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A REVIEW ARTICLE ON THE EFFICACY OF PANCHALAVANA GRITHA NASYA IN THE MANAGEMENT OF VATAJA PRATISHYAYA (ALLERGIC RHINITIS)

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ABSTRACT

Vataja pratishyaya is one of the nasarogas[5]. The symptoms of Vataja pratishyaya i.e., nasasrava, nasavarodha, kshwathu, shankapradesha vedana and swaropaghata [2] can be compared with Allergic Rhinitis. It is also the most common disease in day-to-day practiced which are often caused by allergen and environmental pollution. Nasya karma which is one among the panchakarma has got an important role in the management of nasaroga[4]. Since, vataja pratishyaya is a nasaroga ,nasa is said to be the doorway of shiras and the medicine administered through the nose spreads through shiras and helps in evacuation of dosha, thereby pacifying the disease[4]. So nasya with panchalavana gritha[1] which possess vatahara and sroto shodaka properties might be an effective treatment modality as it may have better drug absorption.

KEY WORDS: *Vataja Pratishyaya, Allergic Rhinitis, Marsha nasya, Panchalavana Gritha*

INTRODUCTION

Vataja Pratishyaya is one of the most common disease of *Nasa* occurs on exposure due to dew/mist/fog, cold climate, dust, smoke and indulging more in water sports,etc[5]. Some of these are immediate factors whereas some factors induce *pratishyaya* after some time. Signs and symptoms include *nasasrava*, *nasavarodha, kshawathu, shankapradesha vedana* and *swaropaghata*[2]. The onset of symptoms are within minutes or hours following the exposure and can affect sleep, ability to work, also in day-to-day activities.

In *Sushrutha samhitha*, *Uttara tantra* 24th *adhyaya Pratishyaya* is explained as a separate chapter[2]. *Ayurveda* describes *Pratishyaya* as one of the most important disease among *Nasaroga* defined as the condition where the vitiated *doshas* are eliminated from the nose, which flows down through the nose. Symptoms of *Vataja Pratishyaya* is compared to that of Allergic Rhinitis in contemporary science which is caused on exposure due to pollens, dust and cold.

Nasya is one of the modality of treatment among the *Panchakarmas* in all the *Urdhvajatrughata rogas* which also does the *Shodana* by eliminating the vitiated *doshas*[4]. Considering the roga i.e., *Vataja Pratishyaya* and *dosha* vitiated *vata dosha, Panchalavana gritha*[1] is selected for the *marsha nasya karma* which has *vatahara* and *shrotoshodaka* properties.

MATERIALS AND METHOD

Panchalavana Gritha mentioned in Chakradatta, quotes it in Vataja Pratishyaya Chikithsa[1] and the drugs present in it are having vatahara guna and karma which also does Shrotoshodhana.

Vataja Pratishyaya(Allergic Rhinitis) is the symptomatic disorder of nose characterized by watery nasal discharge, nasal obstruction, paroxysmal sneezing, pain in temporal region and hoarseness of voice which mainly involves Vata Dosha, so this Gritha will be best suitable for Nasya for specified period of time. As it is the effective way of treatment in the management of Nasaroga mentioned by Acharyas.

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TABLE 1. Contents of *Panchalavana Gritha* with English name, Properties and Proportion.

Sl. No.	Sanskrit Name	Botanical name/ English name	Properties	Proportion
1	*Saindhava lavana*	Rock salt	*Lavananam agre Rochaka Deepaka vrishya chakshushya tridoshagnam vibandhagnam*	1/5th Part
2	*Sauvarchala lavana*	Black salt	*Laghupaaka Ushna Vibandhagna*	1/5th Part
3	Vida lavana	Artificial salt	*Ushna Teekshna Vibandaghnam Shoola nasahnam Urdhwam adhashcha vatanulomakaram*	1/5th Part
4	*Audhbiddha lavana*		*Saksharam Teekshanushnam Utkledi*	1/5th Part
5	*Samudra lavana*	Sea salt	*Natiushnam Avidahi Bhedana Snigdham Shoolaghnam*	1/5th Part
6	Ghrita	Clarified cow's butter	*Chakshushya Tridoshahara*	4 PARTS
7	*Jala*	-	-	16 PARTS

Acharya Sushrutha has described *Vataja Pratishyaya* as *Sadhya*, In addition to general guidelines for management details of medicaments and procedure to be adopted in the specific management of *Vataja Pratishyaya* is also enlisted in the classics. Among them *Nasya* is one of the important procedure to be adopted to mitigate the *vata dosha*.

Nasya is one among the *Panchakarma* which is very beneficial in the *Urdhwajatrugata rogas*[4] helps in evacuation of *Dosha*, as *Panchalavana* gritha[1] is one of the best *vata hara*, and as *Vataja Pratishyaya*(Allergic Rhinitis) is *vata dosha pradhana*[5], hence *Nasya* can be the ideal treatment in this condition. *Marsha nasya* when administered, does the shodhana of srotas and mitigates the aggravated doshas in its site.

Nasya: Instillation of medicated drops through the nose is *Nasya*. According to *Sushrutha Samhitha*, *Nasya* is the most beneficial for *Urdhwajatrugata Rogas*[2]. *Marsha* type of *nasya* is considered here in *madhyama matra* i.e., 8 *bindu*[4].

Nasya vidhi: The subject should lie down in supine and head low position. *Mukhabhyanga* is done with *tila taila* followed by *sthanika sweda*. Luke warm *Panchalavana Ghrita* instilled 8 *bindu* in each nostril. Then after feeling the taste of *ghrita* in throat subject is asked to spit the *ghrita* in a kidney tray at side. After this, Subject is given *kavala* with *sukhoshna jala* until feeling of clearance from throat followed by *dhoopana*[6].

The drug which is administered through the nostril reaches *Shiras* by penetrating into each *srotas* which does *srotoshodhana*.

DISCUSSION

Allergic Rhinitis is an IgE-mediated response of nasal mucosa to airborne allergens and is characterized by watery nasal discharge, nasal obstruction, sneezing and itching in the nose which can be seasonal or perennial[3]. *Vataja Pratishaya*, which is *vata pradhana vyadhi* exhibits *lakshanas* like *nasasrava, nasavarodha, kshavathu, shankapradesha vedana* and *swaropaghata*[2].

The drugs, *Panchalavana* (i.e., *Saindhava lavana, Sauvarchala lavana, Samudra lavana, Vida lavana, Audbida lavana*)[1] which are having *ushna*, *teekshna guna* and does *vatanulomana* also it

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is *Srotoshodhana karma*, *Go Gritha* which has *madhura rasa pradhana* which are mainly *Vatahara*.

Hence, when the *Gritha* prepared out of it is instilled for *Nasya karma* it does *srotoshodhana* and *vatahara karma* mitigating aggravated Vata Dosha. The *ushna teekshna guna* of *panchalavana* have *srotoshodhaka* and *vatanulomana* properties which also does *Urdhwajatrugata shodhana*.

CONCLUSION

Vataja Pratishaya is one of the *Nasaroga* which is a very common disease affecting all the age groups irrespective of gender and is known for its chronicity and recurrenc. *Vata* is the predominant *Dosha* with all the *tridosha* involvement in the disease. Allergic Rhinitis has no direct reference in any of the Ayurvedic classical literature. But, most of the signs and symptoms of *Vataja Pratishyaya* like *Nasasrava* (Watery nasal discharge), *Nasavarodha* (nasal obstruction), *Kshavathu* (Sneezing), etc can be related to Allergic Rhinitis. Hence, it can be correlated with *Vataja Pratishyaya*.

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