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THE EFFECTIVENESS OF DAILY REGIMENS FOR RHINITIS: A SYSTEMATIC REVIEW

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ABSTRACT

Aim: To review clinical evidence and management through lifestyle modifications like,Ayurvedic *Dinacharya*, diet and practicing yoga in rhinitis. **Background:** India is the most diversified nation globally regarding religion, languages, eating habits, clothing, ethnicities, tribes, social level, diet, and climate. In India and around the globe, in all age groups rhinitis is highly prevalent. Sedentary lifestyles, eating habits, work schedules, environmental changes, and other factors have all contributed to a rise in the prevalence rate. Rhinitis roughly affects over 10% to 40% population globally significantly seen in children's and young adults. **Review Results:** Evidence from classical texts, scholarly articles, and various websites was utilized in the evaluation. **Conclusion:** The current review addresses the common types, etiology, pathophysiology, and treatment of rhinitis, with a particular emphasis on nutrition, yoga, life style modification and home remedies. **Clinical Significance:** The Current review evaluates the root cause of rhinitis, prevention, and sustainable solution like practicing hygiene, life style modification, practicing yoga, managing food, boosting immunity, and avoiding triggers to improve quality of life and to stay free from disease.

Key words: Rhinitis, Diet, Yoga, Home remedies, Life style, Treatment.

INTRODUCTION:

Rhinitis is the inflammatory condition of nasal mucosa. Rhinitis has different sub types with nasal symptoms like nasal congestion/obstruction, running nose, sneezing and itchy nose. The three distinct rhinitis subgroups that are widely accepted are allergic rhinitis (AR), infectious rhinitis, non-allergic rhinitis (NAR).[1]

Though rhinitis is generally thought of as an immunological reaction due to deposition of allergen on the nasal mucosa, majority of people with rhinitis are non allergic. Nearly 44-87% of persons with rhinitis have "mixed" symptoms of both allergic and non-allergic types. Non-allergic rhinitis is a collection of illnesses, rather than a single consistent syndrome.[2] Allergies drastically reduce quality of life and discomfort, affecting routine work and leading to stress. The effects of these diseases are not only physical but also harmful to mental health and indirectly impact daily routine. Some suffers with allergies that are very difficult to deal with, and some people have to change their life completely to avoid a reaction.

Good living and good heal are fundamentally interdependent. Sound health promotes sustained functional

capacity and meaningful engagement through consistent lifestyle practices. Maximizing life outcomes necessitates targeted wellness behaviors, specifically balanced nutrition, yoga practice, circadian regularity, and conservative, home-based interventions for minor health conditions. Hence the common nasal allergies, their probable diet and lifestyle modification explained in various Ayurveda literatures have been summarized.

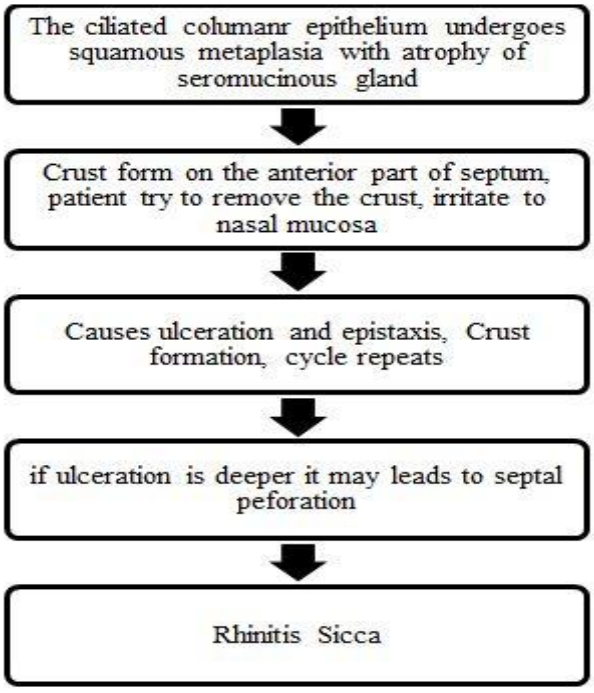
COMMON TYPES OF RHINITIS:

1) Rhinitis sicca
2) Allergic rhinitis
3) Vasomotor rhinitis
4) Atrophic rhinitis
5) Rhinitis medicamentosa

1. RHINITIS SICCA:

It is condition of the nose associated with dirty crust in the anterior one third of the nasal cavity. The common causes of Rhinitis sicca are dry air, hot weather, dusty conditions, building sites with a lot of smoke, farmers, miners, alcoholism, and nutritional deficiencies (such as low vitamin A and C).[3] The pathology of Rhinitis Sicca explained in Figure:1

Figure: 1 Pathology of Rhinitis Sicca



Clinical Features: Nasal obstruction, Crusting an anterior 1/3rd of the nose, Drying which cause nasal obstruction and irritation in the nose, because of irritation patient picks the crust which cause ulceration and epistaxis, later form a blood clot then dryness again crust formation, the cycle is repeated. Septal perforation in case of deeper ulceration.[4]

Treatment: ***Nasya*** (administration of medication by the nose Refer. Table 01) Among *Nasya*, specifically *Navana Nasya*[5] (Instillation of medicated Ghee or Oil in nostrils).can be followed in case of drying, crusting nasal mucosa and in conjunction with *Anu Taila*[6], *Bala Taila*[7], and *Ksheerabala Taila*[8]. Along with *Nasya* **Daily Supplement of Vitamin A, C helps in rhinitis sicca.** (Refer: Table 02).

