

Pratishyaya Vyadhi – A Literary Review

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Abstract

As we are living in the 21st century there is a dramatic change in the life style, habits and environment of living being. In ancient days we led a happy and healthy life, but as the life style and environment changed. Pratishyaya vyadhi (Rhinitis) is one of the commonest diseases found due to this change. According to Ayurveda "*Pratikshanam shyayate iti Pratishyayah*" it means continuous outward motion of doshas. If any type of Pratishyaya (Rhinitis) is neglected and not properly remedied at the outset of an attack, it may bring on cases of malignant Pinasa, which in time gives rise to a number of diseases and produces in its train deafness, blindness, anosmia, violent ocular affections, cough, dullness of appetite and Shopha (swelling). Treatment of all the Pratishyayas (Rhinitis) are classified in two types- Aama Pratishyaya and Pakwa Pratishyaya (Rhinitis). Anorexia, distaste, thin nasal secretion, pain, dizziness, feeling of heaviness in head with sneezing and pyrexia are common symptoms of Aama Pratishyaya (Rhinitis). Feeling of lightness in head, nose and mouth region, yellowish thick and mucoid nasal discharge with down grade symptoms of Aama Pratishyaya (Rhinitis) are common symptoms of Pakwa Pratishyaya (Rhinitis). Aama Pratishyaya (Rhinitis) should be converted into Pakwa Pratishyaya by Swedana, Ushna bhojana with amla rasa, Ksheera ardrka and jaggeries should be advised. In Pakwa Pratishyaya (Rhinitis) Ghrita pana, Swedana, Vamana, Awapida, Shirovirechana, Virechana, Aasthapana, Dhoomapana, Kawalagraha should be advised

Keywords: Pratishyaya Vyadhi; Vyadhi Nidan; Samprapti; Bheda; Purvarupa; Rupa; Upadrava; Chikitsa; Pathya and Apathya.

Introduction

As we are living in the 21st century there is a dramatic change in the life style, habits and environment of living being. In ancient days we led a happy and healthy life, but as the life style and environment changed, we started facing all types of diseases which made us weak and unable to carry out our routine life style. It reduces the immunity and makes us prone to many diseases one of them is Pratishyaya vyadhi (Rhinitis). Pratishyaya vyadhi (Rhinitis) is one of the commonest diseases found

due to this change. It is my simple effort to revalidate Pratishyaya (Rhinitis).

Literary Review

According to Ayurveda "*Vatam prati abhimukham shyayogamanam Kaphadeenam yatra SA Pratishyayah*" it means in which disease Kaphadi doshas flows outwards through nose toward Vata is known as Pratishyaya. Or "*Pratikshanam shyayate iti Pratishyayah*" it means continuous outward motion of doshas.

Nidan (Aetiological Factors)

Acharya Charaka has mentioned following causes of Pratishyaya [1]:

- Suppression of the manifested natural urges
- Indigestion
- Excessive exposure to the dust
- Excessive speech

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- Anger
- Seasonal vagaries
- Excessive exposure of the head to heat
- Remaining awake at night and excessive sleep (during day time)
- Exposure to cold water and frost
- Sexual intercourse and weeping in excess and
- Exposure to smoky atmosphere.

Whereas Acharya Sushruta has mentioned following causes of Pratishyaya [2]:

- Excessive indulgence in sexual intercourse
- Heating of the head
- Entrance of the minute particles of dust or smoke into the nostrils
- Excessive application of cold or heat
- Voluntary retention of stool and urine.

The above mentioned factors make the dosha (mucus) in the head thick and aggravate vayu giving rise to Pratishyaya.

Madhavnidan, Bhavprakash, Vangasen have mentioned following kalantarjanak (chronic) causes of Pratishyaya [3]:

- Habit of retention of natural urges
- Indigestion
- Intake of Guru (difficult to digest) and sweet Rasa dravyas
- Awakening at night
- Excessive sleeping
- Intake of cold water after taking food

The above mentioned factors cause accumulation, aggravation and vitiation of doshas. By virtue of which vitiated doshas after coming in Siras (channels) congeals Srotas and bring an attack of Pratishyaya (Rhinitis).

Samprapti (Aetiogenesis) [4]

The fundamental principles of Vata, Pitta and Kapha jointly and separately, as well as of blood

becoming aggravated by various aggravating causes, bring on an attack of Pratishyaya in course of time.

- Exposure to dew breeze and dust
- Too much of speaking
- Sleeping and keeping awake
- Keeping the pillow either very low or very high under the head
- Drinking more quantity of water
- Indulging more in water sports
- Suppression of vomiting and tears etc., by these and

Other similar causes the doshas dominated by Vata become solidified in the nose and produce Pratishyaya which when advanced leads to kshaya.

