

Role of Pradhaman nasya in the management of Pratishtyay chikitsa

Mamta M. Nakade¹, Dr Sagar F. Magar²

¹Ph.D. Prof. HOD, Department of Panchakarma, Dr. D.Y.Patil Ayurved college and research center, pimpri, pune

²Assistant professor, (pursuing Ph.D.) department of Panchakarma, SST's Ayurved college , sangamner.

Corresponding address : mamtaraut1966@gmail.com

Abstract –Pratishtyaya is one of the disease which leads to immune- deficiency condition in its chronic phase. If it is not treated in time it leads to severe disorders like asthma and other complicity disorders of respiratory tract. So treatment in early stage of disease is necessary. In *Ayurveda, Panchkarma* therapy is used for the maintenance of health and eradication of diseases from their root and *Nasya Karma* is one among them. In this therapy, the medicine is administered through nose either in the form of ghee, oil, powder, liquid or smoke. In this case study we advocate Pradhaman Nasya chikitsa for the management of Paratishtyay .

Key words – Pratishtyaya , Pradhaman nasya , *Nasya Karma*.

Introduction –

Pratishtyaya is characterized by symptoms like Nasastrav, Kshavthu, Nasaavarodh, Shirashool. As per modern science it is correlate with rhinitis . Rhinitis is the inflammation of the nasal mucous membrane . The mucus; a thin clear liquid, traps small particles and bacteria that are drawn into the nose as a person breathes. The trapped bacteria usually remain harmless in healthy individuals. Normally a cycle of congestion and decongestion occurs continuously throughout the day. Rhinitis describes a group of symptoms including rhinorhea, blockage and sneezing that are caused by irritation and congestion in the nose.

Material & methods –

Case study –

38 yrs male patient come at our hospital having c/o – Nasasrava , Kshavathu , Shirahshool , Galshotha ,Nasapratinaha , since last 3 years .

Patient face to recurrent attack of Pratishtyay , so he decided to take Ayurved management for Pratishtyay .

General examination – All vitals are normal

On examination –

Nose- Deviated nasal septum towards left

Right inferior turbinate hypertrophy Congestion

Ears-Both ear canals were clear, Both tympanic membranes were intact and mild retracted

Throat-Congestion was seen in posterior pharyngeal wall

Chikitsa -

Shodhan chikitsa – Pradhman nasya with chaturjatak

Shaman chikitsa - Lakshmi Vilas Ras-2 tab twice a day, for 1 month

CHATURJATAK CHURNA

चातु र्ुाुातकचु र णु तु घ रु यु तु कु षरु र्ु रकमु I

प्रततश युयु षु सतिरु पु डु षु नवसुगरमु II4II

योगरत्नाकर

Drugs	Chaturjatak churna
Age	18-60 years
Duration of Treatment	7 Days
Duration of study	7 Days
Dose	6 gm
Route of Administration	Nasal
Kala	3 gm Prataha and 3 gm Sandhya

Nasya Vidhi :

Chaturjatak Churna contains Twak ,Ela, Patra & Nagkeshar Churna were purchased from GMP certified pharmacy and certified authenticity of drug were obtained. Chaturjatak Churna were prepared as per text by standard method as per mentioned in Sharangdharsamhita .

Purvakarma –

Sthanik Abhyanga with tila taila : Time 5 min.

Sthanik Swedan by Tap Swed. (Mrudu) : Time 10 min.

Pradhan Karma –

Supine position with slightly extended neck

Pradhman Nasya means fine powder of Tikshna Dravya blown in the nostrils. take one tube approximately of 6 Angul length and open from both the ends. Then Tube were filled with 6gm chaturjatak churna from narrow end of the tube while the air is blown forcefully from the other open end.

Pashchat Karma –

- Mrudu Abhyang & swedan

- Kaval with Lukewarm water Duration :- 5 min.

PARAMETERS FOR ASSESSMENT SUBJECTIVE

PARAMETERS:

- Nasapratinaha (Burning sensation in nasopharynx).
- Nasaparishosh (irritation and dryness in the nose).
- Kshavathu (sneezing).

OBJECTIVE PARAMETERS :

- Nasastrava(Rhinorrhoea.)
- Gandhanash (Anosmia.) **Subjective Parameters:**

Assessment were based on common cold symptoms score.

