

Role of Ayurvedic Treatment in the Management of Kaphaj Pratishyaya - A Case Study

Dr. Madhuri Prakash Zadpe¹, Dr. Kajal Firke²

¹Pg Scholar, Dept of M.S (Shalakyatantra S.M.B.T Ayurved College and Hospital, Dhamangaon, Nashik

²Guide, Associate Professor Dept of Shalakyatantra Dept S.M.B.T Ayurved College and Hospital, Dhamangaon, Nashik

ABSTRACT

Nose is considered as the gateway of head according to Ayurveda¹ and medicine instilled through the nose provides strength to the structures above neck. Nose being exposed more to the external environment gives rise to various infectious and allergic manifestations. In present era, global warming, industrialization and urbanization had paved the way to various health issues and Pratishyaya being common among them. Increased pollution, exposure to dust and smoke, seasonal changes, exposure to allergens, changing lifestyle, improper food habits are the causes of Pratishyaya. Pratishyaya has been considered as a separate clinical condition in Uttar Tantra of Sushruta Samhita.² Improper management or negligence can lead to lots of complications like Badhirya, Andhata, Gandhanasha, Kasa etc.³ A patient of age 32 yrs female visited OPD with symptoms Kshavathu, shiroguruta, Nasasrava, Ubhaya Nasavarodh, Nasa Twak shof, Gandhavikruti Angamarda since 4 days. After thorough examination Hetu of Pratishyaya are observed. Ayurved medicines also play important role in treating Pratisyaya in short time with cutting its root causes in effective way. At Nasastane, Nasasrava is the mala of mansa dhatu⁴. So chikitsa given with Nidan parivarjana, Agni chikitsa, Kriyakalpa and Aushadi Chikitsa, Pathya-pathya and Apunarbhava Rasayana chikitsa.⁵

Keywords: Pratishyaya, Nidan Parivarjana, Agni chikitsa, pathya-pathya, Aushadi chikitsa, Apunarbhav chikitsa

INTRODUCTION

Etymology: Prati + Shyeng + Gatav = Pratishyaya

The word Pratishyaya is derived from “Shyeng” Dhatu which refers to move, when this Dhatu is prefixed by “Prati” and suffixed by “Gatav”, the word Pratishyaya is form¹⁷.

Definition: The word Pratishyaya is derived from two words – “prati” and “shyaya”.

Prati – against the direction i.e Abhimukha Shyaya – moving or flowing

वातं प्रति अभिमुखं श्यायो गमनं ।

कफादीनां यत्र स प्रतिश्यायः । मधुकोश माधव निदान

चयं गता मूर्धनि मारुतादयः पृथक् समस्ताश्च तथैव शोणितम्

। प्रकुप्यमाणा विविधैः प्रकोपणैस्ततः प्रतिश्यायकरा भवन्ति

हि ॥ 2. सुश्रुत, सुश्रुतसंहिता उत्तरतंत्र अ. २४

Dalhan commentary on Sushrut Samhita mentioned the disease in which Kaphadi doshas moves against the direction of vata dosha is called as Pratishyaya.¹⁸

Pratishyaya is described since Samhita kala in Brihatrayee as well as Laghutrayee. It is described as a premonitory symptom/ Purvarupa of Tuberculosis/Rajyakshma⁶ and as a symptom of Vega-vidharanaj,⁷ Kshayaja⁸ and Vishamasanaja Yakshma.⁹ In Sushruta Samhita, it is given in more detailed as a separate chapter.¹⁰ The human body is continuously under the influence of environmental stresses as pollution, chemicals, pesticides, smoke, modified food habits, over eating, cold drinks, ice cream etc., which gives rise to respiratory tract disease. These factors lower the immunity of nasal mucosal membrane leading to various diseases. Among these diseases, Pratishyaya is a very common one.