Table :01 Procedures of *Nasya*, Type and Its Mode of Action.

Advantage of Nasal administration of Drug[9]	Rapid drug absorption, Quick onset of action, Better drug bioavailability for smaller drug molecules. **"*Nasa Hi Shiraso Dwaram*"-** Nose is the gateway of the Cranium. Instillation of medicated drugs into the nostrils, travels through entire nasal passage and reaches the cribriform plate, here drugs are absorbs and delivered into the cranial cavity hence it is called as Nose is the gateway of the Cranium.[10]
Types of *Nasya*[11]	***Navana Nasya*** (Instillation of medicated Ghee or Oil in nostrils). ***Avapeedana Nasya*** (Instillation of medicated fresh Juice in nostrils). ***Dhmapana Nasya*** (Blowing of medicated fine powder in nostrils). ***Dhooma Nasya*** (Inhalation of medicated fumes). ***Pratimarsha Nasya*** (Instillation of medicated Ghee/Oil/Juice in small quantity and in all season without any pre-procedure (massage and fomentation).
Pre-procedure	**Preparation and collection of required materials:** Procedure room should be free from dust, direct wind and sun rays. Prepare bed, gather the required materials for procedure like *Nasya yantra* (*Gokarna yantra* – Cows ear shape instrument) or cotton, or dropper.
	Examination of patient: Patient should be examined before procedure for eligibility for procedure like hypertension, diabetes, history of recent nasal surgical procedures.
	Preparation of patient: Before procedure natural urges should evacuated, should be head low positioned (should not be excessive flexed or extended) then light massage with oil (indirectly heated oil) over the head, forehead, face, and front and back of the neck followed by mild steam fomentation over the same area after closing the eyes with cotton pad.
Procedure	After massage and fomentation ask to patient to lie down in supine position, head should be positioned slightly low then the body, with the help of *Nasya Yantra* medicated oil/ decoction/ ghee/ juice is instilled in the right nostril with right hand by raising tip of the nose with index finger of left hand and left nostril is closed with left middle finger. Follow the same procedure on left nostril.[12] Advice the patient to remain relaxed after procedure. Check the signs of proper administration of procedure like lightness in the head and chest, clear and sharp functioning of sense organs, ease in breathing.
Post-procedure	Exhale through the mouth after medicated fumigation through one nostrl . Repeat with the opposite nostril for two to three cycles, then inhale and exhale through the mouth. Then after ask the patient to gargle with one glagg of medicated decoction

Mode of action of *Nasya* (Nasal Administration):	The olfactory nerves are connected with the higher brain centers i.e. limbic system, hypothalamus, anterior thalamic nuclei etc. thus the drug administered through the nostrils, stimulates the higher centers of brain which directly shows action on regulation of endocrine and nervous system.The mucosa and cilia of the nose absorb the medicine as a paint brush absorbs the color through its bristles, the same way medicine administrate through nose are absorb through mucosa and reach the brain.[13] The irritating effect of administered medicine helps to increase secretion of mucous membrane which indirectly increases local and peripheral blood circulation and improves the normal function of mucous membrane lined in the nostril. [14]

Table 02: Food Supplements and Pharmacology advised in Rhinitis Scicca.

Supplement	Vitamin rich food	Mode of Action
Vitamin A	Vitamin A rich food are Leafy green vegetables (Kale, Spinach, Broccoli), Orange, Yellow vegetables (Carrots, Sweet potatoes, Pumpkin, Winter squash, Tomato, summer squash,), Fruits (Mango, Orange, Papaya, Watermelon, Apricot, Guava, Passion fruit), Liver, Fish, Egg and Dairy products.	Vitamin A is aids in maintaining epithelial tissue, in the absence of vitamin A the epithelial tissue starts degenerating which decreases the resistance of the local cells triggering allergic response. [15] Vitamin A provides improvement in olfactory function. Mucociliary clearance is an important protection mechanism of the upper and lower respiratory tract. Nasal secretion is essential in the protection of airway epithelium from the harmful effect of the external environment and helps to the maintain the normal physiology by keeping the mucosa moist.[16]
Vitamin C	Vitamin C rich food are Leafy green vegetables like cabbage, broccoli and cauliflower as well as veggies like tomatoes, cucumbers, potatoes, and peas. In addition to fruits like kiwis, strawberries, oranges, mangoes, Lemon and Indian gooseberry are great providers of vitamin C.	Supplement of Vitamin C is also very effective. Vitamin C works as a natural antihistamine and antioxidant. It aids in iron absorption, collagen formation, wound healing, protection of neurotransmitters and aids glucose metabolism. Vitamin C antihistamine properties might help to reduce asthma and allergic rhinitis, as blood vessels in the respiratory tract have high concentration of mast cell which produce histamine.[17]

Jala Neti (Nasal cleansing with water) can follow daily to avoid dryness and formation of crusting. *Jala neti* helps to heal nasal epithelium and improve cilliary action in the nasal cavity.[18]

Table 2.3: *Neti Kriya* – Types, Procedure and Contraindication.

