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The Efficacy of Shatahvadi Dhoompaana and Vyaghri Taila Nasya in the Management of Vataja Pratishyaya W.S.R. to Allergic Rhinitis: A Single Case Study

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Abstract

Pratishyaya is diseases of *Nasa* and *Shiras* associated with respiratory system, the current scenario of pollutant environment increases such types of cases therefore incidences of allergic rhinitis (*Pratishyaya*) increases day by day. Inevitable pollution, climate variation, poor dietary habits etc. mainly triggers pathogenesis of *Pratishyaya*. *Pratishyaya* is *Kapha-vata* predominating disease which also involves vitiation of *Pranavaha* and *Rasavaha Srotas*. *Vataja Pratishyaya* is a common disorder explained in Ayurveda having similar signs and symptoms of Allergic Rhinitis. Many treatment modalities are also explained by *Acharya's* for this disease, according to condition of patient and progression of disease. Many research scholars, ayurvedic practitioners have tried various medicines for the alleviation of the problems of *vataja pratishyaya* (allergic rhinitis).

Aim: In this case study management of *vataja pratishyaya* with *shatahvadi dhumapana* and *vyaghri taila nasya* were discussed.

Material and Method: A 36 yr. old female patient visited ENT OPD of shalakyta tantra, Mansarovar Ayurvedic Medical College Hospital and research centre Bhopal (M.P.) on 04/12/2023 with excessive sneezing, blocking of the nose, watery discharge from nose and eyes, foreign body sensation/itching in nose since 1 month. We started *shatahvadi dhumapana* and *vyaghri taila nasya* procedure (once a day) for 7days.

Discussion & Conclusion: In the present study, *shatahvadi dhumapana* and *vyaghri taila nasya* is effective and safe therapeutic procedure in the management of *vataja pratishyaya*.

Keywords: *Vataja Pratishyaya*, Allergic Rhinitis, *Vyaghri Taila Nasya*, *Shatahvadi Dhoompana*

Introduction

In Ayurveda, *Acharya sushruta* has described 31 *Nasa roga* among them a separate chapter has been devoted to *pratishyaya* in *uttartantra* ^[1]. *Pratishyaya* is classified into five types on the pathological basis-*vataja*, *pittaja*, *kaphaja*, *raktaja*, and *sannipataja*. *Acharyas* explain different types of *Pratishyaya* i.e. *Acharya Charaka* Described, 4 types-*Vataja*, *Pitaja*, *Kaphaja*, *Sannipataja*. *rasratna samuchya* explains 6 types *Vataja*, *Pitaja*, *Kaphaja*, *Raktaja*, *Sannipataja* and *malsanchay janya*. *Acharya Sushruta* explains 5 types, *Vataja*, *Pitaja*, *Kaphaja*, *Raktaja*, *Sannipataja*. *Pratishyaya* is *Vata-Kapha* Predominant *Tri-doshaja* disease in which *Kaphadi Dosha* shows movement towards *Nasa Pradesh* under the influence of *Vata-Dosha*. *Pratishyaya* is diseases of *Nasa* and *Shiras* associated with respiratory system, the current scenario of pollutant

environment increases such types of cases therefore incidences of allergic rhinitis (*Pratishyaya*) increases day by day. *Vataja Pratishyaya* is a common disorder explained in Ayurveda having similar signs and symptoms of Allergic Rhinitis ^[2, 3]. Inevitable pollution, climate variation, lifestyle, poor dietary habits and, environmental pollution etc. mainly triggers pathogenesis of *Vataja Pratishyaya*. *Pratishyaya* is *Kapha-vata* predominating disease which also involves vitiation of *Pranavaha* and *Rasavaha Srotas*. There are different stages of disease depending upon pathological progression of disease namely *Amavastha* and *Pakwavastha*. Ayurveda drugs possessing immune boosting, anti-microbial, anti-inflammatory, antiallergic and *Kapha-vata* pacifying effects can be advised for relieving symptoms of *Pratishyaya*. There is a need to find a safe, economic and easily available therapy for *Vataja Pratisyaya*. In this regard while exploring

