



AN AYURVEDIC PROTOCOL TO ALLERGIC RHINITIS – A CASE REPORT

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ABSTRACT

Allergic rhinitis is an atopic disease presenting with symptoms of sneezing, nasal congestion, clear rhinorrhea and nasal pruritis. It is an IgE mediated immune response that is against inhaled antigens in the immediate phase, with a subsequent leukotriene – mediated late phase. It affects one in six individuals and is associated with significant morbidity, loss of productivity and healthcare costs. The allergic response is classified into early and late phase reactions. In the early phase, allergic rhinitis is an immunoglobulin IgE – mediated response against inhaled allergen that cause inflammation driven by type 2 helper Th 2 cells. The initial response occurs within five to 15 minutes of exposure to an antigen, resulting in degranulation of host mast cells. Four to six hours after the initial response, an influx of cytokines, such as interleukins IL- 4 and IL – 13 from mast cells occurs, signifying the development of the late phase response. In this study, an ayurvedic protocol of sadyovirechana, nasya, therapeutic yoga and shamana aushadi is used to successfully manage a case of allergic rhinitis.

INTRODUCTION

The prevalence of allergic rhinitis in India is Prevalence of allergic rhinitis in India – 11.3% (6-7years) and 24.4 % 13-14 yrs and allergic rhinitis co-occurs in 60-70 % of children with asthma¹ which makes it highly disruptive to quality of life of an individual affected with it. Allergic rhinitis is an inflammatory disorder of the nasal mucosa induced by allergen exposure triggering IgE – mediated inflammation. Clinically, it is characterized by four major symptoms – rhinorrhea, sneezing, itching and nasal congestion. The conventional treatment of allergic rhinitis combines allergen avoidance, pharmacotherapy, and allergen immunotherapy² but long term use of anti histamines could cause headache, fatigue, tachycardia and gastrointestinal effects. Sometimes seizures and cardiac conduction abnormalities can also occur.³ Ayurveda explains pratishyaya in five types of which vataja pratishyaya is one among them. Ayurvedic panchakarma includes vamana, virechana, nasya, basti and raktamokshana. The pratishyaya chikitsa usually involves agni deepana, srotoshodana and vatanulomana. Nasya being the best therapy for urdwajatrugata rogas and first line shodana for nasagata roga, it is being adopted.⁴

CASE REPORT

A 36 yrs male patient came to the outpatient department of KLE Ayurveda Medical College and Hospital, Belagavi with complaints of Excessive clear nasal discharge, nasal obstruction, nasal congestion, excessive sneezing (50-60 times per day) watering from eyes since 3 days. Patient also had mild hoarseness of voice and heaviness in head since 3 days. Patient has continuous episodes of this condition since 2 years on exposure to dust or cold environment.

On Examination

EXTERNAL NOSE:	B/L
SHAPE-	NAD
SIZE -	NAD
COLOUR-	NAD
NASAL BRIDGE-	NASAL CREASE
ROOT OF NOSE-	NAD
TIP OF NOSE	NAD
NASAL VESTIBULE	NAD

EAR	RT	LT
PREAURICULAR	NAD	NAD
AURICULAR	NAD	NAD
EAC	CLEAR	IMPACTED WAX
TM	INTACT	INTACT HAZY

On Anterior Rhinoscopy

NASAL CAVITY	Rt	Lt
NASAL MUCOSA	INFLAMMED +	INFLAMMED +
NASAL DISCHARGE	THIN,CLEAR +++	THIN,CLEAR +++
TURBINATES	TH+	TH+
NASAL SEPTUM	NAD	NAD



Fig 1:Inferior Turbinate hypertrophy in b/l nostrils

On PNS Examination

FRONTAL SINUS	TENDERNESS +	TENDERNESS+
MAXILLARY SINUS	NO TENDERNESS	NO TENDERNESS

On Endoscopic examination

No polyp or structural abnormalities were found

**Throat Examination**

Posterior Pharyngeal Wall: Congestion

Tonsils: Nad

Uvula: Nad

INVESTIGATIONS

All routine investigations were done and blood reports were taken

Hb	12.9 g/Dl
WBC Count	9800 cells/cumm
Neutrophils	56
Lymphocytes	35
Eosinophils	08
Monocytes	01
ESR	30 mm /1st hour
Absolute Eosinophil Count	720 cells/mm
IgE	480 IU/ml