Neti Kriya (Nasal cleansing) types	***Jala Neti*** **(**With water). ***Ghrita Neti*** (with Ghee): Instead of water use melted ghee for the *Neti* procedure. ***Dugdha Neti*** (with Milk): Instead of water use melted milk for the *Neti* procedure.
Procedure	Take 500ml of Luke warm salted water. Bend forward in standing position with your legs extended and your body weight evenly distributed between the two feet. Breathe using your mouth while maintaining a relaxed posture throughout your body. Tilting the head to the right, insert the nozzle into the left nostril, and allow the water to leave out the right nostril. Take off the nozzle, continue bending forward, and let the water to flow out of the nose after using half of the water in the *Neti* pot. In order to empty the right nostril, close it with your finger and softly blow through the left. Proceed through the other nostril in the same manner.
Note: Body should be relaxed throughout the procedure, Breathing should be done only through the mouth during the entire procedure, while blowing the nostrils, blow should be gentle or else water may enter into the ears, Make sure to remove all leftover water after the procedure to avoid complication.	
Contraindication	Nasal polyp, Nasal bleeding, DNS, Headache.

Mode of Action of *Neti*: *Neti* removes allergens, dust and enhances the drainage of sinuses by preventing stasis of mucus. It also increases blood circulation and functional efficiency of the nasal mucosa. By the systematic practice of *Neti*, the secretory and drainage mechanisms of the ear, nose and throat area are well maintained.[19] This helps in the conditions like sinusitis, cold, cough, allergic rhinitis and insomnia. *Neti* helps to reduce episodes of allergy and rhinorrhea. It reduces the tendency for mouth breathing as it cleans the nasal passage.[18]

Osmotic action: The salt used in water for *Jala Neti* has anti-inflammatory effect on the nasal mucosa.[20]

Thermal action: the Luke warm water near by 42^0 C proves to be bactericidal and prevents the infection.[20]

Drug action: Keeps nasal mucosa moist, unctuous, nourishes cilia and mucous membrane. Helps to avoid dryness and crust formation in nostrils. Increase sense of olfaction.

Along with above mentioned modalities on can follow pranayama like *Bhramari Pranayama*.

Procedure of *Bhramari Pranayama*: *Bhramari* is the word derived from Indian black Bee call *Bhramari*. Sit comfortably with your eyes closed. Then, use your thumb to gently press on the tragus to close both of your ear canals. Place your index finger over your eyebrow and use the other fingers to close your eyes. Finally, take a deep breath and slowly exhale through your nose, creating a loud humming sound. Concentrating the space between your eyebrows spend fifteen minutes.

Mode of action of *Bhramari Pramayama*: Humming sound function as a sonic cleaner by producing vibrations in the sound waves that cause air to flow back and forth between the sinus and nasal canal. This air movement facilitates the opening of the

obstructed sinus ostia, enabling proper sinus ventilation and drainage. This is also useful in keeping the allergens from being embedded in the sinuses.[21]

Home remedies:

Avoid exposure to very dry environment.

Topical application of *Ghrita* (Ghee) is one among best remedy as Ghee has Unctuousness (*Snigdha*), coldness (*Sheet*), softness (*Sumya*), non-obstruction of channels (*Anabhishyanda*), healing and antiulcer properties (*Ropana*) properties.[22]

Probable Mode of Action of Ghee: Ghee is a lipid soluble drug when apply to the nasal cavity it achieves higher concentration in the mucus membrane of nose and diffuse quickly. The nasal cavity provides a larger surface area and hence the absorption is faster and helps to treat the diseases.

Topical application of Honey if Epistaxis is seen. As honey has wound healing, Antioxidant properties.[23]

***Pratimarsh Nasya*:** Self administrable and without pre-procedure.

Procedure: Lie down in supine position with head low position, take indirect heated medicated Ghee/Oil or juice instills 2-2 drops in each nostril. Remain for 10 minutes; a small amount of medicine may come into the throat. Then take a glass of luke warm water and gargle thoroughly for two to three times to remove the medicine which is drip into the throat. It is suitable for all, from birth to death, all seasons, and all age group people. It gives soothing effect to the nasal cavity, gives strength to the sense organ, and removes nasal diseases.

Contraindication: Chronic catarrhal, Worm infestation, alcoholic person.

2. ALLERGIC RHINITIS: Allergic rhinitis represents a global health concern. Its incidence is steadily increasing and affects approximately 400 million people in world. It prevalence is increasing due to urbanization and environmental pollution.

