



PRATIMARSHA NASYA AS PREVENTIVE MEASURE IN ALLERGIC RHINITIS

Dr. Shweta R. Nakil

MD Swasthavrittha, Associate Professor, Dept of Swasthavruttha, LRP Ayurvedic Medical College, Islampur, Sangli.

Dr. Rahul B. Nakil*

MD Swasthavrittha, Associate Professor, Dept of Swasthavruttha, LRP Ayurvedic Medical College, Islampur, Sangli. *Corresponding Author

ABSTRACT

Now a day's pollutant air is the big problem. And disease like allergic rhinitis, acute rhinitis, allergic asthmas, is seen very often. Peoples 30 to 40% are having diseases are related with allergens. So for that prevention is also needed. Ayurved told panchkarma therapy for maintenance of health. As above problem concern with nasa swasthya one should undergo nasya. But for better result one should adopt pratimarshya nasya as upakrama in our daily schedule. Pratimarshya nasya plays important role in allergic condition like allergic rhinitis, so it helps to maintain nasa swasthya by preventing allergic disorders.

KEYWORDS : Pratimarsha Nasya, Allergic rhinitis, Nasa.

INTRODUCTION

To maintain the health of healthy person by preventing him from illness is the main goal of Swasthavritta

In 21st century there is a dramatic change in the life style, habits and environment of the mankind. In ancient days man led a happy and healthy life, but as the life style and environment changed, man started facing all types of diseases which made him weak and unable to carry out his routine life style. It reduces the immunity and makes them prone to many diseases. For prevention of disease and to maintain the health, there are some principles which are given in old classical texts 'Dincharya Upakram'. Dantadhavan, Nasya, and Anjan are some of the upakramas described in Dincharya for cleanliness of sensory organs. Nasya means medication into nostrils to eliminate morbid doshas of the urdhvajatrugata region. All the ancient Acharyas have given tremendous importance to nasyakarma in the treatment of various Nasagata and Shirorogas diseases.

This nasyakarma is not only used for the purification but also for the curative purpose. According to Ayurveda 'Nasa' is the gate way of 'Shira'. It has been observed that patients suffering from Allergic Rhinitis have a symptomatic relief, but face repeated episodes not getting a total relief. Nasyakarma is one of the important procedures of Panchkarma (Shodhana and shaman) and it is very useful in the management of Urdhvajatrugata rogas. Pratimarsha nasya is used for daily regime for maintain Nasa swasthya.

Allergic Rhinitis-

Allergic rhinitis, whether seasonal or perennial is characterized by sneezing, rhinorrhoea, obstruction of nasal passages, conjunctival and pharyngeal itching and lacrimation. Allergic rhinitis is caused by deposition of allergens (often pollen)

AETIOLOGY

(1) **Age:** Usually it affects young adults from the age of 15 Years onwards, and tends to recede after the age of 40 to 50 years. It may affect young children also.

(2) **Sex:** Both sexes are affected.

(3) Predisposing Factors

- (i) Heredity: It may run in families. If both parents are allergic, there is a high incidence of the disease occurring in children.
- (ii) Climate: Change in humidity, and atmospheric pollution may make the nose more susceptible to allergy.

(iv) Emotional: Psychological factors, may affect the nose. This factor is more likely in cases of vasomotor rhinitis.

(4) Precipitating Factors (Allergens)

The allergens are exogenous or endogenous:

(a) EXOGENOUS (External agents)

- (i) Inhalants (The commonest allergens:) Dust, pollens, animal odour, feathers, moulds, house dust and mites.
- (ii) Ingestants: Foods like eggs, fish, milk, citrus fruits and cocoa.
- (iii) Contactants like cosmetics and powders.
- (iv) Irritants like fumes and smoke.
- (v) Drugs: Aspirin, hypotensive drugs, iodides.
- (vi) Infection: Bacteria and products of inflammation may cause allergy, or they may be secondary invaders.

(b) ENDOGENOUS (Within the body)

Intestinal helminthes, tissue proteins in transudates and exudates.

