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Role of *Shunthyadi Taila* and *Triphaladi Taila Nasya* in *Vatajapratishyaya* (Allergic Rhinitis)

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Abstract:

Vataja Pratishyaya is a disease which possesses symptoms like *Nasagata Tanusrava, Kshavatu* and *Nasavarodha.* These types of symptoms are also found in allergic rhinitis which is induced by an IgE mediated inflammation of the nasal membrane. Allergic rhinitis is the most common type of chronic rhinitis, affecting 10 to 20% of the population. Severe allergic rhinitis has been associated with significant impairments in quality of life, sleep and work performance. Till date no satisfactory medical management has been developed for this problem. Hence, it creates a need to search a simple and effective remedy. As *Kshavathu* is the *Pradhana Lakshana* of *Vataja Pratishyaya*, *Shuntyadi Taila Nasya* has been selected for the present study because most of the ingredients of this *Taila* will promote the nourishment of *Dhatus* which ultimately increases the general and local immunity. In the same way *Triphaladi Taila* has also been indicated in *Pratishyaya*. Hence to assess and compare the efficacy of *Shunthyadi Taila* and *Triphaladi Taila* in the form of *Nasya* the present study had been taken. Both *Shunthyadi taila* and *Triphaladi taila* were found to be very beneficial in all the cases of *Vataja Pratishyaya*. However, Group A with *Shunthyadi taila Nasya* gave better result than *Triphaladi Taila* in Group B.

Key words: *Vataja Pratishyaya*, Allergic Rhinitis, *Shunthyadi Taila*, *Triphaladi Taila.Nasya.*

Introduction

Allergic Rhinitis is *a* disease pertaining Nose induced by an immunoglobin E(IgE)-mediated inflammatory reaction after allergic exposure of the membranes lining the nose [1] and is characterized by watery nasal discharge, Nasal congestion , sneezing and itching in the nose [2].

Vataja Pratishyaya is compared to allergic rhinitis because most of the signs and symptoms of alike such as *Nasagata Tanusrava* (watery nasal discharge), *Kshavatu* (Sneezing) and *Nasavarodha* (congestion) [3].'*Vataja Pratishyaya*' is a *Nasagataroga* and one among five types of *Pratishyaya* [4]. Allergic rhinitis is the most common type of chronic rhinitis, affecting 10 to 20% of the population, and evidence suggests that the prevalence of the disorder is increasing. Severe allergic rhinitis has been associated with significant impairments in quality of life, sleep and work performance [5].

All medical disciplines are trying to find the ways to fight against such challenging tasks. Till date no satisfactory medical management has been developed for this problem. Hence, it creates a need to search a simple and effective remedy. Among the various treatment modalities, *Nasya* is the chief

procedure to drain *Doshas* from *Shirah* [6]. *Shunthyadi Taila* in the form of *Nasya* has been highlighted as drug of choice for the management of *Kshavathu* [7]. As *Kshavathu* is the *Pradhana Lakshana* of *Vataja Pratishyaya*, *Shunthyadi Taila Nasya* has been selected for the present study, In the same way *Triphaladi Taila* has also been indicated in *Pratishyaya* [8]. Hence to assess and compare the efficacy of *Shunthyadi Taila* and *Triphaladi Taila* in the form of *Nasya* the present study had been taken.

Materials and methods

A. Patients: The diagnosed patients of *Vataja Pratishyaya* were selected from OPD and IPD of Department of Shalakyatantra. Recoupment of the patients into trail and control groups were done by Envelop method.

B. Study design: comparative study with two equal Groups.

C. Sample size: 24 patients (12 patients in each Group).

D. Posology (Table No.1)

E. Selection of drugs

Shunthyadi Taila:

Equal parts of *Shunthi, Kushta, Pippali, Bilwa, Draksha* made into *kalka* form, to these 4 parts of *MoorchitaTila Taila* and 16 parts of *Shuddhajala* is added and boiled till it attains *Sneha Siddha Lakshana* (*Mrudhu Taila Paka*).

Triphaladi Taila:

Equal parts of *Triphala, Guduchi, Ketaki, Chandana, Bala, Eranda* and *Indravali* were taken. To these 1 *Drona* quantity of *Jala* was added and boiled to prepare *Kashaya.* Then to this *Kashaya* equal quantity of *Bhringaraja* and *Amalaki Swarasa* were added along with two parts of *Ksheera.* Then *Prakshepaka Dravyas* along with 1 *Prastha* quantity of Tila taila was added and *Tailapaka* was done to prepare *Triphala Taila*.