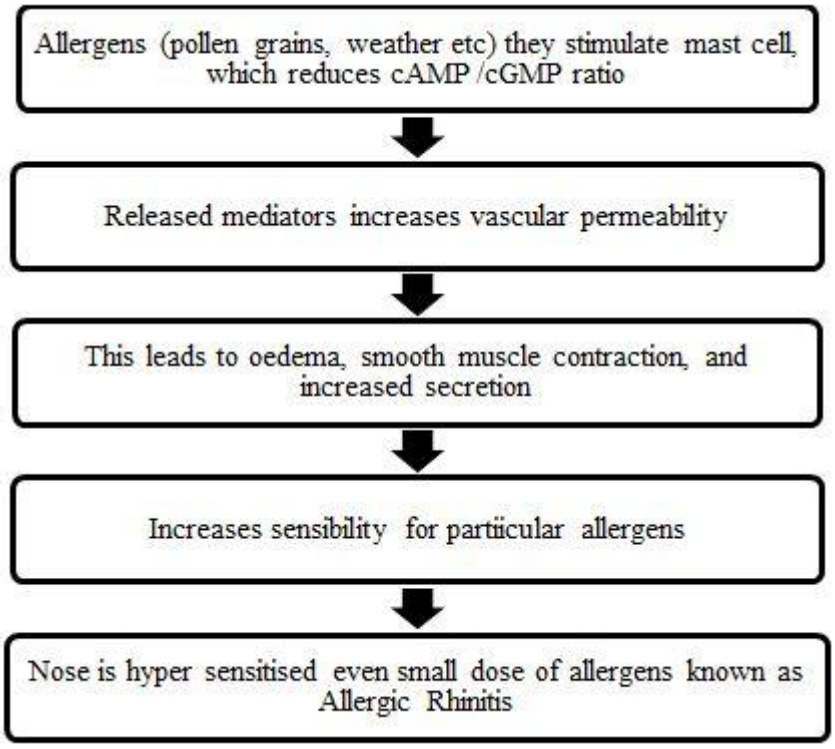
Allergic rhinitis is a systematic disorder of the nose resulting from an IgE mediated immunological reaction following exposure to allergen. The major symptoms are rhinorrhea, nasal itching, nasal obstruction and sneezing. It remains focus for infections & inflammations in all associated structures like eye, ear, tonsil, pharynx and larynx. All those may lead to complications like chronic rhinitis, sinusitis, and bronchial asthama resulting in a mucosal change in nostril and leads to turbinate hypertrophy and epistaxis.[24]

It affects approximately 25 to 40% of children's and adult globally respectively. Approximately 80% of AR symptoms develop before the age of 20 year and peak at age 20-40 years before gradually declining.[25] AR in childhood is higher among boys than girls, but shift toward a female dominance in adolescents and remains same.[26]

Causative factors (Allergens) are Exogenous and Endogenous. In Exogenous allergens (External agents) includes dust, pollens, animal odour, feathers, moulds, house dust, mists, pet hairs, Food like egg, peanuts, milk, raw citrus fruits and cocoa are included. Cosmetics, powder, fumes and smoke, some drugs like Aspirin, Hypotensive drugs, and iodides. In Endogenous (within the body) protease allergens disrupt epithelial barriers to exert their allergenicity.[27]

Pathology: The pathology of Allergic Rhinitis is explained in figure-2

Figure :2 Pathology of Allergic Rhinitis



As per the duration allergic rhinitis are classified as Immediate (early phage) within 5-30 minutes and Late (delayed phage) occurs 2-8 hours after exposure. Again as per the season there are two type they are Seasonal Allergic Rhinitis which is seen in particular season and Perennial Allergic Rhinitis which is seen in all season.[28]

Sneezing, Rhinorrhoea, Nasal obstruction, Anosmia, Headache, Pruritis in Nose, Eyes, Palate and Throat, Associated with lower respiratory symptoms (Cough, Wheezing, Dysponea, Skin pruritis) are the clinical features.[29]

AR can be complicated if it is not treated in a timely manner or with the wrong medication like upper respiratory tract infection, asthma, sleeplessness, nasal polyposis, otitis media, sinusitis, allergic conjunctivitis, and hoarseness of voice are all possible consequences of allergic rhinitis.

Treatment:

Nasya (with *Gudardraka*, a juice of equal parts of ginger and jaggery).

Pratimarsha Nasya (with *Shadabindu taila*/*Murchita Tila taila*/*Murchita Sarshapa taila*).

***Dhoomapaana*:** Exhaling through the mouth after inhaling medicated smoke through the nose (indicated in cases of rhinorrhea, anosmia, and excessive sneezing, which provides strength and cleanses the sense organs).

Daily supplement of Vitamin C rich food (Refer: Table 02)

Procedure of *Dhoomapana* : Prepare wick of turmeric and ghee (3:1) 5 to 7 cm of long, dried in shadow and use for *dhoomapana*. Ignite one end of wick and put it off. Inhale smoke coming out from the ignited wick through the nose and exhale through the mouth and then inhale through the mouth and exhale through the mouth only. Repeat the procedure till get tears in the eyes.

Note: Do not exhale the medicated smoke through the nose, as it may harm to the eyes.