- By constant use of heavy, sweet, cold and dry substances
- Sleeping after repeatedly taking two types of milk (wet – nurse's and mother's milk or mother's milk and cow's milk)
- Taking bath daily after heavy diet
- Indigestion or having association of Kapha
- Drinking of and bathing in cold water
- Taking too much water after eating
- Suppression of natural urges
- Habit of retention of natural urges
- Daily sleeping improperly

Sleeping too much in lateral position or with covered face daily and due to other etiological factors, in the person having weak digestive power and using incompatible diet, the aggravated Vata vitiates upper location of Kapha, congeals the channels and produces catarrh (congestion) of srotas, this when vitiates channels of oral cavity then disorders of oral cavity develop, when ear, then ear disorders, when (goes) towards the nasal root with Kapha, Pitta or blood, then is called Pratishyaya.

Table 1: Types of pratishyaya according to different classics

Sr. No.	Type of Pratishyaya	Charaka	Sushruta	Vagbhata	Madhava	Bhavaprakash	Kashyapa
1	Vataja	✓	✓	✓	✓	✓	✓
2	Pittaja	✓	✓	✓	✓	✓	✓
3	Kaphaja	✓	✓	✓	✓	✓	✓
4	Raktaja	-----	✓	✓	✓	✓	-----
5	Tridoshaja	✓	✓	✓	✓	✓	✓

Premonitory symptoms of Pratishyaya (Purvarupa)

- Heaviness of the head
- Sneezing and aching in the limbs
- Appearance of gooseflesh upon the body, as well as many other different kinds of supervening symptoms are seen to precede an attack of

Pratishyaya, these symptoms are mentioned by Sushruta [5].

- Excessive of sneezing
- Heaviness of the head
- Total body stiffness
- Body-ache
- Appearance of gooseflesh upon the body, these are the premonitory symptoms mentioned by Madhavanidan, Bhavprakash, Vangasen [6].

Symptoms of Pratishyaya (Rupa)

Vataja Pratishyaya

According to Acharya Charaka pain, pricking sensation, sneezing, running nose, difficult voice and headache are the symptoms of Vataja Pratishyaya [7].

According to Acharya Sushruta feeling of blockage in nose, thin secretions from nose, dryness of throat palate and lips, pricking sensation in Shankha pradesh(headache) and difficult voice [8].

According to Acharya Vagbhata there is headache and toothache, creeping sensation around eye brows, difficult voice, delayed paka (thickness of secretions), cold and clear secretions from nose [9].

Pittaja Pratishyaya

According to Acharya Charaka there is cellulitis in anterior part of nose, fever, dryness in mouth, thirst and hot yellow secretions from nose [10].

According to Acharya Sushruta there is hot yellowish secretion from nose, krisha (thin) and pale, pyrexia, excessive thirst and smoky feelings in mouth [11].

According to Acharya Vagbhata there is thirst, pyrexia, vestibulitis and furunculosis in nasal cavity and Rooksha (dry), reddish yellow secretions [12].

Kaphaja Pratishyaya

According to Acharya Charaka there is cough, anorexia, itching and thick mucoid secretions through nose and mouth [13].

According to Acharya Susruta there is cold and whitish secretion through nose, patient looks whitish with periorbital swelling and feeling of heaviness in head and face, feeling of excessive itching at scalp, neck, palate and lips [14].

According to Acharya Vagbhata there is cough, anorexia, breathlessness, vomiting, heaviness,

feeling of sweetness, itching and slimy whitish discharge [15].

Tridoshaja Pratishyaya

According to Acharya Charaka there is mixture of Vataja, Pittaja and Kaphaja Pratishyaya with excessive pain [16].

According to Acharya Susruta there is recurrent on and off symptoms of Pratishyaya. It may or may not be Paka (thickness of secretion) [17].

According to Acharya Vagbhata there is mixture of Vataja, Pittaja and Kaphaja Pratishyaya with on and off symptoms [18].

Raktaja Pratishyaya

According to Acharya Susruta there is bleeding through nose and redness in eyes and haemoptysis and halitosis through nose and mouth, loss of perception of smell, tiny whitish worms in the nose and symptoms of Krimija Shiroroga [19].

According to Acharya Vagbhata vitiated blood after reaching into the veins of nose originates Raktaja Pratishyaya, numbness in chest region, redness of eyes, halitosis, itching in ear, eye and nose and rest of symptoms of Pittaja Pratishyaya [20].

Upadrava (Complications) [21].

Dushta Pratishyaya

According to Acharya Charaka there is on and off nasal blockage, nasal secretion, cellulitis, anosmia and foul smell from mouth. There are multiple episodes of such kind of conditions [22].

According to Acharya Sushruta there is on and off secretions and dryness in nasal cavity. There is on and off blockage and clearance of nasal pathway. There is foul smell during inspiration and expiration. There is anosmia to the patient. Such type of symptoms is present in Dushta Pratishyaya [23].