MECHANISM

- (1) Reaginic antibodies are formed in the body due to the sensitization caused by the allergens.
- (2) Allergens and the antibodies react in the body.
- (3) Histamine or histamine – like substances are released.
- (4) Allergic reaction develops.

PATHOLOGY

- (1) **Infiltration** with eosinophils and plasma cells occurs.
- (2) **Edema** develops due to transudation of tissue fluids as the capillary endothelium is damaged, and the intercellular cement loosens.
- (3) **Rhinorrhoea:** There is increase in mucosal secretions which may contain eosinophils.
- (4) **Congestion** due to the dilatation of blood vessels occurs with venous stasis and purplish discoloration.
- (5) **Infection** may be superadded, and may result in purulent discharge.
- (6) **Polyps** may form.
- (7) Paranasal sinuses may also be involved in a similar manner. Pseudo-cysts may due to distension of intracellular spaces in the submucosa. They may fill up the entire sinus (cystic polypus)

CLINICAL TYPES

The allergy can be of 2 types:

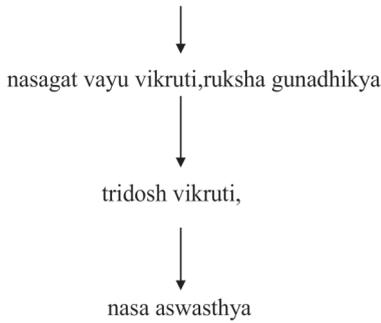
- (1) Seasonal: Hay fever due to pollen grains occurs at the time of pollination.
- (2) Perennial: affects the patient throughout the year.

SYMPTOMS

- (1) Irritation in the nose is the initial symptom.
- (2) Paroxysmal Sneezing of recurrent type is usually present, which exhausts the patient. In chronic cases, sneezing may be less.
- (3) Rhinorrhoea is watery and copious.
- (4) Nasal Obstruction due to venous stasis is often present.
- (5) Anosmia may be present intermittently or continuously.
- (6) Headache can be present.

According to ayurved, Samprapti of allergic rhinitis is as below

Hetu (vayu sevan, smoke, dust partical, polluted air)



(sneezing, rhinorrhoea,,pharyngeal itching, obstruction of nasal passage)

Pratimarshya Nasya

Medicated oil putting in nostril it is used for shodhana and snehana. It is harmless hence called nirdosh.

Dose of pratimarsha nasya –

Dose of pratimarsha nasya is 2 drops in each nostril.

Role of pratimarsha nasya in allergic rhinitis

Aacharya Sushrut describes **fourteen** pratimarshya nasya **sevan kal.** (time of administration of drug) According to that Pratimarsha nasya gives protection action against pollutants like dust, smoke pollen grains etc. so it can be beneficial to nasal hygiene of that individual who continuously travels in highly polluted area and having symptoms like sneezing, rhinorrhoea, block nose and etc. So sevan kaal play an important role for action of pratimarsha nasya.

By creating protective sheath over mucosal membrane of nose(Su. Chi.40/52)

Vayu prakop is main step in samprapti of nasagat rogas. Hence vata dosha shaman is main role in samprapti bhang .

Tail having property like ushna virya and snigdha guna which may helped in reducing sneezing. It acts like lubricant in passage of nasal route hence reduces chances of irritation hence forth the sneezing.

Tail having property katu tikta rasa and ushna virya due to that helps in pacifying kapha dosha and therefore rhinitis symptom reduced .Thus congestion is reduced. Hence odema also decreased.

Tail having property of snigdha gun which might be helped in reducing itching in nasal passage.

Sense of smelling is role of vatvah dhamanya at shrungatak marma due to snigdha guna and ushna virya shaman of vata dosha is done hence sense of smelling is improved.

CONCLUSION

- Pratimarsha nasya is very effective in treatment of allergic

rhiniis.

- It reduces sneezing , rhinorrhoea itching, nasal obstruction and odema in nasal passage.
- Pratimarshya nasya could be effective management in air pollution related nasal problem.
- Pratimarshya nasya is one of the procedure coming under Dinacharya. Every person should follow Nasya as Dinacharya Upakram to maintain their nasa swasthya (nasal health) and it also helps in preventing urdhvajatrugatrogas.

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