Ghrita Neti (Nasal cleansing with Ghee): Instead of water use melted ghee for the *Neti* procedure.

***Pranayama* : "*PraNasya Aayama Pranayama*"** it is made up of two words "*Prana*" and "Aayama", Prana is Life span, and Aayama is Extending. The procedure which increases the life span of a practitioner is known as *Pranayama*, following are the types of *Pranayama* to be followed.

***Nadi Shuddhi Pranayama* (Alternate Nostril Breathing):** *Nadi* means pathway of energy, *Shuddhi* means purification.

Procedure of *Nadi Shuddhi Pranayama* :

Sit in a comfortable, meditative position with your eyes closed. Stay erect and Practice mental and physical relaxation. Keep the left hand on the knee holding *jnana mudra*. Right hand in *nasika mudra* (thumb controls right nostril, ring and little finger control left nostril).

Breathe normally for two cycles of relaxation through both nostrils. Next, breathe out of your right nostril, seal your left nostril with your ring finger, close your right nostril with your thumb, and release your thumb. Breathe through your right nostril, shut it, and then exhale through your left nostril while maintaining your right nostril closed. All of it produces a single cycle. The same phase should be worked on for ten minutes.

Benefits of *Nadi Shuddhi Pranayama*[30]:

Reduces respiratory irritants and promotes balanced and clean respiratory channels. Provides the body with oxygen and enhances lung function.

Bhramari Pranayama

Home remedies:

- Warm milk +Turmeric (Curcuma longa Linn).
- 2gm powder of *Pippli* (Piper longum) +Honey.
- 2gm powder of Piper nigrum + Cane sugar +Honey.
- *Shunthi*/Zingiber officinale 6 drops of fresh ginger juice +Honey.
- Honey with *Tulasi* (Occimum sanctum) juice.
- *Twak* (Cinnamommum zeylanica) powder +Warm Water.
- Clove (Syzygium aromaticum Merrs) 4 to 5 cloves fry and make it powder take with jaggery.
- Crushed Clove is kept in mouth and juice is sucked.
- *Gudardraka* (Jaggery + Ginger) equal part for morning and night).
- One glass of water + 4 pinch of turmeric +a pinch of rock salt boil it and use for gargle.
- Intake of *Shigru* (Drumstic), *Lashuna* (Garlic).
- Daily intake of decoction of Zinger.
- Intake of garlic processed food.
- Regular intake of lemon tea.
- Regular intake of Indian gooseberry in empty stomach in early morning.

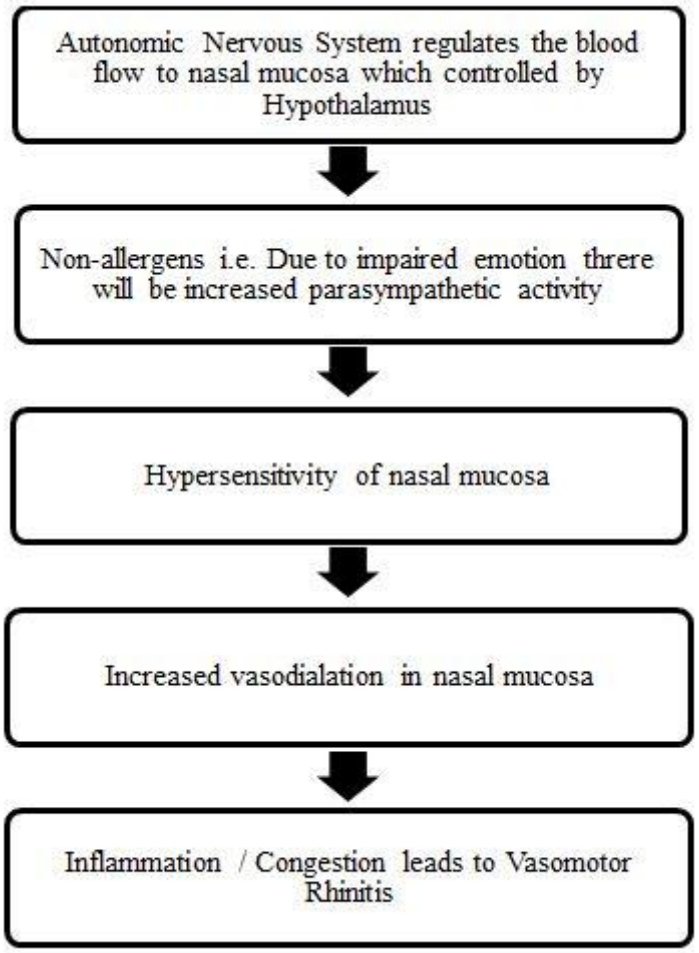
3. VASOMOTOR RHINITIS / NON-ALLERGIC RHINITIS [27] :

The term vasomotor derives from "Vaso", which means blood vessels, "motor", which refers to the nerve and "Rhinitis", means inflammation of the nose. It is a chronic condition of the nasal cavity associated with nasal blockage and rhinorrhea as a result of an imbalance in the autonomic system with parasympathetic over activity manifested due to infection, endocrine, sensitive loci in nasal mucosa, septal deflection, and psychological cause.

