



Role of *Pratimarshya Nasya* in *Vataj Pratishyay*: A case study

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Abstract –

Vataj Pratishyay is one of the commonest disease seen in people around the world. 20 to 30% of Indians suffer from this disease. It correlates to allergic Rhinitis in modern medical science. Conventional therapies have their own limitations on treatment of the allergic rhinitis. Here a case study is presented that states the effect of *Katu tail Praimarshya Nasya* in *Vataj Pratishyay*. Along with *Katu tail Pratimarshya Nasya* diet (*Pathyakar Ahar* and *Vihar*) was also suggested to the patient during the treatment. After the 30 days follow up, we can observe that, *Katu tail Pratimarshya Nasya* is effective on all the symptoms of *Vataj Pratishyay*. It did not show any kind of side effect during the course of treatment of 30 days. So it can be effectively implemented on society level to cure *Vataj Pratishyaya* (Allergic Rhinitis).

Key words: *Pratishyay*, Allergic Rhinitis, *Katu Tail*, *Pratimarshya Nasya*.

Introduction-

Ayurveda is a science of life which deals with preventive and curative aspect of disease. The purpose of *Ayurveda* is to maintain the health of healthy person by preventing him from illness and to cure him if he gets ill. In 21st century there is a dramatic change in life style, habits and environment. Man started facing all type of diseases which made him weak to carry out his routine life style. It reduces the immunity and people prone to many diseases. In Present times people are more prone to develop allergic disorders due to pollution and harmful life style. Diseases like dryness of eyes, allergic bronchitis, allergic skin diseases, allergic rhinitis etc. Modern medical science described allergic diseases in detail, considering a allergen as a cause of allergies/ allergic diseases. But, view of

Ayurveda to look at the diseases is different. That includes *Tridoshas*, *Hetu*, *lakshana*. One such disease described by modern pathy is allergic Rhinitis. Symptoms of allergic rhinitis resemble with *Vataj pratishyay*. Symptoms of allergic rhinitis are Sneezing, runny nose, Watery eyes, Nasal congestion, Stuffy nose, headache, throat irritation, redness of eyes, Phlegm. These symptoms exactly resemble with *Vataj Pratishyaya*[1].

Etymology of *Vataj Pratishyaya* –

According to modern pathy, reason for rhinitis is any allergen causing allergy like symptoms. These symptoms may include runny nose, watery eyes, nasal congestion, sneezing, stuffy nose, headach, throat irritation, phlegm. But, as ayurved describes any disease have specific cause (Nidan/Hetu). These *hetu* cause vitiation of *Doshas*. Thus, according to *Ashtang Hruday samhita*, nasa rog have some hetus[2] as curd water (Dadhi mastu), cold wind, dust, excess talking, more sleeping than required, less sleep in night, high pillow under head during sleeping, no pillow during sleeping, increased water intake, changed water source, (*Vegvidharan*) Stopping urges like vomiting and tears. These causes *vata* to vitiate and take shelter at *Nasa*. It causes *Vataj Pratishyaya*.

Symptoms *Vataj Pratishyaya*[3] – Dryness of Mouth, excessive sneezing, Nasal blockage, Nasal pain, Headache, Hoarseness of voice, cold and watery nasal secretions.

Dryness of mouth- due to *Ruksha guna* of *Vata dosha*, dryness of mouth is observed.

Excessive sneezing – Due to *sheet guna* of *vata dosha* excessive sneezing is seen.

Nasal Blockage – Due to increased *sheet guna* of *vata dosha*, *nasanah* develops and

that causes the blockage in the nasal cavity. It also causes difficulty in breathing.

Danta, Shankha & Sheerovyatha – Due to increased *vata dosha*, *shool* is experienced by the patient in *Danta* (teeth)), *Shankha* and *Sheerha Pradesh*.(Headache)

Nasya[4] – *Nasya* is one prominent procedure to treat the diseases above *urdvajatru* region (above shoulder). Nose is said to be the gateway of head. Medicines used in *nasya karma* are beneficial in diseases of neck, head, eyes, nose. There are 3 main types of *Nasya* according to *Ashtang Hruday Samhita*.[5]

Virechan Nasya[6] – It is used in the diseases like *Shirashool*, *Abhishyanda*, *Galrog*, Swlling, *Galgand*, *Krimi*, *Granthi*, *Kushtha*, *Apasmar*, etc.

Bruhan Nasya [7] – It is used in *Vataj shool*, *Suryavarta*, *Swarakshaya*, *Nasarsha*, *Vaksang*, *Avabahook*, etc.

Shaman Nasya [8] – It is used in *Nilika*, *vyanga*, *keshvikar*, *Kshiraj vyadhi*,

Other than the above types of *nasya* , *Marshya Nasya* and *Pratimarshya Nasya* are other two types of *nasya* , described in *Ashtang Hruday* [9]. These types are based on the quantity(*matra*) of oil/*sneha* used in *nasya*.

Marshya Nasya – *Sneha matra* in *Marshya Nasya* is decided by drops count. There is a method to decide a drop. Drop of oil or ghee falling from two digits of index finger is considered as a drop/ *bindu*. *Matra for Marshya Nasya* is are 10 bindu, 8 Bindu, 6 Bindu. These *matra* are called *Uttam*, *madhaym* and *Hin matra* respectively.[10] Because of its high quantity/*matra*, *Marshya nasya* should be administered with all the precautions. *Pathya kalpana* is also

important during the use of *Marshya Nasya*. It cannot be used on daily basis in any disease.

