Role of Pradhaman nasya in the management of Pratishyay chikitsa

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Abstract – Pratishyaya 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 Paratishyay.

Key words – Pratishyaya, Pradhaman nasya, Nasya Karma.

Introduction – Pratishyaya 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 Pratsishyay, so he decided to take Ayurved management for Pratishyay.

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 – Pradhaman nasya with chaturjatak
Shaman chikitsa - Lakshmi Vilas Ras-2 tab twice a day, for 1 month

CHATURJATAK CHURNA

<table>
<thead>
<tr>
<th>Chaturjatak churna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
</tr>
<tr>
<td>Duration of Treatment</td>
</tr>
<tr>
<td>Duration of study</td>
</tr>
<tr>
<td>Dose</td>
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<tr>
<td>Route of Administration</td>
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<tr>
<td>Kala</td>
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</tbody>
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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
Pradhaman 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 6 gm 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:**
- Nasaprinaha (Burning sensation in nasopharynx).
- Nasaparishosh (irritation and dryness in the nose).
- Kshavathu (sneezing).

**OBJECTIVE PARAMETERS:**
- Nasastra (Rhinorrhoea.)
- Gandhanasha (Anosmia.) **Subjective Parameters:**

Assessment were based on common cold symptoms score.

<table>
<thead>
<tr>
<th>Parameters</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasaprinaha (Burning sensation)</td>
<td>no</td>
<td>Occasional.</td>
<td>Burning sensation.</td>
<td>Pain and Burning sensation.</td>
</tr>
<tr>
<td>Nasaparishosh (Irritation and dryness in the nose)</td>
<td>no</td>
<td>Dryness without visible ulceration.</td>
<td>Dryness with small ulceration.</td>
<td>Pain and Sensation.</td>
</tr>
<tr>
<td>Kshavathu (Sneezing)</td>
<td>no</td>
<td>Watery and occasional discharge from nose.</td>
<td>Recurrent discharge from nose.</td>
<td>Recurrent and considerable discharge from nose.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Parameters</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasastra (Rhinorrhoea)</td>
<td>no</td>
<td>Occasionally discharge.</td>
<td>Recurrent fluid discharge.</td>
<td>Recurrent sticky discharge.</td>
</tr>
</tbody>
</table>

**Results & observation**

After a completion of treatment patient satisfy for Chikitsa.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
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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, Dhoornpana and Kavalagraha is advised. These measures increase the efficacy of the treatment and help to drain out the remaining Utiklishta 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 Lekhninya, 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.

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