Characterized by sneezing associated with exciting factors like exposure to cold and emotional distrubance, Nasal blockage, Nasal discharge and post nasal drip.

Pathology: The Pathology of Vasomotor Rhinitis is explained in Figure : 3

Figure: 3 Pathology of Vasomotor Rhinitis



Treatment:

Daily supplement of Vitamin C (Refer: Table 02)

Yoga: Meditation

Benefits: Reduces cortisol level there by reduces harmful effect of stress, Promotion of Emotional health by reducing the inflammatory chemicals such as cytokines, Improves sleep, Keeps mind and body calm.

Home Remedies:

- Intake of Warm milk +Turmeric (Curcuma longa Linn).
- 20gm powder of Piper nigrum + Cane sugar +Honey for licking.
- Honey with *Tulasi* (Occimum sanctum) juice.
- Intake of *Gudardraka* (Jaggery + Ginger) equal part for morning and night).
- *Pratimarsha Nasya* with *Apamarga swaras* (Achyranthes aspera leaves juice)/ *Gudardraka* (Jaggery+Ginger juice) / *Shunti* swaras (Dry ginger juice) / *Pippali swaras* (Pipper longum juice).

- *Dhoomapana* (Inhalation of medicated fumes prepared out of Turmeric + Ghee).
- Daily intake of Milk + Ghee has rejuvenative action.
- Daily intake of Milk + Cane sugar has rejuvenative action.
- Keep mind calm and cool by exposing or involving.
- Avoid non-vegetarian food.
- Daily decoction of Zinger.
- Regular intake of lemon tea.
- Regular intake of Indian gooseberry in empty stomach in early morning.

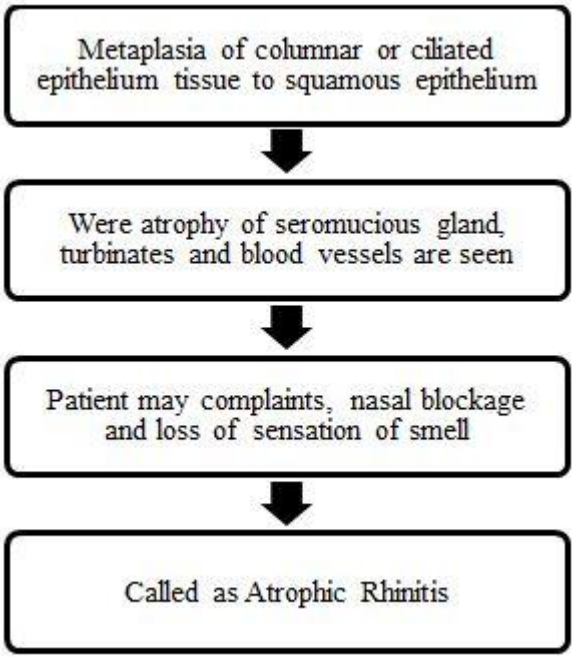
4. ATROPHIC RHINITIS [31] : It is a chronic inflammatory nasal disease where atrophy of the mucus membrane and turbinate's are seen associated with foul smell from the nose and loss of sensation of smell. This is also called as Ozaena (a stench).

Primary etiological factors includes Age group of 15 to 40 years, common in female, seen in tropical countries, history of hereditary, in Iron and Vitamin A deficiency and Hormonal imbalance. It is autoimmune diseases.

Secondary etiological factors are Chronic Sinusitis, Extensive surgery**,** Tuberculosis**,** Leprosy**,** Syphilis.

Pathology: The pathology of Atrophic Rhinitis is explained in Figure: 4

Figure: 4 Pathology of Atrophic Rhinitis



Clinical features of Atrophic Rhinitis are Atrophic laryngitis, atrophic pharyngitis, odorous smell, anosmia, dryness, crust development, obstruction of the nose, epistaxis, and external deformity of the nose are the clinical symptoms of atrophic rhinitis.

Treatment:

Navana *Nasya* with *Anu Taila, Bala Taila, Ksheerabala Taila* and/ or Ghee.

Daily supplement of Vitamin A and Vitamin C (Refer: Table 02)

Jala Neti : Nasal cleansing with water.

Ghrita Neti (Nasal cleansing with Ghee): Instead of water use melted ghee for the *Neti* procedure.

Dugdha Neti (Nasal cleansing with Milk): Instead of water use melted milk for the *Neti* procedure.

Home Remedies:

- Intake of Milk + Ghee / Milk (100ml) + *Bala Taila* (5/10ml). [32]
- Intake of Ghee / Milk. [33]
- *Pratimarsha Nasya* with *Bala Taila*/*Anu Taila*/ Ghee.
- Application of Butter / Ghee inside the nostrils.
- Milk + Cane sugar (*Khanda sharkara*). [34]
- Intake Ghee processed food daily**.**
- Avoid exposure to dry weather, sun and wind.

