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EFFECT OF SHIKARI TAILA NASYA IN VATAJA PRATISHYAYA- A CASE REPORT

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ABSTRACT

INTRODUCTION- Nasa is one among Pancha Karmendriya and also considered as Dwara for Shiras . Nasa Rogas is classified into 31 and 18 typed according to Acharya Sushruta and Acharya Vagbhatta which also consists of Pratishyaya[1]. Pratishyaya is further classified based on Dosha predominance (i.e., Vataja, Pittaja, Kaphaja, Sannipathaja and Raktaja). The management of Vataja pratishaya includes Snehapana, Shirovirechana (i.e., Nasya) ,Dhumapana, Swedana and Internal medications.

AIM-To evaluate the effect of Marsha nasya with Shikari taila in Vataja Pratishyaya.

Materials and Methods: The subject approached to Shalakya Tantra ENT OPD of Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan with the symptoms of Vataja Pratishyaya since 4 years was systemically reviewed and prescribed Mukha abyanga with Asanabilwadi taila and Marsha nasya with Shikari taila.

Result: The Ayurvedic Management shows remission of Vataja Prathisyaya within 9 days.

KEYWORDS: *Vataja Prathisyaya, Asanabilwadi taila, Shikari taila, Marsha nasya, Mukha abyanga.*

INTRODUCTION

Vataja pratishyaya is one among 31 types of *Nasa rogas* according to *Acharya Sushruta* and *Acharya Vagbhatta*[1] where the vitiated *Vata* ,covered by *Kapha*, get obstructed in *Nasa* and cause characterized with symptoms of *Tanu Srava*(rhinorrhoea) ,*Grana uparoda* (nasal obstruction),*Kshavathu* (sneezing) [2]. *Chikitsa* Includes *Shirovirechana (Nasya), Svedana, Dhumapana* and *Pathya ahara sevana* [3].

Mukha abyanga with *Asanabilwadi taila* acts as *Vata-Kapha dosha shamana* present in *Shiras* and *Marsha Nasya* with *Shikari taila* acts as *Sthanika Vata-kapha doshahara* which is present in *Srotas* of *Nasa*. The aim of the study is to evaluate the effect of *Mukha abyanga* with *Asanabilwadi taila* and *Marsha nasya* with *Shikari taila* in *Vataja Pratishyaya*.

CASE REPORT

1.HISTORY OF PRESENT ILLNESS / VEDANA VRUTTANTA

A 17 years old Female patient with N/K/C/O DM,HTN and Thyroid dysfunction presented with the complaint of Running nose associated with Excessive Sneezing(bouts of 10-12 times during morning and 4-5 times during night hours),Nasal Obstruction and Itching in Nasal Cavity since 4 years aggravated since 15 days. Complaint vitiates during early night hours and while expose to Dust and cold. Patient have taken Anti-Histamine for the above complaints(under prescription) but did not give satisfactory relief. So, Patient have visited to *SHALAKYA TANTRA* ENT OPD at Sri Dharmasthala Manjunathehwara College of Ayurveda and Hospital, Hassan for Ayurvedic Management of Above Complaint.

2.HISTORY OF PAST ILLNESS / PURVA VYADHI VRUTTANTA

Subject have no past history systemically related to disease.

3.FAMILY HISTORY / KOUTUMBIKA VRUTTANTA

All family members are said to be healthy. No any significant history related to above disease was found.

4.PERSONAL HISTORY

i. BOWEL-Regular(1 time/day)
ii. APPETITE-Unaltered
iii. MICTURITION-Regular(4-5 times/day)
iv. SLEEP-Sound
v. HABIT-Vegetarian

4.1 *Asthavidha Pariksha*

1.*Nadi- Vata pradhana pitta nadi* (68/min)
2.*Mala-Prakrutha*
3.*Mutra-Prakrutha*
4.*Jihwa-Alipta*
5.*Shabda*- Hoarseness of voice
6.*Sparsha-Samyak*
7.*Drik-Prakrutha*
8.*Akruthi-Madhyama*

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4.2 *Dosha Dushya Vikruti and Adhisthana (Samprapti)*

- *Dosha: Tridosha, Vata pradhana Kapha dosha*
- *Dushya: Rasa, Rakta,Mamsa*
- *Adhishthana: Nasa Pradesha*
- *Srotas: Pranvaha, Rasavaha, Raktavaha, Mamsavaha*
- *Srotodushti prakara: Attipravritti, Sanga, VimargagAmana*
- *Udhbhava Sthana: Amshaya, Pakvashya*
- *Agni: Mandya*

5.ON EXAMINATION(NASAL AND PARA NASAL REGION)

5.1.Anterior Rhinoscopy

i. Nasal Mucosa- Pale and Grade -II HIT over Right nostril on compensatory Moderate DNS over Left nostril.
ii. Throat Examination-Tonsils-WNL
iii. Posterior Pharyngeal Wall- Congestion
iv. Para Nasal Sinuses Tenderness- Negative

6.TREATMENT PLAN

Patient is planned for *Shodana Karma(Sadyovirechana)* followed by Main course of Treatment- *Mukha abyanga* with *Asanabilwadi taila* and *Marsha nasya* with *Shikari taila* twice daily in empty stomach for 7 continuous days.
Time period- 8 DAYS (03/07/2024 – 11/07/2024)

