



ROLE OF *SHADBINDU TAIL NASYA* IN *VATAJ PRATISHYAYA* –A
CASE REPORT

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ABSTRACT

Urbanization as boon to society has also brought world closer to the various diseases. The changed lifestyle, poor eating habits have lowered the immunity. Of all diseases emerging, allergic diseases have also raised in which allergic rhinitis is most common. The changed climatic and mental conditions also manifest the symptoms. Amongst the allergic disease the allergic rhinitis is most common which causes disturbance in breathing causing trouble for day to day work. The clinical signs and symptoms of allergic rhinitis are similar to *Vataj pratishyaya* in *Ayurveda*. Various regimens have been mentioned in classics for its management of which *Nasya Karma* has been praised as foremost for *urdhvajatrugata rogas*. In this article a case report of 58 years male patient showing the symptoms *vataj pratishyaya* has been discussed. Patient was planned for *shadbindu tail nasya* for 7 days initially along with oral medication. *Shadbindu tail nasya* proved effective for improving the symptoms of *vataj pratishyaya* in the patient.

Keywords: *Vataj pratishyaya*, allergic rhinitis, *nasya karma*, *shadbindu tail*.

INTRODUCTION: In today's hasty world, people are suffering from variety of illness due to the changed lifestyle that includes wrong eating habits, changed sleeping pattern and daily routines. Of these *Vataj Pratishyaya* whose clinical manifestations are similar to Allergic rhinitis is most commonly seen. *Pratishyaya*, the *urdhva jatrugata roga* is the disease of *pranavaha strotas*. Respiration forms the prime activity of all physiological activities. Disturbance in breathing causes trouble for day to day work. It is the disease enlisted under *shiroroga* by Acharya Charaka and classified into 4 types viz. 1) *Vataj* 2) *pittaj* 3) *kaphaja* 4) *Sannipataj*⁽¹⁾ whereas Sushruta has described it separately under *Pratishyaya pratishedam* and classified it in 5 types viz 1) *Vataj* 2) *Pittaj* 3) *Kaphaj* 4) *Sannipattaj* and 5) *Raktaj*⁽²⁾. The clinical features of *Vataj pratishyaya* are *Aanadha Nasa* (nasal

obstruction), *Tanu nasa strava* (watery nasal discharge), *Gala talu oshta shosha nistoda* (dryness and pain of throat, palate and lips), *swaropaghata* (hoarseness of voice)⁽³⁾ and *brushashawa* (excess sneezing)⁽⁴⁾.

Allergic rhinitis is characterized by recurrent sneezing (10-20 sneezes at a time), rhinorrhoea, nasal obstruction, intense itching and irritation in nose as well as in eyes, palate and pharynx⁽⁵⁾. The prevalence rate of allergic rhinitis is about 20% of population in India according to the epidemiology survey. While the frequency rate of allergic rhinitis is 3.3%⁶ Various treatment regimes have been mentioned in *Samhitas* for the management of *Vataj pratishyaya*. Of all concepts *Nasya karma* is common in all texts. The *acharyas* have praised *Nasya karma* as foremost for *urdhva jatrugata rogas*.⁽⁷⁾

CASE REPORT: A male patient of 58 years age came to *Swasthyarakshan* OPD Of M.A.Podar Hospital with the following complaints :1)*Nasa srava* (continuous running nose) 2) *Shankha nistoda* (pain at temporal region) 3) *gala kandu* (throat irritation) 4) *Swaropaghata* (hoarseness of voice) and 5) *Brushashawa* (sneezing 20-30 times/day) since 8 months.The patient had taken conservative treatment but had no relief.

Past illness history : no complaint of asthma,DM,HTN or any other major illness.

On examination :

- 1)Pulse-82/min
- 2)Urine-normal
- 3)Stools-normal
- 4)BP-130/80 mm of hg
- 5) Nose – Anterior rhinoscopy showed bilaterally swollen turbinates,redness over mucosal layer with watery discharge.

6)Throat –congestion seen

7)Chest – clear.

Blood investigation:ESR - 20(mm/hr),WBC-7700(Cells/cumm)

On seeing the symptoms and by examination of patient it was diagnosed as *Vataj pratishyaya*.And the following treatment plan was started.

TREATMENT PROTOCOL: *Shadbindu tail nasya* was given in the dosage of 6 drops⁽⁸⁾ each nostril for 7 days.The facial massage with *til tail* was done followed by *nadi sweda* as a *purva karma* for *nasya*.Followed by *gandusha*.

Patient was started *Laxmivilas Ras(Nardiya)* 2 tab BD and *Gojivhadi Kadha* 4tsp BD internally with luke warm water for 15 days initially .

RESULT: The following results were obtained at the end of 1st week of treatment.

Table 1: Before and After Assessment of Shadbindu Tail Nasya.

SIGNS	BEFORE	AFTER
1) <i>Nasa srava</i> (Continuous running nose)	+	Stopped
2) <i>Shankha nistoda</i> (pain at temporal region)	++	Absent
3) <i>Gala kandu</i> (throat irritation)	+	Absent
4) <i>Swaropaghata</i> (hoarseness of voice)	+	Absent
5) <i>Brushashawa</i> (Sneezing)	20-30times/day	5 times/day

On Examination :

- 1)Pulse-78/min
- 2)Urine-normal
- 3)Stools-normal
- 4)BP-130/80 mm of hg
- 5) Nose – Anterior rhinoscopy showed- Swelling over bilateral turbinates was reduced. No redness over mucosal layer was seen.No watery discharge residue was seen over mucosal layer.
- 6)Throat –congestion seen
- 7)Chest – clear.

Blood investigation :ESR - 12(mm/hr),WBC-6900(Cells/cumm)

DISCUSSION : *Nasa* is the doorway to *shira pradesha*.Any drug administered through *nasa* i.e. nose reaches *Shringataka marma* and spreads through minute channels into eye,ear,throat etc .It snatches the morbid *doshas* therein and expelling them out through *urdhwagatrugata pradesha*⁽⁹⁾ .*Pratishyaya* is caused due to *Vata* dominant *tridoshas* remaining at the *Ghranamula* and get vitiated as per the *hetus* continue⁽¹⁰⁾).*Vataj pratishyaya* results due to predominatingly *vata* aggravating *hetus* like *sheeta aahara vihar*. *Shadabindu tail* contains

bhringaraja, yashti, sunthi, kushta, lavan and *tiltail*. Thus its properties mainly *-tikta katu rasa* decreases *kapha, madhura vipak* acts as *balya* to nasal mucosa, *ushna veerya* stabilizes *vata-kapha doshas* and *snigdha tikshna guna* also pacify *vata-kapha doshas* (11) at the *urdhvajatrugata pradesha*. *Laxmivilas rasa* and *gojivhadi kadha* work for stabilizing the all over *vata* and *kapha doshas* in the body.

CONCLUSION: Nose being the gate for the head, *nasya karma* controls the functions therein by showing systemic effects. *Shadbindu tail* acts as *strotoshodaka, shirovirechaka, kaphashoshana* and *vatashamaka*, thus efficient in the management of *vataj pratishyaya*. It proves to be easy and effective preventive measure to conservative treatment.

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