

Management of Vataj Pratishyaya with Guduchyadi Kwath & Anu Tail Nasya

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ABSTRACT

In the present era, there is a controversial place for faith in tradition and authority for ancient texts. Faith has been replaced by scepticism and scientific study, even for the traditionally established truth for Ayurveda. For layman, clinical research means a process of growing it means definite discipline which leads to logical conclusion, based on sound logical evidence leading to an advancement of knowledge & also proving the old facts. Clinical study has its own importance in assessing the infra structure of the disorders (i.e.- effect on mind and body). And also assessing the efficacy of drugs clinically, the evaluation of disease and drugs is one of the important fields of research. Here, the objectives of clinical study are same i.e. to assess the efficacy of ayurvedic drugs in management of vataj pratishyaya. Total 20 patients were given guduchyai kwath & anu tail nasya. Twice a day.

Key words:- Guduchyadi kwath, anu taila, nasya, vataja pratishyaya.

INTRODUCTION

Good health is considered to be the root of objectives of human life like Dharma, Artha, Kama and Moksha. Health does not mean a mere absence of disease but it is a physical, mental and spiritual well being of a person. Disease stands as a great obstacle in the achievement of good health. Ayurveda, the science of life offers a natural care to protection of health and prevention of diseases. Certain disease may not be life threatening but increasingly annoying and irritating to the

individual in his routine activity. Moreover when neglected they may lead to a series of complications later. A very common clinical conditions, Pratishyaya is one among them; increasingly prevalent now a days, demanding greater concern over it.

While going through the Ayurvedic classic we observe a vivid description of the disease pratishyaya. There is descriptive mention of this disease with regard to aetiopathogenesis, classification, symptomatology, complication and management. This reflects that ancient Ayurvedic gallery was well versed with the concept of Pratishyaya. The importance of this disease is reflected by the fact that Acharya Sushruta has mentioned it as separate chapter for detail description of Pratishyaya.

Acharya Vagbhatta has admitted that if clinician neglects this disease, it becomes a potential cause of Kshya Roga (A. H. Ut. 19/2). Apart from that, Pratishyaya itself is an aetiological factor for various other diseases also.

SYMPTOMS OF VATAJA

PRATISHYAYA:-

1. Aandha Pihita nasa (Nasal Obstruction and stuffiness)
2. Tanusarava pravartini (Watery nasal discharge)
3. Galtalvoshath shoshach (Dryness in throat, palate, lips)

4. Nistodah shankhyostatha dant,shankh, shirovyatha (Pricking sensation in region of temples)
5. Swaropghata (Hoarseness)
6. Kshawathu (Sneezing)
7. Gharanatitoda (Painful sensation in nose).

Present study is planned to evaluate the nature of the disease, course of the disease and management with the help of some herbal drugs with the hope that there will prove to be more efficacious and least toxic. The research work was planned in such a way that effect of two herbal formulations named Guduchyadi kwatha and Anu Taila Nasya (Ch. Chi. 26/139-140) were evaluated under a research project entitled "Management of Vataja Pratishyaya with Guduchyadi Kwatha and Anu Taila Nasya"

MATERIALS AND METHODS

To meet the objective of present research work; total numbers of 20 patients of Vataja Pratishyaya were selected from Shalaky Tantra OPD/IPD of hospital after obtaining their consent. Case study was random and patients were selected regardless of the age, sex, caste, creed or religion etc. History of all patients was recorded according to the proforma. All the patients were followed up after commencement of trial.

1) Inclusion criteria

Patient of different age group having features described in Vataja Pratishyaya were selected.

2) Exclusion criteria

- a) Severe nasal obstruction i.e. severe DNS, adhesion of nasal cavity, nasal polyp.
- b) Systemic disorders like hypertension, diabetes mellitus.
- c) Pregnancy and lactation.