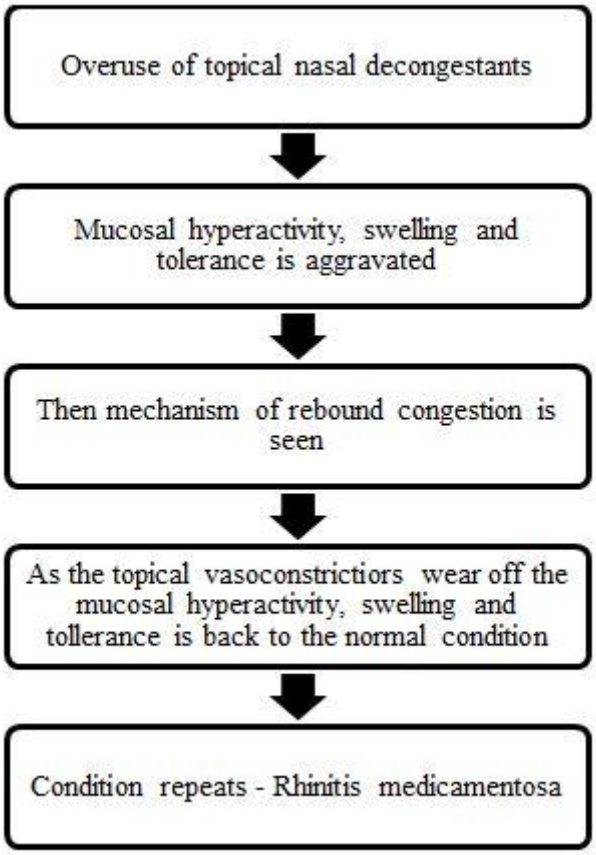
5. RHINITIS MEDICAMENTOSA:

Rhinitis medicamentosa, sometimes referred to as rebound congestion, is an inflammation of the nasal mucosa caused due to prolonged use of topical nasal decongestants.[35]

Causes are extended usage of nasal decongestant creams and intranasal cocaine. [36]

Pathology: Pathology of Rhinitis Medicamentosa is explained in figure: 5

Figure:5 Pathology of Rhinitis Medicamentosa



Sign and Symptoms: Turbinate hypertrophy, which in turn cause obstruction of the nasal passages, Nasal blockage is more common at night, Runny nose, Anosmia will be complete or partial by long-term nasal decongestant usage, which damages the nasal mucosal lining, these all due to overuse of medication.

Treatment:

Pratimarsha Nasya (with *Shadabindu taila*/ *Murchita Tila Taila*/ *Murchita Sarshapa Taila*). ***Avapeedana Nasya*** (with

Gudardraka - juice of equal quantity of Jaggery and Ginger).

***Dhoomapaan*:** Inhalation of medicated smoke through the nostril and exhale through the mouth. Indicated in Rhinitis, anosmia, excessive sneezing gives strength and purifies the sense organs.

Daily supplement of Vitamin A, Vitamin C (Refer table no.02) and Vitamin D.

Table 03: Food Supplements and Pharmacology

Supplement	Vitamin rich food	Mode of Action
Vitamin D	Vitamin D rich food are Cow's Milk, Dairy product, Soy Milk, Orange juice, Cheese, Mushroom, Cereals, Egg yolk, Fatty Fish (Salmon, Mackerel, Sardines), Cod liver oil, Exposure to Sun.	It has been demonstrated that vitamin D3 (Cholecalciferol) modulates the immune system, improving the body's capacity to fight against infection and reduce inflammation. It aids in immune cell regulation, limiting excessive inflammation and encouraging a quicker healing process. [37]

***Neti Kriya* (Nasal cleaning)** : *Jala Neti* (with Water) and *Ghrita Neti* (with Ghee).

Pranayama

Nadi Shuddhi Pranayama (Alternate Nostril Breathing)

Home remedies:

- Topical application of *Ghrita* (Ghee)
- Warm milk +Turmeric (Curcuma longa Linn) internally.
- 10gm powder of *Pippli* (Piper longum) +Honey.
- 10gm powder of Piper nigrum + Cane sugar +Honey.
- Zingiber officinale 6 drops of fresh ginger juice +Honey.
- Honey with *Tulasi* (Occimum sanctum) juice.
- Cinnamon (Cinnamommum zeylanica) powder +Warm Water.
- Clove (Syzygium aromaticum Merrs) 4 to 5 cloves fry and make it powder take with jaggery.
- Crushed Clove is kept in mouth and juice is sucked.
- *Gudardraka* (Jaggery + Ginger) equal part for morning and night).

Common Do's in Nasal Allergies:

- Stay in a place devoid from wind, dust, smoke, heat.
- Drink luke warm water.
- Intake of *Mugdha yusha* (Greengram soup)
- In Allergic rhinitis, Rhinitis medicamentosa and Rhinitis sicca Take food which is *Katu* (Punjant), *Amla* (Sour), *Lavana* (Salty), *Snigdha* (Unctous), *Ushna* (Hot) and (*Laghu Bhojana*) light to digest.
- In case of Allergic rhinitis, Vasomotor rhinitis and Rhinitis medicamentosa intake of *Shigru* (Drumstic), *Lashuna* (Garlic).