Intervention: *Nasyakarma* was done in the morning time 8.30am to 9.30am, 8 drops of each *Taila* in each nostril was administered.

Methodology:

Inclusion criteria:

- Patients fulfilling the diagnostic criteria of *Vataja Pratishyaya* (Allergic Rhinitis)
- 15 to 50 years of age group.
- Subjects were recruited irrespective of sex, religion, occupation etc.

Exclusion criteria:

- Other *Doshaja Pratishyaya*, Systemic infections like Tuberculosis, Leprosy etc.
- Associated with Nasal polyp, Bronchial asthma etc.
- Age less than 15 years and more than 50 years.

Diagnostic Criteria:

Diagnosis was established on the basis of -

1.Clinical features: Rhinorrhoea, Sneezing, and Nasal obstruction.

2.Anterior and posterior Rhinoscopy for signs of allergy:e.g. pale Oedematus Turbinate with thin strings of mucus.

3.Absolute Eosinophil Count: Raised blood Eosinophils.

4.Nasal smear: shows large number of Eosinophils.

Laboratory investigations:

A.E.C, Nasal smear

Criteria for assessment

Record and follow of all the patients included in the trial was documented and maintained in the case record from the efficacy of the therapy was assessed on subjective and objective criteria and multidimensional scoring system was adopted for easier statistical analysis of the result score.

Subjective criteria:

The score was given according to the severity of the symptoms as follows

- Sneezing
- Running nose
- Nasal Congestion

Objective criteria:

- A. E. C
- Nasal smear

Grading:

1. None or on occasional
2. Limited occasional
3. Mild symptom but easily tolerable
4. Steady symptom but easily tolerable
5. Moderate bothersome i.e. hard to tolerate
6. Moderate bothersome and interfere with activities of daily life
7. Severe symptoms i.e. person can't function at all

Statistical analysis: (Table No.3, 4 & Graph No.1)

All the data generated and collected during the study was subjected to statistical analysis. Students paired t test was applied to calculate the 'p' value. Conclusions were drawn based on the results obtained.

Assessment of the effect of therapy:

- On *Kshavatu* factor: During the study it was observed that, there was statistically significant effect of *Shunthyadi taila* on *Kshavatu,* i.e. 'p' value<0.05%, in the same way *Triphaladi taila* had also the statistically significant effect over the *Kshavatu* i.e. 'p' value<0.05%, but by comparing the results of both groups *Shunthyadi Taila* group had better results than *Triphaladi Taila* group.
- On *Nasagata Tanusrava* factor: During the study it was observed that, there was statistically significant effect of *Shunthyadi Taila* on *Nasagatatanusrava*, i.e. 'p' value<0.05%, in the same way *Triphaladi Taila* had also the statistically highly significant effect over the *Nasagatatanusrava* i.e. 'p' value<0.01%, hence by comparing the results of both groups *Triphaladi Taila* group had better results than *Shunthyadi Taila* group.
- On *Nasavarodha* factor: During the study it was observed that, there was statistically highly significant effect of *Shunthyadi Taila* on *Nasavarodha* factor, i.e. 'p' value<0.01%, in the same way *Triphaladi Taila* had also the statistically significant effect over the *Nasavarodha* factor i.e. 'p' value<0.05%, hence by comparing the results of both groups *Shunthyadi taila* group had better results than *Triphaladi taila* group.
- On AEC test: During the study it was observed that, there was statistically significant effect of *Shunthyadi Taila* on AEC value, i.e. 'p' value<0.05%, in the same way *Triphaladi Taila* had also the statistically significant effect over the AEC value i.e. 'p' value<0.05%, but by comparing the results of both groups *Shunthyadi Taila* group had better results than *Triphaladi Taila* group.
- On nasal smear test: During the study it was observed that, there was statistically highly significant effect of *Shunthyadi Taila* on Nasal Smear test, i.e. 'p' value<0.01%, in the same way *Triphaladi Taila* had also the statistically significant effect over the Nasal Smear test i.e. 'p' value<0.05%, hence by comparing the results of both groups *Shunthyadi Taila* group had better results than *Triphaladi Taila* group**.**

Discussion:

Sources say much about the incidence of the allergic rhinitis in Male than female [9]. In our study also it was found to be correct in which 62.5% were male and 37.5% were female patients. This disease has no bar for religion and geographical distribution, *Vataja Prathishyaya* is described as a condition of less complication and with good prognosis in Ayurvedic classics [10] *Nasya* is the chief *Shodhana* procedure selected because this is a procedure which performs *Uttamanga Shuddhi* which can expel the vitiated *Doshas* easily. *Shunthyadi Taila Nasya* was administered in Group A.