कफः कफकृते प्राणाच्छुक्लः शीतः

स्रवेन्मुहुः । शुक्लावभासः शूनाक्षो भवेद्गुरुशिरोमुखः ।

शिरोगलोष्ठतालूनां कण्डूयनमतीव च । सु. उ. तं 24/9-10

There are 5 types of Pratishyaya (viz. Vataja, Pittaja, Kaphaja, Raktaja and Sannipataja).¹¹ Kaphaj Pratishyaya is a one stage of Pratishyaya¹² and Due to the influence of etiological factors, Kapha along with vata undergoes accumulation in the head region either individually or in combined state.¹³ Further these Doshas get aggravated and move along with Vata Dosha and manifests Pratishyaya. Kaphaj Pratishyaya with excess Dosha Dushti (vitiation).¹⁴ It exhibits clinical features like Praklidha nasa (nasal discharge), Punaha Parishushya Nasa (alternating dryness of nasal cavity), Muha Anaha (nasal congestion sometimes), Muha Vivreeyate (clearance of nasal mucosa sometimes), Uchwasa Durganda (foul smelling breath) and Gandham na Veti (anosmia or hyposmia).¹⁵ If Kaphaj Pratishya is left untreated it leads to complications like Bhadirya (deafness), Andhata (blindness), Nayanamaya (ocular pain), Agrhana (anosmia), Kasa (bronchitis) and Agnisaaada (reduced appetite).¹⁶ Chronic Rhino-sinusitis (CSR) having similar symptoms as Kaphaj Pratishyaya affects 5-15% of the urban population. It is characterized by inflammatory mucosal thickening in paranasal sinuses and nasal mucosa. Inflammation involves accumulation of activated eosinophils in sinus mucosa and submucosa. CSR presents with symptoms like nasal congestion (obstruction), mucoid watery nasal discharge, facial pain/pressure and tenderness, post nasal drip, headache, anosmia or hyposmia and fatigue. It can occur with or without nasal polyps. Treatment involves use of oral corticosteroids, steroidal sprays, decongestants and antihistamines. The data on the adverse effects associated with short courses of oral corticosteroids indicate that there may be an increase in insomnia and gastrointestinal disturbances. Steroidal sprays have reportedly caused local burning sensation, dryness, crusting and occasional hypersensitive reactions. Hence Ayurveda treatment by Shamanoushadhis and Shodhana karmas for Kaphaj Pratishyaya needs to be evaluated. So in this particular case Shamanoushadhis like Arogyavardhini vati, Mahalaxmivilas Ras+Amruta satva, Trutiya Guggulu +Vara guggulu, Apamarg kshar jal nasya. In this study we discussed about successful treatment, Nidan parivarjana, Pathya-apathya ..etc.

कफज प्रतिश्याय चिकित्सा=

भूयिष्ठं

प्रतिश्यायनिमित्तजाः।

तस्मात्

व्याधयः सर्वे

रोगः प्रतिश्यायः

पूर्वमेवोपदिश्यते चक्र. च. चि. 26

/104

कफजे सर्पिषा स्निग्धं तिलमाषविपक्वया ।

यवाग्वा वामयैवान्तः कफघ्नं क्रममाचरेत् ।

उभे बले बृहत्याच विडङ्गं सन्निकण्टकम् ॥

श्वेतामूलं सदाभद्रां वर्षाभू चात्र संहरेत् ।

तैलमेभिर्विपक्वं तु नस्यमस्योपकल्पयेत् ॥

सरलाकिणिहीदारुनिकुम्भेङ्गुदिभिः कृताः ।

वर्तयश्चोपयोज्याः स्युर्धूमपानेयथाविधि ॥

सु. उ. तं.24\30-33

MATERIALS AND METHODS

A CASE REPORT

Mrs. ABC, is a 32-year-old married female came our OPD. She is currently working as a manager in a plastic molding company. She has completed her first visit was on 20th August 2024.

The patient complains of kshwavathu with nasasrava, especially in the early morning. She experiences Nasasrava (nasal discharge) with slightly sticky, watery mucus. There is Ubhaya Nasavarodh, leading to difficulty in breathing. She also suffers from Shirogurutwa (frontal headache) and Angamard (body ache). She feels mildly jwara (feverish). All these symptoms have been present for the past four days.