Ayurvedic Classics, few simple techniques and principles in the treatment of *Vataja Pratishyaya* are found, in which *nasya karma & dhoomapana Karma* is considered as a treatment modality [4]. *Nasya* is the main line of treatment for *urdhvajatrugata vikara*, Nasal route being the prime route of drug administration for such conditions. Therefore *Dhoomapana* has been selected as treatment modality for the present study, this therapy is easy to perform and the medicines are easily available and economical. *Acharyas* have described various types of internal medications in the form of *kashaya, choorna* etc along with various *nasya* and *dhoomapana yogas* Intake of medicated fumes through nostrils is *Dhoomapana Vidhi*, *Dhoomapana* is told in *Dinacharya* (Daily Regimen) and also in Treatments. It is smoking, which helps to maintain good health and also to cure Respiratory diseases. Inhalation of medicated *Dhooma* from nose and mouth is mentioned as *Dhoomapana* in Ayurvedic literature. It is mainly used in the *Vata-Kaphajanya Urdhva jatrugat Vyadhies*. According to *Aachary Charaka* after *Vaman and Nasya karma* if vitiated *Doshas* (mainly *Kapha*) is stick in the oral cavity then *Dhoomapana* is done as follow up measures for the proper elimination of *Doshas* from the oropharynx and nasal cavity. Depending upon their therapeutic effect of *Dhoomapana*.

Case Study

A 36 year old female was reported to Shalakyta Tantra, ENT OPD of Mansarovar Ayurvedic Medical College Hospital and research centre Bhopal (M.P.) on 04/12/2023 with excessive sneezing, blocking of the nose, watery discharge from nose and eyes, foreign body sensation/itching in nose since 1 month.

History of Present Illness

Past History: NO

Personal History

- i). **Appetite:** Unaltered Bowel-2-3 times per day
- ii). **Micturition:** 3-4 times per day
- iii). **Sleep:** Disturbed
- iv). **Habits:** Regular Intake of Curds and Ice-cream
- v). **Habitat:** Lives in area polluted with dust

Family History: Nothing significant

Local Examination

i). External Nose

Inspection: No Visible Scars, Swelling and Mass

Palpation: No Tenderness

Nasal Septum: Not Deviated

Vestibule: No Fissure and Crusting

ii). Anterior Rhinoscopy

Nasal Passage: Narrow

Astavidha Pariksha

i). **Nadi:** Kapha pitta pradhana

ii). **Mala:** Prakruta

iii). **Mutra:** Samyak pravrutti

iv). **Jihva:** Sama

v). **Sabda:** Spashta

vi). **Sparsha:** Ushna

vii). **Drik:** Prakruta

viii). **Akruti:** Madhyama

Investigations

Routine Haematological and urine investigation were carried out to rule out systemic pathology specifically, Haemoglobin was 10.6 gm. %, Bleeding time was 2 min, PT time was 11 sec, RBS was 96 mg/dl, HIV & HBsAg Negative. Which were all within normal limits.

Clinical Findings

Patient was Afebrile, Pulse was 89/min. Respiratory rate was 18/min. and blood pressure was 130/80 mmHg. No abnormality was noticed in the functioning of respiratory, circulatory or digestive system.

Drug

1. Vyaghri Taila Nasya

व्याघ्रीदन्तीवचाशिगुसुरसव्योषसैन्धवैः पाचितं नावनं तैलं पूतिनासागदं जयेत्
॥ [बै. र.63/29] [5]

Table 1: The drugs used for the preparation of vyaghri tail nasya

S. N.	Name of Drugs	Latin Name/Family	Rasa	Guna	Virya	Vipak	Dosha karma
1.	<i>Kantakari</i>	<i>Solanum xanthocarpum/ solanaceae</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavat shamak</i>
2.	<i>Danti</i>	<i>Baliospermum montanum/Euphorbiaceae</i>	<i>katu</i>	<i>Guru Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahar</i>
3.	<i>Sodhit vacha</i>	<i>Acoruscalamus/Araceae</i>	<i>Tikta, katu</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavat shamak</i>
4.	<i>Sahijan</i>	<i>moringa olifera/Moringaceae</i>	<i>Katu, tikta</i>	<i>Laghu, Ruksha</i>	<i>ushna</i>	<i>Katu</i>	<i>Kaphavat shamak</i>
5.	<i>Tulsi</i>	<i>Ocimum sanctum/lamiaceae</i>	<i>Tikta, Katu</i>	<i>Laghu, tikshna Ruksha,</i>	<i>ushna</i>	<i>Katu</i>	<i>Kaphavat shamak</i>
6.	<i>Shunthi</i>	<i>Zingiber officinalis/zingiberaceae</i>	<i>katu</i>	<i>Laghu, ruksha</i>	<i>ushna</i>	<i>katu</i>	<i>Kphavathar, deepan</i>
7.	<i>Pippali</i>	<i>Piper longum/piperaceae</i>	<i>katu</i>	<i>Laghu, ruksh</i>	<i>anuhnasheta</i>	<i>madhua</i>	<i>vatahar</i>
8.	<i>Maricha</i>	<i>Piper nigrum/piperaceae</i>	<i>katu</i>	<i>Laghu, rukha, tikshna</i>	<i>ushna</i>	<i>katu</i>	<i>vatakaphashamaka</i>
9.	<i>Saindhava lavana</i>	<i>Sodium chloride</i>	<i>lavan</i>	<i>Guru, snigdh</i>	<i>sheeta</i>	<i>madhua</i>	<i>vatkaphapar</i>

