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## Effect of Nidanparivarjan and “Anu Tail Nasya” in “Vataj Pratishtyaya”- a Case Study

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**Abstract:** ‘Vataj Pratishtyaya’ or ‘Allergic rhinitis’ is a common disease of modern era due to increased exposure to environmental pollution and unhealthy lifestyle. Allergic patients experience emotional burdens like feeling tired and miserable when their nasal allergies at their worst, limiting them from doing well at work. The prevalence of ‘Allergic rhinitis’ has increased during the past three decades. According to various international studies, it is now estimated that 20% of the general adult population and 40% of children have this condition. In Ayurveda a detailed description of ‘Pratishtyaya’ it's typing ‘Vataj Pratishtyaya’ is available which is said to be a condition of less complication and good prognosis.

In the present case study, a study carried out under designed protocol and the result of the case study was assessed in terms of the effect of ‘nidanparivarjan’ with ‘Anutail nasya’ in ‘Vataj Pratishtyaya’. The present study showed a highly significant reduction in the incidence and frequency of the symptoms of ‘Vataj Pratishtyaya’ with the application of ‘Anutail nasya’.

**Keywords:** Nidanparivarjan, Anutail, Vataj Pratishtyaya , Nasya.

### INTRODUCTION

A vataj pratishtyaya is mentioned as one of the variety among the six types of pratishtyayas. It is mentioned as sadhyavyadhi (curable). Acharya sushruta has given one separate chapter to pratishtyaya after explaining nasagatrogas (disease of the nose). This fact itself shows that pratishtyayashas been a major problem to the physician since long back pratishtyaya is a complex disease involving several symptoms and diverse pathogenesis. Vata is the main dosha and kapha, pitta and rakta are associated doshas. Improper management of pratishtyaya leads to a severe and completed condition with seasonal exacerbation depending on the allergic sensitivity.

### CASE REPORT

A 36 years old male working in PWD at site work came to OPD of government ayurved hospital, nagpur with complaints of kshavathu veg (sneezing), Nasastrava( nasal discharge), nasaavarodha(nasal obstruction), headache since 5 years mostly in the winter season.

### PAST HISTORY

Patient having No H/O HTN, DM, TB, and any surgical illness.

No H/O DNS (Deviated nasal septum)

No H/O Trauma or accidental injury

No, any significant family history

ASHTAVIDHA PARIKSHAN

Sr.No	Parikshan	Lakshan
1.	Nadi	78/min
2.	Mutra	Samyak
3.	Mala	Samyak
4.	Jivha	Niram
5.	Shabda	Spashtavakavumshruti
6.	Sparsha	Samshitoshna
7.	Druka	AraktaNetrata Present
8.	Akruti	Madhyam

PRANVAHA SHROTAS PARIKSHAN

NASA-	Pidanasahva -	No
	Congestion -	++
	Ushnasparsha-	+++
	Kantha-	vikruti nahi
	Kanthanadi-	vikruti nahi
	Urha-	vikruti nahi
	Fuffusodhwani-	vikruti nahi
	Hrudhaydhwani-	vikruti nahi

Before treatment	Complaints	Treatment \Advise
1 st day	Sneezing 90 to 100 times Bilateral nasal obstruction Rhinorrhea Headache	Anutail nasya 2ml-4ml (1ml contains 20 drops). Talisadi churna 5gm BD Adv.-Nasal mask at work site.
After treatment (7 days)	Sneezing 50 to 60 times Partial, frequently nasal Obstruction bilateral. Rhinorrhea with heavy running nose	Anutail nasya 2ml-4ml (1ml contains 20 drops). Talisadi churna 5gm BD Adv.-Nasal mask at work site.
After treatment (14th day)	Sneezing 30 to 40 times  Occasional partial nasal Obstruction bilateral. Rhinorrhea with moderate watery fluid	Anutail nasya 2ml-4ml (1ml contains 20 drops). Talisadi churna 5gm BD Adv.-Nasal mask at work site.
After treatment(21 st day)	Sneezing 20 to 25 times Nasal obstruction unilateral Rhinorrhea with mild watery Fluid. Mild headache	Anutail nasya 2ml-4ml (1ml contains 20 drops). Talisadi churna 5gm BD Adv.-Nasal mask at work site.
After treatment(28 th day)	No sneezing. No nasal obstruction. No headache.	Anutail nasya 2ml-4ml (1ml contains 20 drops). Talisadi churna 5gm BD Adv.-Nasal mask at work site.

OBSERVATION & RESULT

LAKSHAN	1 st Day	7 th Day	14 th Day	21Day	28 th Day
Sneezing	90 to 100 times in a day	50 to 60 times in a day	30 to 40 times in a day	20 to 25 times in a day	0 times in a day
Nasal obstruction	Bilateral nasal obstruction	Partial frequently bilateral nasal obstruction	Occasional partial bilateral nasal obstruction	Unilateral nasal obstruction	No nasal obstruction
Rhinorrhea	Rhinorrhea	Rhinorrhea Rhinorrhea with heavy running nose	Rhinorrhea With moderate watery fluid	Rhinorrhea with mild watery fluid	No Rhinorrhea
Headache	Headache	Moderate frequently headache	Occasional with low intensity headache	Mild headache	No headache

TREATMENT - Anutail Nasya 2ml-4ml (1ml contains 20 drops). Talisadi Churna 5gmBD

DISCUSSION&CONCLUSION

Vatajpratishyayas (Allergic rhinitis) is commonly seen respiratory disorder in all age, religion, and sex. It affects approximately 20% population. it presents with complaints like sneezing headache, running nose, tearing eyes, nasal congestion etc. It closely resembles a type of pratishyaya known as vatajpratishyaya. Inayurvedapratishyaya is a curable disease. If treated properly and timely, otherwise it may give rise to many serious complications. Through it is known from the ancient era and in spite of worldwide efforts to control this disease. Still, there is no definite solution for the problem. Only symptomatic treatment in modern medicine is available. This is also known for its recurrence and chronicity if treated from its root. Panchakarma is the best treatment for "Urdhvjatrugat". The quotation "Nasa hi shirshodwaram" itself explains its importance and it is the only karma which finds a place in dincharya . Nasya karma can expel the deep-seated doshas and can cure it of its root. In the present study anutailnasya for upshayanupshaya are selected for clinical study on vatajpratishyaya(allergic rhinitis).The patient was working in PWD at site work So He faced fine particles, smokes so I advised to him for nidhanparivarjan, cover the nose and mouth by nasal mask at site work.

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