Common Dont's in Nasal Allergies:

- Holding natural urges (Bowel, Micturition and Sneezing), an anger, stress, and tension.
- Drinking more water.
- Intake of cold water and cold water bath, head bath.
- Alcohol, Smoking.

- Exposure to AC, Fan, mist, fog and wind.
- Consuming cold food, drinks, ice cream.
- Intake of oily, fried, junk food, non-vegetarian food.

DISCUSSION: Rhinitis broadly classified under Allergic, Non-allergic and infectious rhinitis. Common symptoms in all type of rhinitis are nasal congestion, rhinorrhea, Dryness, Sneezing, Reduced sense of smell. Among different types of rhinitis specifically allergic rhinitis affects around 10-40% of the general population globally. With increasing prevalence it majorly affects the quality of life like general sleep problems, morning symptoms and majority of them during awake.

Conventional treatment used in nasal allergies are Nasal lubrication, Saline spray**,** nasal drops with 25% glucose in glycerin, Nasal decongestants (drops, spray) Oral decongestants, Vasoconstrictors**,** antihistamines (Oral/Nasal), corticosteroids, Oral Antibiotics**,** surgical correction, sometime patients need Psychological counselling**.**

Conventional treatment modalities remain important and may provide effective and rapid symptomatic relief, particularly during acute or severe presentations. However, their application may be associated with certain limitations, including dependence on repeated symptomatic therapy, adverse effects with prolonged use of certain medications like the topical nasal decongestants are often used by patients to treat nasal allergies. Using them for an extended length of time might cause Rhinitis medicamentosa, commonly known as Rebound Congestion.[38] Prolonged use of antihistamine causes side effects such as sedation, drowsiness, fatigue, hyperactivity (meta-reaction), insomnia, convulsion, impaired driving performance, GI disturbance.[39] Long term use of Corticosteroid leads to adverse events like Cataract nausea/ vomiting/ GI disturbance, sleep disturbance, osteoporosis, type II diabetes, Hypertension.[40]

Integrated Ayurvedic approach may offer broader, holistic and sustainable benefits**,** while acknowledging the limitations of conventional management. The therapeutic benefits of the Ayurvedic approach described in the present article may be attributed to the combined and complementary effects of the individual Ayurvedic treatment modalities and their probable mechanisms of action discussed above. The therapeutic procedures described earlier may act through multiple pathways, including correction of aggravated *Dosha*, improvement of *Agni* and metabolic functions, modulation of local and systemic inflammatory processes, enhancement of tissue and mucosal homeostasis, and restoration of normal physiological functions. Thus, the therapeutic effect of Ayurveda may extend beyond temporary symptomatic relief and may potentially address the underlying factors contributing to disease manifestation and recurrence.

Since sedentary lifestyles, poor eating habits, and environmental factors are the main causes of Nasal illnesses. Dietary modification is another important component of this approach. Avoidance of disease-aggravating dietary factors and adoption of appropriate *Pathya Ahara* may help reduce exposure to potential triggers while supporting normal immune mechanism. Similarly, lifestyle

modification may address behavioral and environmental factors that contribute to disease persistence or recurrence. Yoga may further complement these interventions through its potential effects on autonomic regulation, stress reduction, respiratory function, physical well-being, and overall psychophysiological balance. Thus, the combined application of Ayurvedic therapies, *Pathya-Apathya* (Do's and don'ts), lifestyle modification, and Yoga may produce a synergistic effect rather than functioning as isolated interventions.

We have to keep the body in good health; we have to take care of what we eat and drink and what we do (Swami Vivekananda ji). Your health is your real wealth (Mahatma Gandhi ji).

CONCLUSION:

The Allergic diseases of nose and their complications are curable with diet, yoga and home remedies, but the complications of some nasal allergic diseases with anatomical changes may need surgery. By following the healthy life style and above mentioned daily regimen, one can prevent the allergic diseases of the nose.

Table 04: Herbal Drugs and Properties.

Sl.No.	Drugs	Properties
01	***Haridra*** / Turmeric *(Curcuma longa Linn)*	Anti-inflammatory and Anti-oxidant.
02	***Pippli*** / Long Pepper *(Piper longum)*	Inhibitory action on inflammatory mediators like Cytokines and TNF-a properties.[41]
03	***Marich*** /Pepper *(Piper nigrum)*	Antioxidant, Anti-inflammatory, and Antidepressant properties.[41]
04	***Shunthi*** /Ginger *(Zingiber officinale)*	Immunomodulatory, Anti-inflammatory.[41]
05	*Madhu*/Honey	Antimicrobial, antioxidant, Reduces oxidative stress.[42]
06	***Tulasi*** *(Occimum sanctum)*	Anti-inflammatory, Immunomodulatory, Antipyratic, Antioxidant, Antidepressant properties.[43]
07	***Twaka*** / Cinnamon *(Cinnamommum zeylanica)*	Anti-inflammatory, Antioxidant properties.[44]
08	***Lavanga*** /Clove *(Syzygium aromaticum Merrs)*	Anti-inflammatory, Analgesic and Anti-fungal property.[45]

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