DATE	TREATMENT
03/07/2024(Day 1)	• *Amapachana* with *Chitrakadi vati* thrice before food with *panchakola phanta.*
04/07/2024(Day 2)	• *Sadyovirechana* with *Nimbamruthadi Eranda taila* (60ml) f/b *Shunti jeerajala*(100ml) and *Ushna jala*. • *Shunti jeerajala* once at 10AM-11AM and 12PM. • *Ganji* on Good appetite.
05/07/2024 – 11/07/2024(Day 3 – Day-9)	• *Mukha abyanga* with *Asanabilwadi taila* for 20 minutes followed by *Bashpa Sweda karma*(Steam Inhalation) • *Marsha nasya* with *Shikari taila* (12 drops to each nostril) twice daily in empty stomach f/b *Kavala* with *Sukoshna Saindhava jala.*

7.PATHYA

7.1. PATHYA AHARA- Patient was advised to take *Ganji* and *Khiccidi* diet during *Amapachana* and *Shodana Karma* and advised to take Soft diet during Main course of treatment. Advised to avoid oily and spicy food items while treatment period. Patient also advised to stay in empty stomach once before Main treatment starts.

7.2. PATHYA VIHARA- Patient was advised to stay warm and to keep cotton buds over both ears and bath in warm water and intake lukewarm water. And advised to avoid day sleep, exposure to dust, cold and allergens.

8.ASSESSMENT CRITERIA [1]

SL NO	Itching in the nose	Grade
1	Absent	0
2	Mild- Occasional	1
3	Moderate- Continuous	2
4	Severe- Interferes with routine activity	3

SL NO	Paroxysmal sneezing	Grade
1	Absent	0
2	Mild- 5-7 bouts of sneezing	1
3	Moderate- 8-10 bouts	2
4	Severe- more than 10 bouts	3

SL NO	Watery Nasal Discharge(Rhinorrhoea)	Grade
1	Absent	0
2	Mild- Discharge doesn't flow out through anterior nostrils	1
3	Moderate- Discharge flows out through anterior nostrils	2
4	Severe- Continuous flow of discharge through anterior nostrils	3

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SL NO	Nasal obstruction	Grade
1	Absent	0
2	Mild- Intermittent and unilateral	1
3	Moderate- Intermittent and bilateral	2
4	Severe- Persistent over bilateral nostrils	3

9.OBSERVATION

SL NO	SYMPTOMS	DAY 0	DAY 3RD	DAY 7TH	DAY 9TH	DAY 15TH
1.	RHINORRHOEA	3	3	2	1	0
2.	SNEEZING	3	2	1	1	0
3.	ITCHING SENSATION	2	2	1	0	0
4.	NASAL OBSTRUCTION	2	2	1	1	0

When the patient visited the *Shalakya Tantra* ENT OPD she presented with Severe grade of Rhinorrhoea and Sneezing whereas moderate grading of Itching sensation and Nasal obstruction. At Anterior Rhinoscopy there was Pale nasal mucosa with Grade -II compensatory HIT in Right nostril and Moderate DNS in Left nostril . Congestion present at posterior pharyngeal wall was observed. By the treatment protocols there was complete relief from symptoms at 15th day of treatment.



Day 1



Day 3



Day 7

10.DISCUSSION

According to *Ayurveda* , the main *Dosha* vitiated in *Pratishyaya* is *Vata pradana Kapha dosha* and *Dushyas* are *Rakta, Mamsa, Medas* and *Asthi* [3] . So, to break such *Samprapti* , Treatment includes mainly *Apatarpana, Vata Anulomana, Bala* and *Agni vardhaka*[4].

Action of *Mukha abyanga* : *Mukha abyanga* acts as *Shamana* type of *chikitsa* where *prakupitha vata* present in *Urdhwajatru bhaga* of *shareera* will get pacified.[5] *Asanabilwadi taila* have properties of *Usna, Teekshna, Snigda guna* reduces the vitiated *Vata dosha* present in *Shiras*.

Action of *Marsha Nasya*: *Nasya* is considered as one among *Panchakarma* in which *Snigda nasya* is preffered for *Vata doshahara chikitsa*. *Shikari taila* have properties of *Ushna, Teekshna, Ksharana* [4]. *Shikari taila nasya* gets easily spread into *Shira* as *Nasa* is considered as Gateway for *Shiras* (head) where it is absorbed and eliminates the *Kapha dosha* from *Urdhva jatru pradesha* (supraclavicular region), thereby clearing the *Srotorodha* further improves the function of *Indriyas* (sense organs) [5].

Pathya should be followed like staying in *Nivata sthana*, and drinking of *Sukoshna jala* , *Laghu Ahara* should be taken. *Apathya* such as *Guru, Sheeta, Ruksha ahara sevana* should be avoided.

11.CONCLUSION

Vataja pratishyaya is one among 31 and 18 types of *Nasa roga* according to *Acharya Sushrutha*[1] and *Acharya Vagbhatta*

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.Ayurveda believes in cleansing the body, pacifying the *Tridoshas* from the roots by using the treatment modality such as *Nidana parivarjana, Samprapti vighatana* by *Shodhana, Shamana and Sthanik chikitsa,* along with *Pathya* and *Apathya ahara, Vihara* rules and regulations [5]. *Mukha abyanga* with *Asanabilwadi taila* acts as *Vata dosha shamana* in *Shiras* and *Marsha Nasya* with *Shikari taila* acts as *Sthanika chikitsa* for *Dosha shamana*. Over all there was a significant improvement in the condition with no recurrence of symptoms. Further clinical trials on large sample size may be conducted to ascertain findings of this observations.

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