If any type of Pratishyaya is neglected and not properly remedied at the outset of an attack, it may bring on cases of malignant pinasa, which in time gives rise to a number of diseases and produces in its train deafness, blindness, loss of smell, violent ocular affections, cough, dullness of appetite and shopha (swelling) [24].

The Pratishyaya having predominance of Vata and Kapha is often due to all the three doshas. This decreases strength, digestive power and complexion and if neglected kills the person.

Sushruta, Yogaratnakar have mentioned that malignant nature of the diseases (Dushta Pratishtyaya) should be regarded as extremely hard to cure (Krichhrasadhya).

If any type of Pratishtyaya is neglected, not properly remedied at the outset of an attack then after some period it was not cured.

Management of Pratishtyaya

According to Chakradatta five diseases like eye disease, abdominal disease, Pratishtyaya, Vrana and Jwara can be cured with help of five days Langhana [25].

Treatment of all the Pratishtyayas (Rhinitis) are classified in two types:

1. Aama Pratishtyaya
2. Pakwa Pratishtyaya

Symptoms of Aama Pratishtyaya

There is anorexia, distaste, thin nasal secretion, pain, dizziness, feeling of heaviness in head with sneezing and fever [26].

Symptoms of Pakwa Pratishtyaya

Decrease symptoms of Aama Pratishtyaya. There is feeling of lightness in head, nose and mouth region, yellowish thick and mucoid discharge [27].

Treatment of Pratishtyaya

1. To convert Aama Pratishtyaya into Pakwa Pratishtyaya - Swedana, Ushna bhojana with amla rasa. Ksheera ardrka and jaggeries should be advised [28].
2. In Pakwa Pratishtyaya- Ghrita pana, Swedana, Vamana and Awapida should be advised [29].
3. Shirovirechana to expel out thick mucoid secretion
4. Virechana
5. Aasthapana
6. Dhoomapana
7. Kawalagraha

Vataja Pratishtyaya [30]

1. Ghrita siddha with Pancha Lavana or Vidarigandhadi gana.
2. Nasya similar to Ardita Vata

Pittaja and Raktaja Pratishtyaya [31]

1. Ghrita siddha with Madhuradi gana
2. Parisheka, Pradeha, Kawala and Nasya with Sheeta virya drugs
3. Similar to Krimija Shiroroga

Kaphaja Pratishtyaya [32]

1. Ghrita Pana, Snehana
2. Emesis after intake of Yavagu made with Tila and Urada
3. Nasya, Dhoomapana etc.

Pathya [33]

Following factors are to be followed by patient to maintain his/her healthy status.

Sneha, Sweda, Shirah Abhyanga, Purana Yavashali, Kulathya and Mudga Yusha, Mamsarasa of Gramya and Jangala animals, Vartaka, Kulaka, Shigru, Karkotaka, Balamulaka, Lashuna, Dadhi, Taptaambu, Trikatu, Katu, Amla, Lavana yukta and Snigdha, Ushna, Laghu Ahara

Apathya [34]

Following factors are to be avoided by the patient for betterment of his/her healthy status-

Snana, Krodha, Mala- Mutra- Vayu Vegavarodha, Shoka, Dravapadarth, Bhoomishayya.

Conclusion

In the person having weak digestive power and using incompatible diet, the aggravated Vata vitiates upper location of Kapha, congeals the channels and produces catarrh (congestion) of Srotas and when it vitiates channels of oral cavity then disorders of oral cavity develop, when it vitiates channels of ear then ear disorders, when (goes) towards the nasal root with Kapha, Pitta or Rakta (blood), then it is called Pratishtyaya. Heaviness of the head, sneezing, aching in the limbs and appearance of goose – flesh upon the body, as well as many other different kinds of supervening symptoms are seen to precede an attack of Pratishtyaya (Rhinitis). Pain, pricking sensation, sneezing, running nose, difficult voice and headache are the common symptoms of Vataja Pratishtyaya (Rhinitis). Paka (cellulitis) in anterior part of nose, pyrexia, dryness of oral cavity and hot yellowish secretions from nose are common symptoms of Pittaja

Pratishyaya (Rhinitis). Cough, anorexia, itching and thick mucoid secretions through nose and mouth are common symptoms of Kaphaja Pratishyaya (Rhinitis). A mixture of Vataja, Pittaja and Kaphaja doshas with excessive pain are common symptoms of Tridoshaja Pratishyaya (Rhinitis). Bleeding nose, redness in eyes, haemoptysis, halitosis, loss of perception of smell, tiny whitish worms in the nose and other symptoms of Krimija Shiroroga are common symptoms of Raktaja Pratishyaya (Rhinitis). Treatments of Pratishyayas are narrated by our Acharyas and we should bring those in practice to help community and ourself.

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