



Review Article

A CONCEPTUAL REVIEW OF ALLERGIC RHINITIS ACCORDING TO AYURVEDA

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Article info

Article History:

Received: 13-03-2024

Accepted: 10-04-2024

Published: 04-05-2024

KEYWORDS:

Sannipatik, Dosh, Pratishtaya, Allergic Rhinitis, Ayurveda.

ABSTRACT

The study focuses on the global health concern of allergic rhinitis, a condition that affects approximately 400 million people worldwide. The prevalence of allergic rhinitis characterized by recurrent attacks of sneezing, nasal congestion and rhinorrhoea has increased over the years due to urbanization and environmental pollution. Although modern medicine has developed treatments for allergic rhinitis, it is still incurable. In Ayurveda, there is a concept of Sannipatik disorders, which involves the vitiation of all the three Doshas (Vata, Pitta, and Kapha) in the pathophysiology of the disease. Sannipatik diseases are known to be particularly challenging to treat. The symptoms of allergic rhinitis closely resemble the diseased condition called Sannipatik Pratishtaya in Ayurveda. While modern medicine offers anti-allergic, antihistaminic, corticosteroids, and other treatment options, these are not entirely effective in curing the disease or preventing its recurrence. Additionally, these treatments often come with their own side effects. In contrast, Ayurvedic classical texts provide detailed explanation of the pathophysiology, sign and symptoms and principles of treatment for effective management for Sannipatik Pratishtaya. Thus, the Ayurvedic concept of Sannipatik Pratishtaya and its understanding can be helpful in managing allergic rhinitis. **Aim:** The aim of the article is to correlate symptomatology of Sannipatik Pratishtaya with allergic rhinitis and discuss the role of various treatment modalities according to Ayurveda. **Methods:** Literary review of various Ayurvedic texts, electronic databases; online Journals in the field available at various search portals. **Result:** The final outcome of the study is to find out a permanent treatment measure for this problem that can be further tested by practical application.

INTRODUCTION

Pratishtaya is one of the Nasagata Roga described by Acharya Sushruta in Uttara Tantra, in a separate chapter Pratishtaya Pratishedha Adhyaya which denotes its importance. Acharya Charak and Vagbhatta also first mentioned Pratishtaya amongst all the Nasagata Roga. It is classified into 5 types- Vataja, Pittaj, Kaphaj, Raktaj and Sannipataj<sup>[1]</sup>. It has been described in classical texts that if the Pratishtaya not treated properly then it will lead to its complicated condition i.e., Dushta Pratishtaya<sup>[2]</sup>.

This article presents conceptual study of Sannipatik Pratishtaya and is a compilation of various Ayurvedic treatment modalities according to Ayurveda.

AIMS AND OBJECTIVE

- a) To conduct a detailed literature review on Pratishtaya.
- b) To conduct the conceptual study of Sannipatik Pratishtaya with respect to allergic rhinitis.
- c) To study the principles of management and various treatment modalities for Sannipatik Pratishtaya in Ayurveda.

MATERIAL AND METHODS

The researchers conducted an extensive literary review of various Ayurvedic texts, including Sushruta Samhita, Astanga Sangrah, Astanga Hridaya, Kashyapa Samhita, Chakraditta, Sharangadhara Samhita, and Yogratnakar. The purpose of this review was to compare specific Doshik Pratishtaya with the modern counterpart, allergic rhinitis. The aim was to

Access this article online	
Quick Response Code	<a href="https://doi.org/10.47070/ijapr.v12i4.3187">https://doi.org/10.47070/ijapr.v12i4.3187</a>
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establish a correlation between *Sannipatika Pratishyaya* and allergic rhinitis, allowing for a comprehensive comparison and also the aim is to find out the effective treatment modalities for the same.

### Disease Review

*Pratishyaya* is a type of *Nasagata Roga*, which was first described by *Acharya Charaka* and later detailed by *Acharya Sushruta* in a separate chapter. *Pratishyaya* is also discussed in *Laghutrayi*.

### Types of *Pratishyaya*

There are five types of *Pratishyaya* based on the predominant *Doshas*: *Vataj*, *Pittaj*, *Kaphaj*, *Raktaja* and *Sannipataj*<sup>[3]</sup>. *Acharya Charak* and *Kashyap* consider it to be of four types- *Vataj*, *Pittaj*, *Kaphaj* and *Sannipataj*<sup>[4]</sup>.