MODE OF ADMINISTRATION AND DOSE OF TRIAL DRUG

Guduchyadi kwatha orally 2tsf twice a day and Anu Taila Nasya locally 3 drops in each nostril, twice a day for duration of 21 days & followed up after completion of trial every week for 1 month.

CRITERIA OF ASSESSMENT OF RESULT

1. Subjective
2. Objective

1. Subjective

Grading and scoring system was adopted for assessing each symptom before the commencement of trial and after completion of trial. The scoring of criteria of assessment was analysed statistically. Paired 't' test was carried out at level of $P < 0.05$ and $p < 0.001$. Overall results were adjudged in terms of percentage relief obtained in symptoms

2. Objective criteria

a) Haematological parameters

Hb %, TLC, DLC, ESR, TEC (Total eosinophilic count)

b) Radiological parameters

'X' rays PNS (water's view with open mouth).

OBSERVATION

The observations have been made in the present study and clinical profile of 20 patients.

EFFECT OF THERAPY

The efficacy of both the therapies i.e. Guduchyadi Kwatha and Anu Taila Nasya in combination was adjusted in 20 patients on various parameters and results were derived after execution of statistical methodology.

1. Aandha Pihita nasa (Nasal obstruction and Stuffiness)

The initial means score of nasal obstruction and stuffiness was 1.8 which was reduced to 0.5 after the treatment. The percentage of relief was 72.2 %. Which is significant statistically at the level of $P < 0.001$ ($t = 7.9$).

2. Tanusarava pravartini (Watery discharge)

The initial mean score of watery nasal discharge was 2.45 which were reduced to 0.4 after the treatment. The percentage of relief was 83.67 %. Which is significant

statistically at the level of $P < 0.001$ ($t = 15.15$).

3. Galtavoshath shoshach (Dryness in throat, palate and lips)

The initial mean score before the treatment was 1.00 which was increased to 1.25 after the treatment, this increase mean score was statistically insignificant at the level of $P > 0.05$ ($t = 1$).

4. Nistodah shankhyostatha dant,shankh, shirovyatha (Pricking sensation in region of temples).

The initial mean score before the treatment was 1.3 which was reduced to 0.4 after the treatment. The percentage of relief was 66.1%. Which is significant statistically at the level of $P < 0.001$ ($t = 5.01$).

5. Swaroghata (Hoarseness)

The initial mean score before the treatment was 1.3 which was reduced to 0.2 after the treatment. The percentage of relief was 84.6%. Which is significant statistically at the level of $P < 0.001$ ($t = 11$).

6. Kshawathu (Sneezing)

The initial mean score before the treatment was 2.3 which were reduced to 1.6. The percentage of relief was 73.9%. Which is significant statistically at the level of $P < 0.001$ ($t = 11.57$).

7. Gharanatitoda (Painful sensation in nose)

The initial mean score before the treatment was 1.2 which was reduced to 0.3 after the treatment. The percentage of relief was 72.95 %. Which is significant statistically at the level of $P < 0.05$ ($t = 4.4$).

OVER ALL RESULT OF TREATMENT ON VATAJA PRATISHYAYA.

Assessment	No. of patients	% age
Cured	0	0
Markedly improved	2	10
Moderately improved	12	60
Slightly improved	5	25
Unimproved	1	5

DISCUSSION

Guduchi Kashaya contains Guduchi, neem, sunthi, mustha, dhanyak, rakta chandan this drugs most vata kapha shamak properties, drugs also having tikta, katu, Kashaya, rasatmak properties, which to breakdown of pathogenesis of pratishyaya.

CONCLUSION

If we see the symptomatology of vattaja pratishyaya in Ayurveda we find the same symptomatology of acute rhinitis. In modern's acute rhinitis and allergic rhinitis we found the same symptoms in the beginning of disease. It is very difficult for modern people also to differentiate these two diseases in beginning. The difference is only that all the symptoms are of recurrent type or remains in whole of the year. So, Vataj Pratishyaya can be correlated to Allergic Rhinitis if it is of recurrent type.

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