



## Ayurvedic Line of Treatment of Allergic Rhinitis (VATAKAPHAJA PRATISHAYA)

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### Abstract:

Allergic rhinitis is an allergic inflammation of the nasal membrane. It occurs when an allergen such as pollen, dust or animal dander is inhaled by an individual with a sensitized immune system. The characteristic symptoms of allergic rhinitis are rhinorrhea, itching, nasal congestion and obstruction. The symptoms of *vata-kaphaj pratishaya* resembles most of allergic rhinitis. In Ayurveda the concept of allergy is widely elaborated under the concept of *Ama*, concept of *Asatmya* & concept of *viruddha aahara*.

The term *Ama* means uncooked, unripe, undigested and immature material. *Ama* of any type produced at any stage and in any Dhatu stimulates intrinsic factors which are responsible for allergic disorders. *Asatmya* to an individual in the form of *aahara* and *vihara* when consumed may lead to an altered response in the body of that individual. These manifestations in the form of altered response of the body towards that particular *Asatmya* substance are that of allergy. *Viruddha aahara* means combination of two or more food materials having antagonist properties which may lead to allergic response.

Allergic Rhinitis is well known for its recurrence & chronicity. Recurrence of disease happens only when the *vitiated dosha* have not been eradicated completely. These *doshas* reside in the body in their latent stage & when they come in contact with aggravating factors give rise to the same disease again. Viewing to this concept the Ayurvedic line of treatment of Allergic Rhinitis includes, avoid allergens causing reaction (*Nandan Parivarjan*). Detoxification (*Shodhan*), Pacification (*Shaman*) & rejuvenation (*Rasayana*).

**Key Words:** Allergic Rhinitis, *Ama*, *Asatmya*, *Viruddha aahara*, *pratishaya*.

### Introduction:

Allergic disorders are among the commonest diseases affecting mankind. Everyday each individual gets exposed to a large number of chemical and biological agents present in the environment. Some of these agents such as food and drug are useful to the body, some others like micro organisms are generally harmful to the body.

Allergic rhinitis is an inflammation of the moist- lining (mucous membrane) of the nose, caused by reaction to an irritant, this results in attacks of sneezing, nasal discharge or a blocked nose. Excess mucus may also drip into the throat and cause soreness. An attack typically lasts for more than an hours. In hay fever (seasonal allergic rhinitis) the problem is limited to a particular time of year, in perennial allergic rhinitis the nasal problem occur throughout the year. The allergen that causes the allergic reaction is pollen from grass, trees, flowers and spores from and fungi etc.

How the Body Responds to allergens people prone to allergies produce more of a particular type of immunoglobulin, called IgE. IgE forms after the initial contact with an allergen and becomes attached to cells in the tissues, known as mast cells, when the body encounters the same allergen again it may react with the IgE, causing the mast cells to release a number of chemicals including histamine the chemical cause swelling and inflammation in the surrounding tissues and give rise to various allergic symptoms, depending on which part of the body is affected.

Allergy means an abnormal reaction of body tissues to some foreign substances which are usually protenious in nature and are called allergens. In response to Allergen the body produces specific Antibody. In allergic subjects in addition to circulating antibodies, there is a special type of reaginic antibody which can fix itself on tissue cells including mast cells. In Antigen – antibody reaction in which reaginic antibody takes part, there is releasement of histamines and alike amines to cause local vasodilation and increased capillary permeability to produce local oedema, which is characteristic feature of nasal allergy. Nasal allergy may be perennial or seasonal.

#### ***Anurjata in Ayurveda:***

Though there is no appropriate description in *Ayurveda* to correlate with the term Allergy, however after reviewing the *Ayurvedic* literature we come across some references which could easily explain the concept of Allergy (*Anurajata*).

#### **1. Concept of *Ama Dosha*:**

The term *Ama* means uncooked, unripe, undigested and immature material<sup>1</sup> *Acharya vagbhatta* refers that *Amadosha* mostly acts as *visha* (toxin). Hence *Ama* of any type produced at any stage and in any *dhatu* stimulates intrinsic factor which are responsible for allergic disorders<sup>2</sup>. When *Jathar agni* is impaired, it leads to the formation of *Ama Dosha* which is supposed to be a very important factor in the *Samprapti* of allergic disorders.