### Etiology and Pathogenesis of *Pratishyaya*

*Acharya Sushruta* described two types of etiology for *Pratishyaya*.

The immediate causes include indulgence in women, head injuries, irritation from dust and smoke, excessive exposure to hot or cold, and suppression of urges. *Acharya Charak* adds that indigestion, excessive speech, excessive weeping, anger, excessive sleep, and nocturnal awakening can aggravate *Doshas*, leading to rhinitis<sup>[5]</sup>.

The delayed causes involve *Vata Prakop*, where *Vayu*, along with other *Dosha*, accumulates and is aggravated by various factors, leading to the manifestation of *Pratishyaya*.

In *Kashyap Samhita*, additional etiological factors include the constant use of heavy, sweet, cold, and dry substances; bathing daily after a heavy meal; drinking cold water; drinking too much water after eating; sleeping in a lateral position or with a covered face; and having weak digestive power and consuming incompatible diets. The vitiation of *Vata* and *Kapha Doshas* in the upper body leads to *Pratishyaya*<sup>[6]</sup>.

In summary, according to *Acharya Sushruta* and *Vagbhatt*, all *Doshas* are vitiated, but *Vayu* predominates, while *Acharya Kashyap* suggests that *Vayu* and *Kapha Doshas* are the chief causes of the disease. So, it can be considered as *Sannipatik* disease from the very beginning as irritation is due to *Vata Dosh*, congestion is due to *Pitta Dosh* and excessive secretion is due to *Kapha Dosh*.

### *Vataja Pratishyaya*

**Symptoms:** *Vataja Pratishyaya* is a type of rhinitis that is characterized by fullness of nose, foreign body sensation, rhinorrhoea, dryness in throat, palate and lips, temporal headache, hoarseness of voice<sup>[7]</sup>. According to *Acharya Charak* along with these symptoms, there is excessive sneezing, pain and pricking sensation in nose (*Shastri et al*, *Chaturvedi et al*). According to Ayurveda, this type of rhinitis gets

relief from unctuous, hot, salty and acidic substances<sup>[7]</sup>.

### Treatment

- If *Vatik Pratishyaya* is associated with cough and hoarseness of voice, then the patient should be given Ghee (processed with *Panchlavan* or *Vatashamak* drugs) to drink along with alkali preparation. Meat soup, unctuous type of smoke should also be given for inhalation.
- If it is associated with sneezing hot fomentation should be given after oleation.
- If there is dryness or atrophic changes in channels then oleation therapy should be given in the form of *Nasya* with *Anu tail* for the nourishment of *Sringatak Marma* and after that, the patient should be given enema with decoction of medicine for the elimination of *Doshas*.

For *Pratishyaya* of acute onset curd along with *Maricha* powder and jaggery can be used to cure *Pratishyaya* by the digestion of *Kapha Dosh*<sup>[8]</sup>.

### *Pittaj Pratishyaya*

**Symptoms:** It is characterized by hot yellow discharge from nose, anaemia, fever and dyspepsia, exhalation of hot air from nose<sup>[9]</sup>, inflammation of tip of nose<sup>[10]</sup>, fast thickening of nasal mucus discharge<sup>[11]</sup>.

### Treatment

- According to Ayurveda, *Paittik Pratishyaya* can be treated with Ghee or milk boiled with *Sringver* for the digestion of *Doshas*.
- If there is suppuration and burning sensation in excess then cooling ointment and affusions should be applied<sup>[12]</sup>.

### *Kaphaj Pratishyaya*

**Symptoms:** It is characterized by white and cold discharge from nose, swelling of eyes, heaviness of head and face, itching in head, throat, palate and lips, anorexia, thick discharge, cough<sup>[13]</sup>.

### Treatment

- *Kaphaja* type of rhinitis is usually chronic in nature and gets relief from hot, pungent, astringent and dry substances<sup>[14]</sup>.
- *Kaphaja* type of rhinitis should be treated with *Langhana* (fasting therapy), emetic therapy after *Ghritpan*, smoke inhalation therapy, *Pradhamana Nasya* (powder of pungent drugs) should be used for insufflation.
- Medicated *Dhoompan* can also be used for *Kaphaj Pratishyaya*<sup>[15]</sup>.