The preparation of *tail* will be prepared according to *Bhaisjya Ratnawali*

2. Shatahvadi Dhumapana

शताह्वात्त्वबलामूलं स्योनाकैरण्डबिल्वजम् ॥

सारग्वयं विवेद् धूमं वसाऽऽज्यमदनान्वितम् । (आ. ह. उ.20/7-8) [6]

Table 2: The drugs used for the preparation of *dhumapana varti* are as shown in the table:

S. No.	Name of Drug	Latin Name	Part Use	Rasa	Guna	Virya	Vipak	Dosha karma
1	<i>Shatavaha</i>	Anethum graveolens	<i>phala</i>	<i>Katu, tikta</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>katu</i>	<i>Kapha-vathara,</i>
2	<i>Twak</i>	Cinnomom zeylanicum	<i>Bark, twak</i>	<i>Katu, Tikta, madhur</i>	<i>Laghu, Ruksh</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatshamak</i>
3	<i>Bala mool</i>	Sida cordifolia	<i>mool</i>	<i>Madhur,</i>	<i>Laghu, snigdha</i>	<i>Sheet</i>	<i>madhur</i>	<i>Kapha-vathara</i>
4	<i>Shyonak</i>	Terminalia bellerica	<i>mool</i>	<i>tikta, kashaya, madhura</i>	<i>Ruksh, laghu</i>	<i>Ushna</i>	<i>katu</i>	<i>vathara kapha har</i>
5	<i>Arand mool</i>	Ricinus communis	<i>mool</i>	<i>madhur, katu, kashaya</i>	<i>snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosha har</i>
6	<i>Bilva</i>	Aegle marmelos correa	<i>Phala majja</i>	<i>Kasaya tikta</i>	<i>Laghu ruksa</i>	<i>ushna</i>	<i>katu</i>	<i>Vath-kapha hara</i>
7	<i>Aragvadha</i>	Cassia fistula	<i>phala</i>	<i>madhura</i>	<i>guru, snigdha</i>	<i>sheeta</i>	<i>madhura</i>	<i>tridoshara</i>
8	<i>Ghrita</i>	-	-	<i>madhura</i>	<i>guru</i>	<i>sheeta</i>	<i>madhura</i>	<i>Balya</i>

Material and Methods

Patient Selection: Patient was registered from *Shalakyata* ENT OPD of Mansarovar Ayurvedic Medical college hospital and research centre Bhopal (M.P.)

Plan for Study: Patient Taking Allopathic Medicine Was Stopped During Study Period. The Drug Required For *Nasya* Were Procured And Prepared In *Prakalp* Of *Panchakarma* In Mansarovar Ayurvedic Medical College Hospital And Research Centre Bhopal (M.P.)

Duration of Study: 30 Days. Follow up Every 15 Days for 3 months.

Criteria for the Assessment

Assessment was done on the basis of improvement in the clinical condition of the patient i.e. relief in signs and symptoms. Scoring was done according to the following rating scale-

Symptoms Score

Nasavrava (Nasal Discharge)

- No discharge 0
- Occasional 1
- Frequent 2
- Continuous & heavy 3
- Continuous, heavy with foul smell 4

Kshavathu (Sneezing)

- No sneezing 0
- Occasionally, 16 times/day 4
- Nasavarodha (Nasal obstruction) No obstruction 0
- Partial, occasional & unilateral 1
- Partial, occasional & bilateral 2
- Complete, frequent & unilateral 3
- Complete, always & bilateral 4

NasaVedana (Pain in Nose)

- No pain in nose 0
- Pain occasionally with low intensity 1
- Frequent pain with moderate intensity 2
- Persisting pain with moderate intensity 3
- Severe pain in nose 4

Pihita Nasa (foreign body sensation/itching in nose)

- No foreign body sensation in nose 0
- Mild foreign body sensation in nose 1
- Moderate foreign body sensation in nose 2
- Moderately severe foreign body sensation in nose 3
- Severe foreign body sensation in nose 4

Procedures Done

Table 3: *Nasya*, *dhumapana* procedure, dose and duration

Procedure	Medicine use/dose	No. of days
<i>Nasya karma</i> [7, 8]	<i>Vyaghri Taila</i> /6-8 drops in each nostril	7 days
<i>Dhumapana karma</i> [9-10]	<i>Shatahvadi Dhumavarti</i>	7 days

Duration of Treatment: 7 days *nasya* and *dhumapana* for three sittings with gap of 15 days each.