TREATMENT PROTOCOL

DAY 1	Deepana Pachana-Agnitundi Vati 1bd Chitrakadi Vati 1bd
DAY 2	Sadyovirechana – Eranda Taila- 60ml Ksheera - 40ml
DAY 3 to DAY 9	Mukhaabyanga with nirgundi taila Swedana – nadi sweda Sirovirechana with 5ml Of Ardraka Swarasa+5ml Of 1gm Guda +10ml Of Cow Milk- 6 Drops In Each Nostril Kavala – Triphala+Yashti+Haridra+Saindava Dhumapana – Haridra +Tila taila varti
Day 10 to Day 25	Haridrakhanda 100gm 1/2 Tsp Bd With Honey Before Food + Sitopaladi Churna 50gm + Talisadi Churna 50 Gm + Haritaki Churna 20gm Vyasadi Vati 1 Bd Patient Was Referred To Swastvritta Opd For – Anuloma Viloma And pranayama

RESULTS

The patient had significant improvement in symptoms of excessive sneezing, nasal congestion and nasal discharge. Normal breathing through nose was brought back and complete remission from headache. The appetite and bowel movements of patient was improved. The haematological investigations done on on 10 th day had significant improvement in parameters of IgE, ESR, and eosinophil.



On 10 th day, RESULTS,

Hb	13.3 g/Dl
WBC Count	8200 cells/cumm
Neutrophils	53
Lymphocytes	40
Eosinophils	05
Monocytes	02
ESR	12 mm /1 st hour
Absolute Eosinophil Count	450 cells/mm
IgE	290 IU/ml

DISCUSSION

Allergic rhinitis in ayurveda is more or less correlated to vataja pratishya as the causative factors of allergic rhinitis like inhalation of dust particles, ingestion of certain foods, bathing with cold water, seasonal changes, humidity and pollution can be correlated to rajasevana, vishamasana, atijalakrida, rtuvaishmya, avashyaya and dhumasevana respectively. Moreover the symptoms of allergic rhinitis such as nasal obstruction, itching in nose, watery nasal discharge, paroxysmal sneezing, vacuum headache, hoarseness of voice and dryness of oropharynx can be correlated to anaddha nasa, pihita nasa, tanu srava pravartan, kshavatu, shanka nistoda, swara upaghat, gala talu oshta soshha respectively.

	ALLERGIC RHINITIS	VATAJA PRATISHYAYA
1.	NASAL OBSTRUCTION	ANADDHA NASA
2.	ITCHING IN NOSE	PIHITA NASA
3.	WATERY NASAL DISCHARGE	TANU SRAVAPRAVARTAN
4.	PAROXYSMAL SNEEZING	KSHAVATHU
5.	VACUUM HEADACHE	SHANKH NISTODA
6.	HOARSENESS OF VOICE	SWAROPAGHAT
7.	DRYNESS OF OROPHARYNX	GALA TALU OSHTA SOSHA

PROBABLE MODE OF ACTION

The disease itself being vataja pratisyaya cause dby pratiloma of vata, agni deepana with chittrakadi vati and agnitundi vati is prescribed followed by sadyovirechana for vatanuloma. Nasya with nagara owing to its ushna virya has vatahara properties and sirovirechana does shodana and balances prana vata. Ginger because of its proven anti inflammatory and antioxidant properties acts on the inflamed turbinates locally thereby aiding in reducing the symptoms of nasal congestion and obstruction. Here, milk and jiggery are added so as to avoid excess ushnatwa thereby taking care to avoid pitta utklesha.

Dhumapana with haridra and tila taila has local action as anti inflammatory and antiinfective activity so as to avoid further progress of the disease to upper respiratory infections and the ushnatwa of dhumapana soothes the utklista vata. However, care should be taken to avoid excess ushnatwa by dhumapana. Kavala with triphala, yashtimadhu, haridra and saindava has an overall vata kaphahara property and also acts as an anti inflammatory and smoothening mechanism in hoarseness of voice and dryness of oropharynx. Yoga plan of anuloma, viloma and pranayama post the nasya helps in the normal flow of pranavata and also clears the upper respiratory pathway of excess mucous. However care should be taken not to advise anuloma viloma in acute stage of the disease. Samana aushadi haridra



khanda,sitopaladi churna,talisadi churna and laghusutasekara mishraka has overall vatakapha hara property , it is also deepana pachana and srothoshodana.

CONCLUSION

Thus the overall protocol of deepana, pachana ,sadyovirechana ,sirovirechana ,kavala,dhupana ,therapeutic yoga and samana aushadi has played a considerable role in reducing the symptoms of allergic rhinitis considerably because of which the haematological allergic parameters of ESR,IgE and eosinophil have reduced significantly post treatment.In ayurveda , many diseases require a protocol of shodana , shamana ,rasyana and also yoga as integrative therapy as 80% of non communicable diseases are a result of severe disruption in good lifestyle choices leading to accumulation of small levels of toxic substances in the body and causing dosha and dhatu dushti which in turn require complete shodana and integrative therapy with life style changes.

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