### *Raktaja Pratishyaya*

**Symptoms:** *Raktaja Pratishyaya* is characterised by epistaxis, foul smell, anosmia, chest congestion, maggots in nose etc<sup>[16]</sup>. This type has not been described by *Acharya Charaka*.

## Treatment

This type of rhinitis can be treated by intake of ghee processed with sweet drugs, gargles with specific drugs and purgation therapy. If paste of *Amlaki* roasted in ghee is applied on forehead then bleeding from nose in *Rakataj Pratishyaya* would stop immediately [17].

### Sannipatik Pratishyaya

*Sannipatik Pratishyaya* is characterized by symptoms of all *Doshas* which increases in severity or subside without any reason [18]. It may or may not change to chronic rhinitis. Symptoms of all of the above *Doshaj Pratishyaya* along with excruciating pain and discomfort are manifested in rhinitis caused by *Sannipata* i.e., simultaneous aggravation of all the three *Doshas* [19].

According to *Acharya Kashyap* there is development of foul smell in all channels along with the worms due to all three *Doshas*. *Acharya Kashyap* also gives the general feature of *Pratishyaya* as heaviness in head, face and nose, loss of smell and feeling of tightness due to *Vata Dosha*, foul smell due to *Pitta Dosha*, non-clarity due to *Kapha Dosha* and excess moisture due to *Rakta Dosha* [20].

### Clinical Features of Sannipatik Pratishyaya

In *Pratishyaya* produced by all *Doshas* together, symptoms appear and disappear without any cause, signs may be of acute or chronic nature. Symptoms of all *Doshas* are produced in *Sannipatik Pratishyaya* and can be correlated with allergic rhinitis as elaborated in Table 1.

**Table 1: Conceptual correlation of Sannipatik Pratishyaya**

Allergic Rhinitis	Sannipatik Pratishyaya	Vitiation of Doshas
Nasal congestion	<i>Aanahadhipihita</i>	<i>Vata Dosha</i>
Rhinorrhoea	<i>Tanusrava</i>	<i>Vata Dosha</i>
Itching in nose, ear, eyes and palate	<i>Sirogalaushthtalunam kandu</i>	<i>Kapha Dosha</i>
Red and swollen eyes	<i>Shoonaksho</i>	<i>Kapha Dosha</i>
Conjunctival hyperemia	<i>Tamrakho</i>	<i>Rakta Dosha</i>
Yellow discharge in chronic cases	<i>Peetsrava</i>	<i>Pitta Dosha</i>

### Complications of Pratishyaya

*Acharya Kashyap* had described that in the condition of *Pratishyaya* patient consumes excessive hot, sharp, acidic and salty substances to overcome stiffness, anorexia and nausea. That's why *Pitta dosha* gets aggravated and causes fever, thirst, uneasiness, burning sensation inside the body, obnoxious smell and headache. The coryza having predominance of *Vata* and *Kapha* is often due to all the three *Doshas*. This decreases strength, digestive power, complexion and if neglected kills the person [21].

### Treatment of Sannipatik Pratishyaya

In *Sannipatik Pratishyaya* following treatment can be used for application-

- Ghee boiled with pungent and bitter drugs
- Smoke inhalation by strong pungent drugs
- Also, oil boiled with *Rasanjana*, *Ativisa*, *Musta* and *Bhadradaru* should be used as nasal drops.
- Mouth gargles can be used which can be made after boiling of water with drugs like *Musta*, *Tejovati*, *Patha*, *Katphal*, *Katuka*, *Vacha*, *Sarshapa*, *Pippalimula*, *Pippali*, *Saidhav*, *Agnik*, *Tutha*, *Karanja Bija*, and *Bhadradaru*. Also, oil processed with these drugs can be used for *Nasya* therapy [22].

According to *Acharya Vagbhatt*, the rhinitis caused by all the *Doshas* should be treated

- By consuming ghee,
- Nasal medication in the form of *Nasya* therapy,

- Mouth gargles prepared with drugs of pungent taste and penetrating actions [23].

In *Sannipatik Pratishyaya*, treatment should be according to the strength of *Doshas* [24].