Discussion

The diagnosis was done on the basis of signs and symptoms described in ayurvedic and modern texts and then examined on clinical parameters, In both the treatment procedures *Shatahvadi dhumapana* and *vyaghri tail nasya* significant relief was observed, in this case study For a month, she was followed up on every 15th day. The following are her progressive reports, *Vyaghri tail nasya* and *Dhumavarti* is made with specific drugs that have *katu, tikta rasa, kaphavatahara* and *usnavirya* properties to produce the desired therapeutic effect. *dhumapana* is the most effective treatment for vitiated *vata* and *kapha dosha*. Through *indriya shodhana*, the vitiated *kapha* in the nose, throat and chest are completely eliminated, the patient was experience feeling of lightness after using of *nasya karma* and *dhumapana* Based on dosha-dushya involvement if selected appropriate *shodhana karmas* followed by proper *shamanayoga*.

Mode of Action of Nasya^[11]

Drug Administered Through Nose



Reaches *Sringataka Marma* of *Shiras*



Spreads To *Moordha*



Acts over *Dosha Sangatha*



Subsides the Morbid *Doshas*



Through *Siras & Dhamnis* of *Nasa*



Action Takes Place in *Urdhwajatru*

We can explain the mode of action, *Vyaghri Taila Nasya* in the following way:

- *Tikta katu rasa, laghu tikshna guna, ushna virya and katu vipak* makes *srothoshodak*
- Most of drugs having anti-inflammatory properties, which also prevent the inflammatory process.
- *Taila* is the best medicine for *vata dosha*, here the chronicity of this disease in aggravation of *vata dosha*, so *tail nasya* is the best form for this condition.
- *Taila* alleviates *vata*, at the same time does not aggravate *kapha*.
- It has *ushna, tikshna & vyavayi gunas*, so it has good capacity to penetrate through small channels in the body so it will open the obstructed nose area & facilitate the drainage of nasal discharge and *Vyaghri Taila Nasya* has anti-inflammatory effect on the nasal mucosa by inhibiting the release of inflammatory mediators from the mast cells and basophils & by blocking the inflammatory effect of leucocytes in the nose.

Dhumapana (Fumigation)^{12, 13, 14, 15}

- *Dhumapana* is routinely advised for *kaphavata diseases*.
- *vayu* gets pacified due to oily and pasty properties of *snaihika dhumapana*
- *Snaihika dhumapana* relieves the dryness and irritation in the respiratory passages. This is very effective in relieving the morbidity of *vata dosha*.
- *This dhumapana* is also name by *mridu dhuma, snigdha dhuma & brimhana dhuma*.
- *Dhumapana* works as both *shamana and sodhana therapy for vitiated doshas*. *Acharyas* has mentioned different drugs for making *dhumavarti* according to the need of action.

Patient Procedures (Dhumapana with Shatahvadi Dhumavarti and Vyaghri Tail Nasya) Pictures, During Treatment

Fig 1: Dhumapana with Shatahvadi Dhumavarti



Fig 2: Nasyakarma with Vyaghri Taila

Result

Patient clinical status was assessed on 7th, 15th and 21th, 28th day, Patient was followed up 1 month and no recurrence of symptoms were observed, assessment of subjective parameters was done before and after the completion of treatment, the patient condition improved symptomatically. The effectiveness of treatment has proved that, satisfactory result may be found in this case study.

Conclusion

The present case study shows, both *shatahvadi dhoompana varti* and *vyaghri tail nasya karma* are Proved to be efficient in the management of *vataja pratishyaya* (Allergic Rhinitis). However combined effect of both the modalities proven most effective than using one. *Nasya karma* work effectively in the management of *vataja pratishyaya* (AR), *Nasya karma* by *vyaghri tail* and *dhumapana* with *shatahvadi dhoompana* can no adverse effects were observed. *Nasya karma* is one of the *Pradhan karma* in *panchkarma*, and give wonderful result in *urdhva jatrugata vikara* while there is scope for further research, but it is more important that proper diagnosis and Ayurvedic management must be given for better management in *vataja pratishyaya* (Allergic Rhinitis). Considering the above findings it can be concluded that the treatment with *nasya karma* and *dhumapana*, protocol is effective in the management of *vataja pratishyaya* (Allergic rhinitis), Treatment modality can be prescribed as a standard procedure considering its effectiveness for the condition. Further clinical studies should be conducted to evaluate the efficacy of the treatment regimen with larger sample to draw a generalized conclusion.

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