

AYURVEDIC APPROACH TO *PRATISHYAYA* IN CHILDREN W.S.R. TO RHINITIS

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ABSTRACT

Ayurveda is the science of life.^[1] It is an ancient science which treats the disease from its root cause working at minute level. 21st century is world of industrialization and fast life. Due to excessive air pollution and frequent change in climate (*Rutu Viparyaya*) the most common affected system in human body is Respiratory system. Rhinitis is one the most common complaints in children. It is an inflammation of nasal mucus membrane.^[2] the term *Pratishyaya* can be split up into two words; first '*Prati*' means '*Abhimukha*' and second '*Shyaya*' means '*Gatwa*'.^[3] It means disease in which *kaphadi dosha* have nature of flowing out through nose, known as *Pratishyaya*. It is described in

Sushrut Samhita, Charak Samhita, Vagbhat Samhita, as well as Kashyap Samhita in detail. Rhinitis results in disturbance in child's daily life routine such as school, indoor and outdoor activities. And it can be easily spread to other children via droplet infection. In children administration of medicine is difficult task and in modern medicine drugs which are used for treatment of the rhinitis are antibiotics, antihistamines, steroids which have side effects like sedation, loss of alertness, gastric upset, nausea etc. To avoid such kind of side effects ayurvedic treatment may be useful.

KEYWORDS: *Pratishyaya*, *Ayurveda*, Rhinitis, Children.

INTRODUCTION

Rhinitis is a disease of the upper airway characteristic by running nose, nasal obstruction, headache, swollen turbinate etc. Rhinitis is one of the most common chronic condition in

children. Although allergic mechanism is major cause. Numerous other non-allergic conditions can be responsible for chronic nasal inflammation and obstruction.

Pratishyaya is described since Samhita kala in *Brihatrayee* as well as in *laghutrayee*. *Pratishyaya* common in all age groups, especially in children. As stated by Acharya Vagbhata, in *Balya Avastha* i.e., childhood there is predominance of kapha dosha.^[4] *Pratishyaya* can be compared with Rhinitis.^[5] Acharya Kashyapa has described *Pratishyaya* chikitsa adhyay with its complete *Nidana* (Aetiology), *Samprapti* (Pathology) and its Chikitsa (Treatment) in Chikitsasthana considering its importance in the pediatric patients. Acharya Charaka described *Pratishyaya* under the heading of *Rajyakshma Chikitsa Adhyaya* in Chikitsa Shtana. Acharya Sushruta and Acharya Vagbhata also described in *uttartantra* with elaborative treatment on *Pratishyaya*.

IMPORTANCE OF PRATISHYAYA IN CHILDREN

1. According to Acharya Charaka, *Pratishyaya* is main causative condition for all other 'Urda-Jatrugata Rogas'. And hence it is explained with priority in the nasarogas.^[6]
2. According to Acharya Sushruta, in *Pratishyaya* if proper management is not done then it may cause *Badhirya*, *Andhya*, *Gandhadyan-Nashtata* etc.^[7]

According to Acharya Kashyapa- The major causes of *Pratishyaya* are

1. *Kapha vridhikar Ahara* – (Consumption of sweet, cold and heavy food)
2. *Mandagni*- (low digestive power)
3. *Kapha vridhikar vihara* – (Shower with cold water, drinking of cold water or ice cream, cold drinks etc.)
4. *Vegvidharana*- (Controlling stool or urine or the things which are uncontrolled)
5. *Dhuma, Raja* – (Allergens or dust)
6. *Ritu-Vimarsha*- (Exposure to excessive diversified climate condition)

PRATISHYAYA NIDANPANCHAKA^[8]

1. Hetu – Kapha-Vata prakopak Ahar and Vihar
2. Dosh -Kapha and Vata pradhan
3. Dushya -Rasa and Rakta
4. Strotas - Pranvaha and Rasavaha
5. Udbhavsthan - Aamashaya
6. Adhishtana- Nasa and Shiras

Samprapti of *Pratishyaya*^[9]

Vata, *Pitta*, *Kapha* and *Rakta* gets vitiated with their own etiological factors. The vitiated *Vata* when reaches *shira-pradesha*, *Kapha*, *Pitta* and *Rakta avarana* of *dosha* for the gati of *Vata* and *doshas* get lodge in *shira-pradesha*. *Vridhha Vata* expels out *Kapha*, *Pitta* and *Rakta* through nasal route thus giving rise to disease *Pratishyaya*.

Purvaroop of *Pratishyaya*^[10]

1. *Shirogurutwa*- (Heaviness in head)
2. *Kshavathu*- (Sneezing)
3. *Angamarda*- (Bodyache)
4. *Parihrishtaromata*- (Generalised horripilation)

Classification of *Pratishyaya*

1. According to Acharya Sushruta and Acharya Vagbhata- 5 types
2. According to Charaka and Kashyapa- 4 types
 - *Vatika Pratishyaya*
 - *Paittika Pratishyaya*
 - *Kaphaja Pratishyaya*
 - *Sannipataja Pratishyaya*

Acharya charaka and Kashyapa have not accepted *Raktaja Pratishyaya*.