VAIYAKTIK VRUTTANATA:-

Kulaj itihās:- Father-H/O-Piles & Mother –no any Disease

VYAVASAYA VRUTTANTA:-

Patients is manager at plastic molding factory since 6-7 yrs

Duration of work:- 8-9 hrs.

Nature of work:- clerical and supervision at plastic items packaging.

SAMANYA PARIKSHAN:-

- BP: 120/80

- PULSE: 92/Min
- Temperature: 99.4 F
- Respiratory Rate: 22/min
- Heart Rate:-92/min

NASA PARIKSHAN:-

- Mild to Moderate DNS to left side nostril
- Mild mass growth in right side nostril

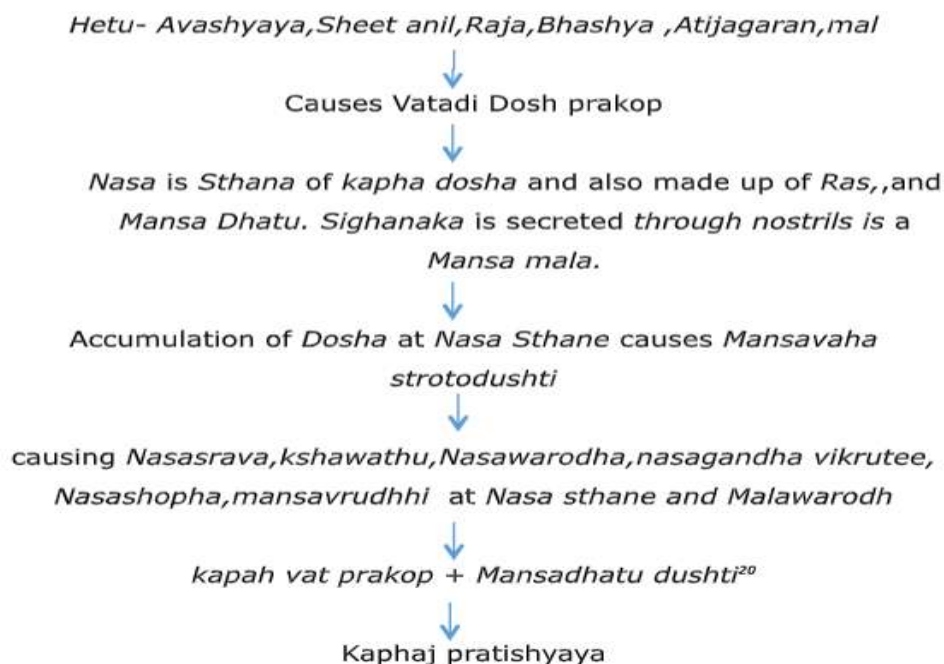
Nasa –

- **Outer :-**Alpa Raktavarnee , Dusparsha (painful on touch)
- **Inner-**Anta-twak- Raktavarni, shoth, Mansavruddhi (obstruction of ostium no space to breath through nostrils), Nasasrava seen
- Gandhdnyana – Gandhan n veti
- Nadi:-Ushna Sparshi-Vegvati-Madhyam
- Mala:- Malawarodh
- Mutra:- Samyak
- Jivha:- Sam
- Sparsha:- Ushna sparsha
- Prakruti- Pittapradhan vata
- Vikruti- Tridoshaj
- Sara- Madhyam
- Samhanan- Madyam praman
- satmaya-Sarvaras
- Satva-madhyam
- Ahar shakti-Madhyam
- Vyayam Shakti-Alpa
- Vaya-Tarun

SROTASA PARIKSHANA

- Pranavah srotas:-Atibaddham
- Annavaha srotas:-Aruchee
- Rasavaha srotas:-Angamarda,Jwar,Aruchee
- Mansavaha srotas:-Adhimansa
- Purishvaha srotas :-Malabaddhata /Grathit malapravrutti