#### **2. Concept of *Asatmya*:**

*Maharashi Charaka* has defined *Satmya* as an agent whose regular use is beneficial and tolerable<sup>3</sup>. He has also referred to *Asatmya* i.e. which is not *Satmya* for an individual person. A substance can be *Asatmya* to an individual in the form of *Aahara* and *Vihara* which when consumed may be an altered response in the body of that individual.

These manifestations in the form of altered responses of the body towards that particular *Asatmya* substance are that of allergy. *Ayurveda* has advocated that the use of *Asatmay Dravyas* in every minute doses for a number of times shall desensitize the person and a *Asatmya* shall become *Satmya* (*Oka satmya*) for that individual<sup>4</sup>. This principle of desensitization is still acceptable and is in practice even today. *Acharya Charaka* has described that all the diseases are not as a result of *Asatmya aahara* and *vihara* but also due to *kalaviparyaya*, *pragyaparadha* and *Asatmaya Dravyas*<sup>5</sup>. The term *Asatmya* refers to some allergens. He has emphasized that the *Asatmya Shabda*, *Sparsha*, *Roopa*, *Rasa*, and *Gandha* may produce some diseases even when the individual consumes normal and useful diet. Further, while explaining the chronology of diseases *Acharya Charak* has clearly mentioned that a person having allergic, diathesis body nourished by incompatible diet possesses weak immunity (*Alpha Satva*). These observations simulate with the modern concept of Allergy.

### 3. Concept of *Viruddhahara*:

It has been described in *Ayurvedic Samhita* very clearly that certain food material having antagonistic properties should not be consumed at one time as they may create certain adverse reaction in the body including allergic disorders<sup>6</sup>. Examples of such incompatible dietary factors are use of fish and milk<sup>7</sup>. use of ghee and honey in equal proportions<sup>8</sup>.

Aetiologiical factor of Allergic Rhinitis

A. Inhalants: There are most important factors:

*Domma Sevana, Rajapravesh, Vashpa Sevana etc.*

*Certain Plants Pollens.*

B. Aahar

Certain fishes eggs, milk, citrus food etc: Incompatible dietary factors. *Viruddhaharer.*

C. Certain Drugs

Certain drugs like Aspirin Sulpha, Iodine, Antibiotics etc. *Asatmya Dravyas Sevan, Veerya Virudhha Dravyas Sevana.*

\* Clinical manifestation of Allergic Rhinitis.

	Symptoms	Ayurvedic Co- relations	Ayurvedic Lakhana (Ch.Chi.26)
1	Sneezing		<i>Vataja pratishaya</i>
2	Nasal conjection	<i>Nasavarodha</i>	<i>Vataja pratishaya</i>
3	Nasal discharge (Catarrhal or watery)	<i>Nasa srava</i>	<i>Kaphaja pratishaya</i> <i>Vataja pratishaya</i>
4	Itching in Nasalregion and oral cavity	<i>Nasa kandu Talu kandu</i>	<i>Kaphaja pratishaya</i> <i>Raktaja pratishaya</i>
5	Breatheeness	<i>Shawasa kashta</i>	<i>Kaphaja pratishaya</i>
6	Heaviness in head (Headache)	<i>Shirogourava</i>	<i>Vataja pratishaya</i> <i>Kaphaja pratishaya</i>

### Samprapati of *Vatakaphaja Pratishaya* (Allergic Rhinitis)

*Mithya Ahar & Vihar*  
(*Ahar+Vihar*)

*Doshprakopa* →

*Agnimandya* →

*Amotpatti*

*Ama Visha*  
*Nirman*  
With *Rakta Dhatu*

*Ras Dusti*

Interaction of  
*Amavisha*

↓  
*Kapha Vriddhi*

Hypersensitivity  
(*Anurjata*)  
Reactions takes place  
*Sang* in

→

↓  
*Khavaigunya*  
*Nasamools and*  
*Pranavaha Srotas*  
*VimargagAmana* with  
the help of *vata Dosha*

↓  
Localisation of  
vitiated *Doshas* in  
*Shiro Pradesh*  
(*Vata – Kaphaja*  
*pratishaya*) Allergic

Rhinitis).