Ayurveda classics also elaborated some types of *Pratishyaya*^[11]

1. *Vatika Pratishyaya*- It involves,
 - Nasal obstruction and stiffness (*Anadhapihita nasa*)
 - Watery nasal discharge (*Tanustrava pravartini*)
 - Dryness in throat, palate and lips (*Galtalvoshtha shosha*)
 - Pricking sensation in temporal region (*Shankha nistoda*)
2. *Paittika Pratishyaya*- it involves,
 - Hot and yellow nasal discharge (*Ushnapittaksrava*)
 - Weakness (*Krishata*)
 - Pallor (*Panduta*)
 - Thirst (*Trishna*)
 - Vomiting (*Dhumra -vahini vamana*)

3. *Kaphaja Pratishyaya*-
 - Whitish nasal discharge (*Shukla-sheeta srava*)
 - Feeling of whitish all around (*Shuklavabhasa*)
 - Swelling in eyes (*Shoonakshi*)
 - Heaviness in head and mouth (*Guru shiro-mukha*)
 - Itching in head, throat, lips and palate (*Shiro-galo-oshtha-talu*)
4. *Sannipataja Pratishyaya*- it occurs again and again but stops suddenly.
5. *Raktaja Pratishyaya*-
 - Bleeding from nose (*Rakta srava*)
 - Copper colored eyes (*Tamrakshi*)
 - Foul breathing (*Daurgandha shwasa*)
 - Loss of sense of smell (*Gandhan na vetti*)
 - Worms fall from nose (*Krimipatana*)

MANAGEMENT OF PRATISHYAYA

Various treatment modalities for *Pratishyaya* are explain in detail by Acharya Sushruta -

1. General Treatment^[12]

- *Nidana Parivarjan*
- *Langhana along with Deepana*
- *Swedana*
- *Pachana*
- *Swedana*
- *Vamana*
- *Avapeedana Nasya*
- *Grita-pana* (Except in *Nava Pratishyaya*)

2. Treatment of *Apakva Pratishyaya*

- *Swedana* from *Kanji or Amla padartha* etc.
- Intake of hot substances
- Use of milk mix with *Adraka*
- Use of *Gud, Fanita yoga* etc.

3. Treatment *Pakva Pratishyaya*

- *Tikshna shirovirechana*
- *Dhoompana*
- *Asthapana Basti*
- *Kaval*
- *Nasya*

4. Treatment of *Vataja Pratishyaya*^[13]

- *Ghritapana*- Oral administration of *Panch lavan siddha ghrita* and *Vidarigandhadi gana sidhha ghrita*.
- *Nasya*
- *Arditokta chikitsa* – *Shirobasti, Nasya, Dhooma, Upanaha, Sneha and Nadi Swedana etc.*

5. Treatment of *Pittaja Pratishyaya*

- *Ghritapana*- Oral administration *Kakolyadi gana siddha ghrita*
- *Parisheka*- From *Sheeta Dravyas*
- *Pradeha*- From *Sheeta Dravyas*
- *Virechana*- From *Madhura Dravya*
- *Nasya*- From *Dhavitwak, Triphala, Shyama, Tilvaka, Madhuka, Sheerpani, Haridra* rubbed with water, milk and tila taila used for *nasya*.

6. Treatment of *Kaphaja Pratishyaya*

- *Langhan*
- *Swedana*- *Nandi sweda*
- *Ghritapana*
- *Dhumapana*- From *Trivritta, Deodara, Dantimula etc.*

7. Treatment of *Sannipataja Pratishyaya*

- *Ghritapana*- With *Katu-Tikta dravya*
- *Dhumapana*- With *Katu-Tikta dravya*
- *Kawalgraha*- With *Mustadi-kawalgraha*
- *Shirovirechana*- With *Rasanjanadi taila, Dashakshir ghrita*

Preventive measures to avoid *Pratishyaya* in children

- Avoid extreme cold and extreme hot conditions.
- Use of some protection against dust, allergens and chemical gases.
- Avoid wrong sleeping times and wrong sleeping habits.
- Avoid cold water bath, cold water intake or change in routine drinking water.
- Sufficient rest, avoidance of stress and grief.

CONCLUSION

- *Pratishyaya* is one of the most common problem in paediatric age group which can affect their physical and mental health. Due to changing environmental conditions the incidence of *Pratishyaya* increasing day by day. The main *Dosha* involves in *Pratishyaya* is *Kapha* and *Vata*. The untreated conditions lead to its chronic stage. Our classics explain in detail about its causes, symptoms, prevention and its treatment in detail. Ayurvedic formulation can be used as more effective way for treatment of *Pratishyaya*. Besides effectiveness it is also safe and cost-effective treatment.

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