SAMPRAPTI¹⁹



SAMPRAPTI GHATAKA

- Dosh:kapha and vatadi dosha
- Dushya:-Mansa
- Agni:-Mand
- Ama:-Samata
- Srotas:Pranavaha,Annavaha,Rasavaha,Mansavaha ,Purishvaha
- Srotodushti prakar:-Atipravrutti
- Udbhava sthana:-Nasa
- Vyakti sthana:-Nasa
- Adhisthan:-Nasa

TREATMENT COURSE (CHIKITSA)

Date: 14/8/2024

- 1.Arogyavardhini 250 mg 1 Vyanodane
 - 2.Mahalaxmivilas ras 10 tabs+ Amruta Satva 10gm=mishran(10 sachets) Vyanodane
 - 3.Trutiyak Guggal (Mansapachak) 250 mg + Vara Guggal 250 mg=misharan Vyanodane
 - 4.Apamarg Kshar Jal Nasya 1 drop warm twice a day
- For 5 days

सुश्रुत, सुश्रुतसंहिता चिकित्सा 40 / 21 औषधमीषथसिद्धो
वा स्नेहो नासिकाभ्यां दीयत इति नस्यम् ।

4. अष्टांग हृदयम् सूत्रस्थान,
20/1 ऊर्ध्व जत्रु-विकारेषु
विशेषान् नस्यम् इष्यते । नासा हि शिरसो द्वारं तेन तद् व्याप्य
हन्ति तान् ॥

FOLLOW UPS

On the first follow-up visit dated 20/08/2024, the patient was prescribed the following treatment:

1. Arogyavardhini 250 mg, 1 tablet to be taken twice daily.
2. Gandhak Rasayana 250 mg, 2 tablets to be taken twice daily.
3. Mahalaxmivilas Ras (10 tablets) + Amruta Satva 10 gm, mixed together to form 10 sachets; 1 sachet to be taken twice daily.
4. Trutiyak Guggal (MansapachaK 250 mg + Vara Guggal 250 mg, mixed together; 1 tablet to be taken twice daily.
5. Apamarg Kshar Jal Nasya — 1 drop of the warm solution to be instilled in each nostril twice a day for 5 days.

Follow-up 2nd Visit

Date: 25/08/2024

The patient reported an 80% improvement in the symptoms. The same medications were continued for the next 5 days.

Nasal Examination:

The nasal colour was pinkish with slight redness, and mild swelling was observed. Both nasal ostia were slightly open, allowing for some breathing, but an obstructive nasal sound was still present.

Follow-up 3rd Visit

Date: 30/08/2024

The patient reported complete (100%) relief from all symptoms.

Nasal Examination:

The nasal colour was pinkish with no swelling. Both nasal ostia were fully open, and the patient could breathe easily.

Apunarbhava Chikitsa (Relapse Prevention Treatment):

Agasti Haritaki 1 teaspoon, to be taken twice daily for 30 days .

DISCUSSION

Kaphaj Pratishyaya refers to chronic or long-lasting rhinitis, which is an inflammation of the nasal mucosa. It is characterized by persistent symptoms like Nasashoph, Kshawathu, Nasasrava, and other associated symptoms such as Shirogurutwa, Jwar, Gandhdnyanam n vetti. This condition is often linked with an imbalance in the doshas, primarily Kapha (which governs mucus production) and Vata (which governs dryness and air circulation in the body).²¹

In Ayurvedic terms, Kaphaj Pratishyaya occurs due to the vitiation of the three doshas (Tridosha imbalance), which leads to the accumulation of Kapha in the nasal passages. As Nasa is a sthana of Kapha²². Kapha at nasa stane is characterised by Snigdha and Picchila²³. Inner side of Nasa which is known as Nasaputa is made up of Ras, Rakta & Mansa dhatu²⁴. Mansadhatwagnimandya results in Nasasrava (excess production of Nasamala which also known as Singhanak), Nasagat Mansavruddhi (obstruction of the nasal passages), and Nasavarodh (difficulty in breathing) . Malavastambha causing vitiation of Vata dosha, making the condition more complicated.