Parameters	0	1	2	3
Nasapratinaha (Burning sensation)	no	Occasional.	Burning sensation.	Pain and Burning sensation.
Nasaparishosh (Irritation and dryness in the nose)	no	Dryness without visible ulceration.	Dryness with small ulceration	Burning Pain and sensation.
Kshavthu (Sneezing)	no	Watery and occasional discharge from nose.	Recurrent discharge from nose.	Recurrent and considerable discharge from nose.

Objectives Parameters :

Parameters	0	1	2	3
Nasastrav (Rhinorrhoea)	no	Occasionally discharge.	Recurrent fluid discharge.	Recurrent sticky discharge.
Gandhanasha (Anosmia)	no	Occasional hyposmia.	Continuous hyposmia.	Complete hyposmia.

Results & observation –

After a completion of treatment patient satisfy for Chikitsa .

Symptoms	Before treatment	After treatment
----------	------------------	-----------------

Nasavarodh	2	0
Nasaparishosh	3	0
Kshavathu	3	0
Nasastrav	2	0
Gandhanasha	2	0

Discussion –

Nasya includes Purva Karma, Pradhana Karma and Paschata Karma. The preoperative procedures of Nasya Karma play a major role in the access of the drug into the body. The lowering of the head, elevation of lower extremities and fomentation of face seems to have an impact on blood circulation of the head and face. Abhyanga causes Mriduta of Doshas and according to modern science massage to a specified area causes increased blood circulation. Swedana causes Vilayana (liquefaction) of accumulated Doshas (mucous).

Lowering of head plays a major role in retaining the instilled medicine in the nose and thus increasing the contact time with mucosa. In Paschata Karma of Nasya, Urdhvanga massage, Swedana, Dhoompana and Kavalagraha is advised. These measures increase the efficacy of the treatment and help to drain out the remaining Utklishta Doshas. Thus the procedures, postures and conducts explained for Nasya Karma are of great importance for drug absorption and transportation. Locally Nasya may act as Shothher, Stravher, Srothoshodhan and it also regenerates nasal mucous membrane. All four Drugs of Chaturjatak Churna are Tikshna ,Ushna and Laghu Guna which act as Lekhniya, Chedaniya, Strotoshodhak, Avrodhhara, Kaphanissaraka. The Ruksha Guna of these drugs act as Stravhara. The Ushna Virya helps in pacifying Kapha & Vatadosha. In which Twak & Ela are Tridoshshamak and remaining two were Kaphavatashamak .combination of all this four drugs were effectively act against the Pratishyaya .

Conclusion –

In Ayurveda three main types of treatment are mentioned for diseased person viz Samshodhan, Samshaman and Nidanparivarjan. Among this prime importance is given to Shodhan because disease treated with Shodhan Chikitsa doesn't have chances of recurrence. Nasyakarm is one of the Shodhan as well as Shaman process which is very effective treatment for Urdhavajatrugata Vyadhi.

Reference –

1. Agnivesha, Charaka Samhita, Vidyotini Hindi commentary by Pt. Kashinatha Shastri and Dr.Gorakha Natha Chaturvedi, Sutra Sthana 17/12, Chaukhambha Bharati Academy, Varanasi, Reprint 2005, Pg. no. 332
2. Vagbhata, Ashtangahridayam, Uttara Sthana 24/58, Vidyotini Hindi Commentary by Kaviraja Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2010; Pg. no. 734
3. Agnivesha, Charaka Samhita, Vidyotini Hindi commentary by Pt. Kashinatha Shastri and Dr. Gorakha Natha Chaturvedi, SidhiSthana 9/4, Chaukhambha Bharati Academy, Varanasi, Reprint 2005, Pg. no. 1051
4. Sharangdharsamhita- Acharya sharanghar explained pratishyaya in nasaroga on Page No. 113.

5. Bhaishajyaratnavalisamhita – Acharya explained pratishyaya in nasarogadhikar on page no 976 to 978.
6. Dr.A.P.Deshpande,Dr Subhash Ranade Dravyaguna Vidnyana explained Pratishyaya on page no-561.
7. Kashyap Samhita- Acharya Pandit hemraj sharma, Acharya explained Pratishyaya on Page No. 130,131,132 etc.