### Allergic Rhinitis

Allergic rhinitis is defined clinically as having two or more symptoms of anterior or posterior rhinorrhea, sneezing, nasal blockage and itching of the nose during two or more consecutive days for more than one hour on most days. Prevalence of AR has increased with years due to several risk factors including global urbanization as shown by several studies comparing AR prevalence in urban settings with rural areas [25-27].

There are two clinical types of AR [28-31].

#### 1. Seasonal Allergic Rhinitis

#### 2. Perennial Allergic Rhinitis

##### Seasonal Allergic Rhinitis

In seasonal type, symptoms appear in a particular season especially when there is excessive pollen in the environment and causes hay fever. Symptoms appear in or around a particular season when the pollens of a particular plant, to which the patient is sensitive, are present in the air.

##### Perennial Allergic Rhinitis

Allergens which are present in all seasons cause symptoms throughout the year. Such type of allergens include- animal dander, moulds, house dust,

cosmetics and foods. Previously AR was subdivided, on the basis of time of exposure that is not entirely satisfactory. New classification of allergic rhinitis according to ARIA uses symptoms and quality of life and classified into intermittent or persistent on the basis of duration and mild or moderate or severe on the basis of severity of disease.

Cardinal symptoms of allergic rhinitis include- paroxysmal sneezing 10-20 sneezes at a time, nasal obstruction, watery nasal discharge and itching in nose, eyes, palate and ears. Symptoms of seasonal allergy are much severe and severity varies with the season.

### Treatment

Treatment of allergic rhinitis include, the prevention of Allergic Rhinitis by reducing allergen exposure, pharmacological treatment of Allergic Rhinitis including medicine like antihistamines, intranasal glucocorticosteroids, systemic glucocorticosteroids, Leukotriene Receptor Antagonists (LTRAS), sodium cromoglicate, decongestants, nasal irrigation immunotherapy for allergic rhinitis, surgical treatment.

According to classical Ayurvedic texts, *Sannipataj Pratishyaya* (Allergic Rhinitis) involves specific symptoms related to all the three *Doshas*. The pathogenesis of *Pratishyaya* involves the vitiation of *Vata Dosha* first, which then affects the location of *Kapha* in the upper respiratory region, leading to congestion of channels (*Srotas*) due to the *Pitta*. The classification of *Pratishyaya* in Ayurveda is sequential and progressive, meaning that one stage progresses to the next. Among the various manifestations, some of the features mentioned can be correlated with allergic rhinitis mainly the *Vataj Pratishyaya* and *Sannipataj Pratishyaya*. Whereas the *Vataj Pratishyaya* can be taken as the acute form of allergic rhinitis or the seasonal allergy and the *Sannipatik Pratishyaya* is the chronic form of the disease with repeated exacerbations due to ineffective management of *Vatik Pratishyaya* leading to chronic mucosal changes like thickening of mucosa and more thickened secretions. It can be then compared with perennial form of allergic rhinitis. According to *Acharya Kashyap* also, in the early stage there is vitiation of *Vata Dosha* leading to vasomotor rhinorrhoea characterized by running nose and irritation in the airways and later on there are inflammatory changes in the mucosa leading to congestion due to the *Pitta Dosha* and thereafter excess of secretions in the channels due to increased *Kapha* as the disease become chronic. So, ultimately the *Sannipataj Pratishyaya* occurs with pain and discomfort in the channels with foul smell and anosmia. This progression is justified by clinical symptomology and disease progression.

### CONCLUSION

Allergic rhinitis, a stubborn and difficult-to-treat disease, often requires a long duration of treatment. In Ayurveda also, *Sannipatik* diseases are difficult to treat and usually involves longer duration of treatment and the line of treatment varies according to the sign and symptoms. By adopting an integrated approach to the disease, applying appropriate treatment according to the stage of the disease and its sign and symptoms, effective management can be approached so as to prevent the progression of disease to last stage. As discussed above in detail, a better perspective on the outcome of allergic rhinitis can be achieved, leading to improved treatment approaches.

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**Cite this article as:**

Sarita Yadav, Alka, Sangeeta Gupta, Anupama Patra. A Conceptual Review of Allergic Rhinitis According to Ayurveda. International Journal of Ayurveda and Pharma Research. 2024;12(4):74-78.

<https://doi.org/10.47070/ijapr.v12i4.3187>

**Source of support: Nil, Conflict of interest: None Declared**

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