

An Ayurvedic Management of Allergic Rhinitis: Case Report

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Abstract

The frequent health complaints of pediatrics contributed by Respiratory system due to yet to develop the immunity and system proper, some of the complaints even continue after certain age due to family history or history of allergy Allergic Rhinitis most frequent complaint among to contribute, which is having the features like excess sneezing, Running nose, mild headache. It is correlated with Pratishyaya in Ayurveda and it is having very specific treatment for it here is an attempt is made to show the results of Ayurvedic treatment in Allergic Rhinitis.

Keywords: Allergic Rhinitis; Ayurveda; Pratishyaya.

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Introduction

Allergic rhinitis is a common chronic disease affecting 20-30% of children. Its recognition as a major chronic disease of children derives from its high prevalence, detrimental effect on quality of life and school performance and comorbidities.¹ Ayurved helps us to make a harmonical relationship with the nature. Human contains five sense organs and nasa is one of them and its object of perception is gandha. Any pathology related to its leads to hampering its perception to the particular object not only associated with it but also related to eye and ear.

Modern treatment modalities for allergic rhinitis management includes; oral histamines, anti-cholinergic agents, mast cells stabilizers and leukotriene receptor and corticosteroids. Although they provide symptomatic relief but leads to side

effects and remission rate among children is 10-23%.

Asatmyaindriyasamyoga (misuse of sensory and motor organs), prajnapradh (living against social and communal codes) and parimana (time and season) are the root cause of all types of disorders. In ayurved symptomatically AR can be correlated with Vataj Pratishyaya which is explained almost by all the acharyas under nasagatarogas. Its complete etiology, prodromal symptoms, diagnosis, prevention and curative aspect has been well explained. In present case, visiting Kaumarbhritya IPD of Shri BMK Ayurved Mahavidyalaya hospital, treated with chikitsa sutra mentioned in ayurved classics.

Case Detail

A male patient of age 11 yrs attended the

Kaumarbhritya OPD of Shri BMK Ayurved hospital on 1st September 2020 with complaints of running nose when exposed to wheater change and certain allergens since 2-3yrs.

According to patient's parent the child was apparently well 3 years before then he gradually started symptoms of kshavthu, anaddhanasa (nasal congestion), tanusravapravartana (thin nasal discharge) and pihitnasa (nasal itching). Mode of onset is episodic and usually is seasonal in periodicity (cold weather). The symptoms aggravates by atisheetambupana (intake of cold water) and relieves gradually and by having luke warm water. For these complaints he took allopathic medication but the relief was temporary. With these complaints he visited Kaumarbhritya OPD for further management.

History of past illness

Nothing contributory

Treatment history: In between period for two months on Anti histamine drugs

Astavidha Pareeksha

- Nadi - 78/min
- Shabda - Spastha
- Mala - Saama
- Sparsha - Prakruit
- Mutra - Prakrut
- Druk - Prakruit
- Jivha - Alipta
- Ajruti - Madhyam

Personal history

- Diet - mixed
- Sleep - Disturbed due to nasal congestion
- Micturation - 5-6 times/day
- Appetite - Adequate
- Bowel - Incomplete evacuation

Samprapti Ghatak

- Dosha - Vata and kapha
- Srotodusti - Sanga
- Dushaya - Rasa
- UdbhavaSthana - Aamashya
- Agni - Manda
- VyaktaSthana - Nasa
- Avastha - Aam
- Sanchayasthana - Nasa, gala

- Srotas - Pranvaha
- Rogamarga - Abhyantar
- VyadhiVinishchaya - VatajPratishya

Intervention

The patient was treated with:

- Mukhabhyanga with murchitatilaitaila.
- Followed by NadiSweda.
- Nasya with Anutaila 4 drops in each nostril.
- Gandusha with haridrakashaya.
- Dhoompana with haridrathoomvarti.

This treatment was continued for 7 days.

Results

1. Paroxysmal sneezing which was 10-15 sneeze/days was reduced to 1-2 sneeze/day
2. Nasal obstruction that was occasional and subsides with decongestants before treatment became occasional and subsides without decongestant.
3. Rhinorrhea that was having severe discharge with repeated moping reduced to occasional discharge.
4. Itching in nose that was severe reduced to moderate.
5. Absolute Eosinophil count was 1200 cells/mcl reduced to 740 cells/mcl after treatment course.

Discussion

Ayurveda treatment protocol not only cures the disease but also gives the precautionary habit to avoid occurrence of the disease. As per classics Nasa is considered only route to Shira (Nasa hi shirasodwaram). Nasya is one of treatment in which medication is induced through nostrils and the only karma which has been included in the daily regimen and also used in pratishya.

In present case Nasya was the main shodhanaprakriya as it can expek the deep seated doshas and can cure it from its roots. Anutaila due to its sukshmaguna, can penetrate the minute srotas of nasa. Tikta-katu rasa, laghu-tikshnaguna, ushanaveerya and katuvipaka allows it to remove the vitiated dosha and clears the srotas (channel of the body). It not only nourishes gandhaindiriya but also all the other indriyas² and thus prevent

the other complication like conjunctivitis and otitis media. It also act as immuno-modulator due to its balya and brihmhana properties.³ The immune modulation will reduce the inflammatory process in nasal cavity and sinuses.

Next treatment was dhoompana with haridradhoomvarti. Haridra (*Curcuma longa*) is a part of livelihood since ancient times and has anti-inflammatory, anti-histaminic and wound healing property. When give in the form of dhoompana it clears the channels and drain the excessive secretions and heal the wound caused by repeated itching. And gandusha by haridrakashya helps to maintain the strength of indriyas and their respective strengths⁴ as well as moisten the throat.

In the study both the drugs and procedures used have highly significant results in Nasasarava, itching, sneezing and nasal significant.

Conclusion

Allergic rhinitis is generally ignored disease and often treated by Non-medico workers. But it is important to note that undertreated Allergic rhinitis detract from the quality of life, aggravates asthma and enhances its progression. This calls for the early detection and complete treatment of the disease.

Staring with the ayurvedic treatment in early stages of AR can prevent its complication and cures earlier. Nasya, dhoompana, local abhyanga and gandusha is effective in rhinorrhea, snizzing, itching and nasal congestion. Anutaila and haridra are better in anti-inflammatory, anti-histaminic properties and builds the immunity of the patients and helps in coping with the disease. There is further scope of study to be conducted in larger group of patients.

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