Pratimarshya Nasya [11] - Similar to *Basti kalpana/procedure*, *Pratimarshya nasya* is compatible to human body by birth (*aaajnmasatmya*). It can be practiced daily, it doesn't cause any complications. Its characteristics are similar that of *Marshya Nasya*. No major *pathya* and rules are required to practice *Pratimarshya Nasya* as a daily regime. There are 15 timings/*kalas* given to practice *Pratimarshya Nasya* [12]. If a person practices *Pratimarshya Nasya* on these timings, it will help that person to be healthy. *Pratimarshya Nasya* don't need any kind of setup or *yojana*. So it is easy for patients to practice it at home.

Benefits of *Pratimarshya Nasya* [13]– If a person practices daily *nasya* procedure as given in *Samhita*, it gives many health benefits. It gives healthy skin, strong shoulders and neck, strong chest, can avoid greying of hair and the person fell ill less frequently.

Katu Taila Nasya [14] – In *Yogaratanakar*, *Katu taila* and other oil preparations are suggested for daily *Nasya* procedure. It also states that for three doshas *Nasya* timings/*kaal* are different. For *Kapha dosh* mornig time *nasya* is better. Afternoon is better for *Pitta dosh vyadhi* and for *Vata vyadhi*, *nasya* should be done in the evening.

Katu Tail Gunadharma – As the diagnosis is *vataj prtishyaya*, one can use any *vata shamak* oil/*dravya*. Here *Katu Tail* (Mustard Oil) was used for *Nasya*. It is *Katu*,

Tikta rasatmak, *Ushna virya*, *Katu Vipaki*. It is *Kapha* and *Vata shamak* also.

Case Report –

A male patient aged 45yrs, came to Smt K.C.Amera ayurved college and Hospital OPD.

Chief complaints of the Patient were –

1. Excessive Sneezing ++++
2. Watery Nasal secretions+++
3. Nasal Blockage +++
4. Headache +++
5. Hoarseness of Voice +++

Patient was suffering from allergic rhinitis, and showing the above symptoms since 1 year. Patient had tried medicines other than *ayurved*, but it gave temporary relief. All the above symptoms relapsed as the patient stopped the medication.

Examination – Vital parameters of the patient were stable, within normal limits. Systemic examinations showed no any abnormal findings.

As Stated above *Pratimarshya nasya* of *Katu taila* was started as treatment with all instructions to follow for *pathyapathya*.

Treatment

Nasya – *Pratimarshya Nasya*, Two drops of *Katu Tail* in the morning (6am) and in the evening (6pm). Luke warm water *Gandush* (Gargles) after *Nasya* was advised.

Pathyapathya- Patient was advised strict diet and daily routine that helps *vata shamak*.

Pathya Aahar – Wheat, Rice, *Moodga Yush*, Garlic, *Laghu anna* (easy to digest), luke warm water frequently.

Apathyakar Aahar – *Atyambupan* (water intake in large quantity), curd, fried food, food having preservatives, refrigerated food, *guru aahar*(heavy to digest food).

Vihar – Avoid atinidra(excessive sleep), *Diwaswap*, Dust, smoke, Supression of urges like urine and defication.

After the first visit the patient was called for follow up every 10th day.

Ist follow up – (10th day of treatment)-

1. Excessive Sneezing +++
2. Watery Nasal secretions+
3. Nasal Blockage +
4. Headache +
5. Hoarseness of Voice ++

On first follow up Symptoms like Nasal secretions, nasal blockage and Headache was relived to 75%. Symptoms like Sneezing and Hoarseness of voice also seen decreased.

IInd follow up – (20th day of treatment)-

- Excessive Sneezing +
- Watery Nasal secretions -
- Nasal Blockage +
- Headache -
- Hoarseness of Voice –

On the second visit of the patient on 20th day, No symptom of Hoarseness of voice was seen. Patient experienced very few episodes of sneezing, only 3 times in 10 days. Patient was relived from the symptoms of Nasal secretions and Headache.

IIIrd follow up – (30th day of treatment)-

1. Excessive Sneezing +
2. Watery Nasal secretions -
3. Nasal Blockage -
4. Headache -
5. Hoarseness of Voice –

On the 3rd follow up patient was 90 % relived from all the symptoms. There was only one episode of Sneezing in last 10 days. Nasya treatment was stopped after 3rd follow up. Patient was advised to follow all the

pathyapathya instructions. Patient was called for follow up on 60th day.

Conclusion –

Vataj Pratishyay is a disease caused due to vitiated *Vata dosh*. So, the treatment of *vata* should be of prime importance. *Nasa* is the *sthan* of the *Pratishyay*. *Vatashamak nasya* was the first choice of treatment. *Katu tail Pratimarshya nasya* was used in this patient. It gave good results as *Katu tail* itself is a good *Vatashamak*. It is *Katu rasatmak*, ushna virya. And Nasya is main treatment of *Urdhwajatrugat vikar*. The Procedure of *Vatashamak Pratimarshya nasya* is easy to administer for patient at home. The patient showed good determination of following the *pathyapathy* as instructed. Here we can conclude that in *Vataj Pratishyay*, *Katu tail Pratimarshya nasya* gives very good results along with *vatashamak pathya*. It should be used frequently in patients of *Vataj Pratishyay*.

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Conflict of Interest: Non

DOI: <https://doi.org/10.52482/ayurlog.v9i04.904>

Source of funding: Nil

Cite this article:

Role of Pratimarshya Nasya in Vataj Pratishyay: A case study

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Ayurlog: National Journal of Research in Ayurved Science- 2021; (09) (04): 01-05