**Dosha Dushya Vikruti and Adhishthan**

Dosha	:	Tridosha, Mainly vata & Kapha
Dushya	:	Rasa, Rakta
Adhishthana	:	Nasa Pradesha
Srotas	:	Pranvaha, Rasavaha, Raktavaha
Srotodushti prakara	:	Attipravritti, Sanga, VimargagAmana
Udhhava Sthana	:	Amshaya, Pkvashya
Agni	:	Mandya

**Ayurvedic Line of Treatment:**

The symptoms of Allergic rhinitis resemble to *vata Kaphaj pratishaya*. *Pratishaya* is well known for its recurrence and chronicity. Recurrence of disease happens only when the vitiated *doshas* have not been eradicated completely. This *doshas* reside in the body in their latent stage & when they come in contact with aggravating factors gives rise to same disease again. As per Ayurvedic literature suggestive & safe line of treatment of Allergic which will help to improve natural immunity, of patient. The line of treatment would be as follows<sup>9,10</sup>.

1. External oliation: Specially to fore head with oil.
2. Fomentation: Gentle sudation with hands or *upahada swedan*.
3. *Vaman* \_ Sodhana (purificatory) therapy intended for the removal of *vitiated Kapha dosha*.
4. *Nasya* – *Nasya* has dual action i.e. pacificatory and purificatory & it promotes the strength of *indriya*. *Anu tail Nasya* is specially recommended by *charaka charya* as preventive measures for *Urdhava Jatrugata Vikara* & also for the management of *pratishaya*. *Anu Tail* has *Tridosha* – *nashana*, *Balya*, *Brihana* and *rasayana* properties which may help to increase local immunity some *Nasya yoga* are *Pipalaydi Nasya*, *vidangadi nasya*, *chaturjatak nasya*, *vacha*, *churna Nasya*.
5. *Basti* – recommended for correction of *vata*.
6. *Dhumapan* – Some *Dhumapan yoga* are *Darvadi*, *varti*, *vidangadi dhum*, *ghruta Dhumrayog*.
6. *Shamana* therapy:  
This is a paeificatory treatment, some of the suggested drugs used for treating Allergic Rhinitis drugs are. *Nardiya Lakshmi Vilas ras: Anand Bhairav Ras, Tribhuban Kirti Ras Rasa Shrigarabharaka Rasa: Mayour Shriga Bhasm, Abbrak Bhasm, Lavangadi wati: Sito Paladi Chura, Gudchadya yoga, Marichyadi yoga, Vyoshadi Vati: Laanjadi Vati, Khadiradi vati*.
7. *Naimittika Rasayana*:  
*Naimittika Rasayana* as described in *Ayurveda* improves the *Vyadhikshmatwa* of the individual against a particular disease for which *Naimittika Rasayana* is being used. Some of the suggested *Naimittika Rasayanas* to be used for prevention and treatment of Allergic Rhinitis are: *Chayavanprash Rasayana, Chitraka Haritaki Rasayana, Agastya Haritaki Rasayana, Vyaghri Haritaki Rasayana, Vasa Awaleha*.

**Pathya:**

Use of *Kaphanashaka Dravyas* i.e. *Ahara* and *Vihara* such as *yusha* of *Mungakullatha*, *Saindhava* salt, *luke* warm water, green leafy vegetables, *pranayam* light exercises and various *Aasanas* may help in improving the immunity of individuals and there by preventing various disorders including Allergic Rhinitis.

**Apathaya:**

*Snana*, *Kroadh* suppression of natural urges, *shoka* etc. are some of *apthyas* for Allergic Rhinitis.

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