The following are some factors considered while treating patient.

1.Mahalaxmivilas ras gives strength to Piccha Twacha and Rasavahinya at Nasasthan. It also has Tridoshar, Sophaghna, Jantughna and Agnimandyahar properties²⁵.

2.Arogyavardhini acts as Jwaraghna, Deepan, Pachan, Malashodhani²⁶.

3.Trutiyak Guggal is a Mansapachak. Trutiyak yog is Tikta Raspradhan yog which is Useful to increase in Mansa dhatwagni by its Deepan guna. Also by Lekhan guna decrease production of Nasamala Singhanak ie. Nasasrava and absorbs excess Mansa dhatu i.e. Adhimansa²⁷

4.Vara Guggal has Shophahar,Vatanulomak properties. Also maintain Akash Mahabhut in Pruthwi-AAp mahabhut Pradhan dhatu.²⁸

5.Apamarga Kshar Jal Nasya for lekhan karma. Adhimansa is vikruti in Mansa dhatu at Nasasthan. Charak Samhita suggested kshar karma in Mansa Pradoshaj vyadhi.

Etiology and Causes:

- Atibhashya-excess talk
- Raja ie. Prolonged exposure to allergens (dust, pollen, smoke)
- Awashyaya -cold and humid air
- Mandagni- Poor digestive fire, leading to the accumulation of Ama.
- Atisheetopachar-Household work in cold water
- Diet-curd, Coldrinks, ice-creams trigger Kshawathu(sneezing)

CONCLUSION

With proper treatment protocol and some mentioned ayurvedic medicines, Pratishyaya can be treated very effectively. This treatment also helps in decreasing allergic conditions. One of the important things in ayurved treatment is that, it has no adverse effect if treated properly. So, with this case study it's clear that, in Pratishyaya Nidan parivarjan, Agni chikitsa, Kriyakalpa & Aushadhi Chikitsa, pathya-apathya gives better results.

REFERENCES

- [1]. Dr. Anna Moreshwar Kunte Editor(s),(2022 ed.).Ashtang Hrudayam Of Vagbhata, Sutra Sthana; Nasyavidhiyam Adhyaya: Chapter 20, Verse1. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.287.
- [2]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 14-15. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.652
- [3]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 14-15. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.652
- [4]. Dr. Anna Moreshwar Kunte Editor(s), (2022 ed.). Ashtang Hrudayam Of Vagbhata, Sharira Sthana; Angavibhgam Shariram Adhyaya: Chapter 3, Verse 63. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.399.
- [5]. Dr. Anna Moreshwar Kunte Editor(s), (2022 ed.). Ashtang Hrudayam Of Vagbhata, Uttarsthanam; Nasarog Pratishedham Adhyaya: Chapter 20, Verse15. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.842.
- [6]. Vd.Yadavaji Trikamaji Acharya Editor(s), (2022 ed.). Charaka Samhita Of Agnivesh,Nidan Sthana; Shosh Nidanam Adhyaya: Chaper 6, Verse 13, Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.221.
- [7]. Vd.Yadavaji Trikamaji Acharya Editor(s), (2022 ed.). Charaka Samhita Of Agnivesh,Nidan Sthana; Shosh Nidanam Adhyaya: Chaper 6, Verse 13, Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.220.
- [8]. Vd.Yadavaji Trikamaji Acharya Editor(s), (2022 ed.). Charaka Samhita Of Agnivesh,Nidan Sthana; Shosh Nidanam Adhyaya: Chaper 6, Verse 13, Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.220.
- [9]. Vd.Yadavaji Trikamaji Acharya Editor(s), (2022 ed.). Charaka Samhita Of Agnivesh,Nidan Sthana; Shosh Nidanam Adhyaya: Chaper 6, Verse 13, Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.221.

