

Ayurvedic Management of *Vataj Pratishyaya* W.S.R Allergic Rhinitis

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Abstract: Respiratory allergies are effecting the masses today, there are many diseases related to it. Allergic rhinitis is one of the prime disease of respiratory system found in all age groups irrespective of sex. Among Nasagat rogas, Pratishyaya 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 chronicity if not treated from its root. Sedentary life style like having exposure to cold weather, Air Conditioner and cooler, and food habits like consuming junk foods, ice creams cold drinks, curd, sour items like pickles, sauce etc. are the major causative factors of this disease. The disorder creates headache and fatigue, limits routine activities, interferes with sleep and results in poor work performance. Its clinical features like Tanu nasa srava, Shirahshula, Kshvathu etc. are very much similar to Vataj pratishyaya features described in Ayurveda. Modern medicine undoubtedly relieves symptoms very fast but permanent cure is very much possible through holistic approach of Ayurvedic science. Ayurveda is the science of life if applied systematically has the ability to ensure complete cure.

Keywords: Respiratory, Allergies, Vataj, Pratishyaya, sedentary, ayurveda, cure

1. Introduction

Allergic rhinitis, also known as hay fever, is a type of inflammation in the nose which occurs when the immune system overreacts to allergens in the air¹. In Ayurvedic texts it has been compared to *Vataj Pratishyaya*. According to Acharya Sushruta there are 31 *Nasa rog* while, Acharya Vagbhatta has mentioned 18 *Nasa rog*, one of them been *Vataj Pratishyaya*.

Signs and Symptoms of *Vataj Pratishyaya* or Allergic Rhinitis include a runny or stuffy nose, sneezing, red, itchy, and watery eyes, and swelling around the eyes.¹ The fluid from the nose is usually clear.² Symptom onset is often within minutes following exposure and they can affect sleep, the ability to work, and the ability to concentrate at school.² Those whose symptoms are due to pollen typically develop symptoms during specific times of the year.³ Many people with allergic rhinitis also have asthma, allergic conjunctivitis, or atopic dermatitis.

Allergic rhinitis is typically triggered by environmental allergens such as pollen, pet hair, dust, or mold.³ Inherited genetics and environmental exposures contribute to the development of allergies.³ Growing up on a farm and having multiple siblings decreases the risk.² The underlying mechanism involves Ig E antibodies attaching to the allergen and causing the release of inflammatory chemicals such as histamine from mast cells.⁴ The symptoms of allergies resemble those of the common cold; however, they often last for more than two weeks and typically do not include a fever.³

Exposure to animals in early life might reduce the risk of developing allergies to them later.³ A number of medications may improve symptoms including nasal steroids, antihistamines such as diphenhydramine, cromolyn sodium, and leukotriene receptor antagonists such as montelukast.⁵ Medications are, however, not sufficient or

are associated with side effects in many people.² Exposing people to larger and larger amounts of allergen, known as allergen, Immunotherapy, is often effective.⁶ The allergen may be given as injections just under the skin or as a tablet under the tongue.⁶ Treatment typically lasts three to five years after which benefits may be prolonged.⁶

Allergic rhinitis is the type of allergy that affects the greatest number of people.⁸ In Western countries, between 10–30% of people are affected in a given year.⁷ It is most common between the ages of twenty and forty. The first accurate description of Allergic Rhinitis is from the 10th century physician Rhazes.⁹ Pollen was identified as the cause in 1859 by Charles Blackley.¹⁰ In 1906, the mechanism was determined by Clemens von Pirquet.⁸ The link with hay came about due to an early (and incorrect) theory that the symptoms were brought about by the smell of new hay.

2. Review of Ayurvedic Literature

In *Charak Samhita* Acharya Charak has described the disease *Pratishyaya* in the chapter of *Trimarmeeya Chikitsa in Chikitsa Sthana*.

In *Sushrat Samhita* Acharya Sushruta has mentioned the disease *Pratishyaya* in *Uttar Tantra*. He has elaborately described *Pratishyaya* with its classification, symptomatology, complications and management.

Astanga hridaya has also mentioned described *Pratishyaya*, its symptoms and line of treatment is in accordance with *Charaka* and *Sushrata Samitha*. *Madhava Nidana* has described *Pratishyaya* under the heading of *Nasarog Adhikara*. *Sharangdhara Samhita* has mentioned *Pratishyaya* in *Purva Khanda* and in *Bhava Prakash Pratishyaya* is mentioned in *Uttara Khanda* under chapter *Nasarog Adhikara*.

3. Review of Previous Work Done on Vataj Pratishyaya (Allergic Rhinitis)

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- j) Jitka Pokladnikova, Stefan Russmann, Drug Safety, May 2016, Volume 39, Issue 5, Page 455–464.
- k) Giraudi, M.; Romano, F.; Aimetti, M. Source: Clinical Anti-Inflammatory & Anti-Allergy Drugs, Volume 2, Number 1, April 2015, pp. 27-37.

4. Symptoms

Common symptoms of *Vataj Pratishyaya* (allergic rhinitis) include:

- Sneezing
- Running nose
- Stuffy nose
- An itchy nose
- Coughing
- Sore or scratchy throat
- Itchy eyes
- Watery eyes
- Dark circles under the eyes
- Frequent headaches
- Eczema-type symptoms, such as having extremely dry, itchy skin that can blister
- Hives
- Excessive fatigue

5. Diagnosis

Skin prick test is one of the most common test done in allergic rhinitis. A blood test or radioallergosorbent test (RAST), is also done to measure the amount of

immunoglobulin E antibodies to particular allergens in your blood, for detecting allergic rhinitis. Also Hb%, TLC, DLC, ESR, AEC are some of the investigation which help to diagnose Allergic Rhinitis.

6. Treatment

Allergic rhinitis can be treated in many ways in Ayurveda with significant results. Some of the common drug prescribed in *Vataj Pratishyaya* are *Hridrakhand Churna* which is given mostly with a glass of cow's milk along with immunity boosters like *Guduchi*, *Tulsi Sawaras* are very helpful in curing *Vataj Pratishyaya*. Ayurvedic Kriya Kalpa Procedures like *Dhoompana* and *Nasya* are very effective in treating *Vataj Pratishyaya*.

Some of the common allopathic medications given in allergic rhinitis are anti-histamines, Decongestants, ear drops and nasal sprays can help relieve itchiness and other allergy related symptoms for a short time. Immunotherapy, sublingual immunotherapy (SLIT) which involves placing a tablet containing several allergens under your tongue, it's found effective against the allergies caused due to dust, pollen grains, cat dander and grass.

7. Conclusion

Allergic rhinitis is one of the fast growing disease of modern world. The number of people suffering from the allergic rhinitis is increasing due to stressful life style and busy schedule, early recognition and management of allergic rhinitis which include immunotherapy and pharmacological treatment helps in preventing serious complication of the disease.

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