Total R.B.C. count :- 5.15 mil /cumm
 Platelet count :- 230 10⁹/ul
 B. T.mt. &sec. C.T.mt. &sec.
 General Blood Picture :-
 Parasites
 Blood Group :- Rh - Factor :-
 Date 23 APR 2018 Pathologist

AT

DISCUSSION

Nasya is the chief *Shodhana* procedure selected because *Nasya Karma* can expel the deep-seated *Doshas* and can cure it of its root.⁴ Due to *Sukshma* and *Vyavayi guna*, *Anutaila* possess a good spreading capacity through minute channels. *Tikta*, *Katu Rasa*, *Laghu Tikshna Guna*, *Ushna Veerya* and *Katu Vipaka* do *Srotho Shodakatwa*. By the above two properties the *Nasya* drug removes the obstruction of natural sinus Ostia and facilitate the drainage of purulent discharge. *Indriya dardyakaratwa* (provide strength to sense organs), *Balya* (increases strength), *Preenana* and *Brimhana* (nourishes the body) properties can increase general and local immunity.⁵ This immune

modulation will reduce the inflammatory process in nasal cavity and sinuses. Therefore, *Anu Taila* exerts a marked anti-inflammatory effect on the nasal mucosa by inhibiting the release of inflammatory mediators from the Mast cells and Basophiles, and by blocking the inflammatory effect of Leucocytes in the nose.

Most of the drugs in *Shirisha Ashwagandhadi Avaleha* are having *Katu*, *Tikta Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Veerya*, *Katu Vipaka* and *Vata Kapha hara* properties.⁶ All the above properties are very useful to remove the *Srotorodha*, (obstructions in various channels of the body) and promote the expulsion of vitiated *Doshas*. *Ashwagandha*, *Pippali*, *Twaka*, *Parada*, *Gandhak*, *Hartal*, *Somal* and *Manhshila* are having

Rasayana effect. Thus drug specifies Vata give nourishment to *Dhatu* and establishes immunity to counter further reactions. Anti-inflammatory property of ingredients will reduce the inflammatory process in nose. Antibacterial activity arrests the secondary infection and prevents recurrence of the disease. All these above factors will ultimately lead to relieve symptoms of Allergic Rhinitis. No adverse and toxic effects were observed during the trial and after the treatment.

CONCLUSION

Anu Taila and *Shirisha Ashwagandhadi Avaleha* gave excellent result in *Kshavathu* (Sneezing), *Nasavarodha* (Nasal obstruction), *Tanusrava* (Watery nasal discharge) and *Kandu* (Itching) etc. Combine therapy of both gave excellent results. So it is better for patients of Allergic rhinitis to diagnose and cure with proper Ayurveda treatment and giving them better way to live their life.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Khoja Rozina et al: Efficacy Of Shirish-Ashwagandhadi Avleha And Anu Tail Nasya In The Manage-Ment Of Vataja Prarishyaya: A Case Report. International Ayurvedic Medical Journal {online} 2019 {cited April, 2019} Available from: http://www.iamj.in/posts/images/upload/681_684.pdf