- [10]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantram; Pratishyaya Pratishedham: Chapter24, Verse 14-15. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.652.
- [11]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantram; Nasagat Rog Vidnyaneeyam Adhyaya: Chapter 22, Verse 5. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.648.
- [12]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 16. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.652.
- [13]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 4. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.651.
- [14]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 16. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.652.
- [15]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 14-15. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.652.
- [16]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 17. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.652.
- [17]. Amarsimha, Amarkosh, (2012 ed.) With The Ramashrami(Vyakhyasudha)Commenatary , Varanasi:Chaukhamba Sankrit Pratishthan-Varanasi; Dwitiya Kand 2-6/51;p.282.
- [18]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter24, Verse 1. Dalhan Tika; Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.651.
- [19]. Narayan Ram Acharya Editor(s), (2018 ed.). Sushrut Samhita Of Sushruta, Uttartantra; Pratishyaya Pratishedham: Chapter 24, Verse 4. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2018;p.651.
- [20]. Vd.Yadavaji Trikamaji Acharya Editor(s), (2022 ed.). Charaka Samhita Of Agnivesh, Sutra Sthana; Vividhashitpeeteeya Adhyaya: Chaper 28, Verse 14, Varanasi:Chaukhamba Surbharati Prakashan-Varanasi,2022;p.179.
- [21]. Vd.Yadavaji Trikamaji Acharya Editor(s), (2022 ed.). Charaka Samhita Of Agnivesh, Chikitsa Sthana; Trimarmiya Chikitsa Adhyaya: Chapter 26, Verse 110, Varanasi:Chaukhamba Surbharati Prakashan-Varanasi,2022;p.604.
- [22]. Dr. Anna Moreswar Kunte Editor(s), (2022 ed.). Ashtang Hrudayam Of Vagbhata, Sutra Sthana; Dosha Bhediya Adhyaya: Chapter 12, Verse 3. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.192.
- [23]. Dr. Anna Moreswar Kunte Editor(s),(2022 ed.).Ashtang Hrudayam Of Vagbhata, Sutra Sthana; Dosh Bhediya Adhyaya: Chapter 20, Verse15. Varanasi;Chaukhamba Surbharati Prakashan-Varanasi,2022;p.194.
- [24]. Vd.Ramesh Padmavar Editor(s), (2003 ed.). Shalaky Tantra,Karna-Nasa-Shirorog; Nagpur: Shree Baidyanath Ayurved Private Limied-Nagpur,2003.p.68.
- [25]. Vd.Gangadhar Gopal Gune Editor(s),(2011 ed.) Ayurvediya Aushadhi Gunadharmashastra; Pune:Hari Parshuram Aushadi Aushadhalaya-Pune;2011,p.434.
- [26]. Vd.Gangadhar Gopal Gune Editor(s),(2011 ed.) Ayurvediya Aushadhi Gunadharmashastra; Pune:Hari Parshuram Aushadi Aushadhalaya-Pune;2011,p.209.
- [27]. Sudhakar Haladavnekar.Panchbhautik chikitsa Paddhati Madhil 20 Pramukh Aushadhi kalp(Marathi) (2013 1ed.) sangali:Vaidyaraj Datar Panchabhautik Chikitsa Va Samshodhan Kendra,Sangali;2013.p.61.
- [28]. Sudhakar Haladavnekar.Panchbhautik chikitsa Paddhati Madhil 20 Pramukh Aushadhi kalp(Marathi) (2013 1ed.) sangali:Vaidyaraj Datar Panchabhautik Chikitsa Va Samshodhan Kendra,Sangali;2013.p.37.
- [29]. Vd.Yadavaji Trikamaji Acharya Editor(s), (2022 ed.). Charaka Samhita Of Agnivesh, Sutra Sthana; Vividhashitapeeteeya Chikitsa Adhyaya: Chapter 26, Verse 26, Varanasi:Chaukhamba Surbharati Prakashan-Varanasi,2022;p.180.