Most of the ingredients of this *Taila* are having the properties like *Vata-Kaphahara* having *Katu, Tikta, Madhura Rasa; Laghu, Snigdha Guna*; *Ushna Veerya* and *Madhura Vipaka. Madhura Rasa, Sheeta Veerya*, and *Snigdha Guna* properties will promote the nourishment of *Dhatus* which ultimately increases the general and local immunity. This might

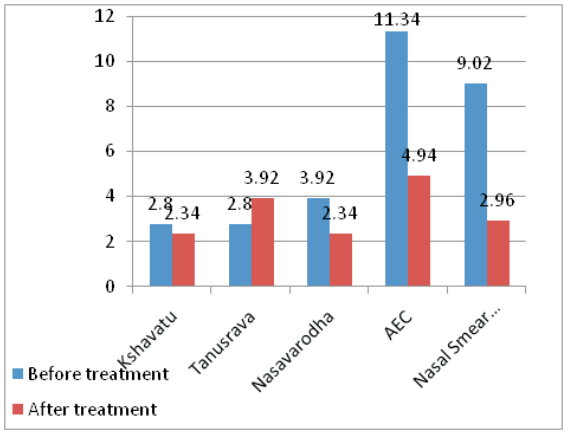
DRUG	GROUP-A	GROUP-B
Name of the Medicine	*Shunthyadi Taila Nasya*	*Triphaladi Taila Nasya*
Duration	Total duration- 7 days	Total duration- 7 days
Dose	8 drops in each nostril	8 drops in each nostril

Table No.1: Showing the Posology

Table No.2: Showing the ingredients of Shunthyadi taila

Shunthikalka-	1 part
Kushta -	1 part
Pippali -	1 part
Bilwa-	1 part
Draksha-	1 part
Tila Taila-	4 parts
Shuddhajala-	16 parts

Graph No.1: Showing the 'T' value of Group



PARAMETER	MEAN		Net Mean	SD	T-Value	P-Value	Remarks
	BT	AT					
Kshavatu	5.75	5.33	0.41	0.51	2.8	<0.05	Sig
Nasagatatanusrava	5.66	5.25	0.41	0.51	2.8	< 0.05	Sig
Nasavarodha	5.66	5.08	0.58	0.51	3.92	< 0.01	High Sig
AEC	571.	429	142.5	43.5	11.34	<0.001	High Sig
Nasal smear	12.5	9.08	3.41	1.31	9.02	< 0.001	High Sig

Table No.3: Showing the Statistical Analysis of Parameters, Group A

PARAMETER	MEAN		Mean diff	SD	T-Value	P-Value	Remarks
	BT	AT					
Kshavatu	5.91	5.58	0.33	0.492	2.34	< 0.05	Sig
Nasagatatanusrava	5.66	5.08	0.58	0.51	3.92	< 0.01	High Sig
Nasavarodha	5.66	5.33	0.33	0.49	2.34	< 0.05	Sig
AEC	541.5	463.3	78.16	54.75	4.94	< 0.001	High Sig
Nasal smear	11.91	11.25	0.66	0.77	2.96	< 0.05	Sig

Table No.4: Showing the Statistical Analysis of Parameters, Group B

be the reason where we got statistically highly significant effect over *Nasavarodha,* AEC and Nasal smear test factors as well as significant effect over the *Kshavathu* and *Nasagata Tanusrava*. *Triphaladi Taila Nasya* was administered in Group B. *Triphaladi Taila* possess a good spreading capacity through minute channels which make *Srothoshodakatwa*. Most of the ingredients of this *Taila* are having the properties like *Tridoshahara* having *Tikta, Katu, Maadhura Rasa; Laghu, Snigdha Guna; Ushna Veerya and Madhura Vipaka*. With these properties it is having *Indriya-Dardyakaratwa, Balya, Rasayana, Vatahara and Brimhana* effect as a combined form. In this way it can counteract the *Vataja Pratishyaya*. Even in this study it is proved as it had statistically highly significant effect over *Nasagata Tanusrava* and AEC. In the same way it had significant effect over the *Kshavathu, Nasavarodha* and Nasal smear test factors.

Conclusion:

The therapeutic effect of *Nasyakarma* with *Shunthyadi Taila* (Group A) and *Triphaladi Taila* (Group B) were found to be very beneficial in all the cases of *Vataja Pratishyaya*. *Shunthyadi Taila Nasya* group had 3 parameters out of 5 parameters as highly significant, whereas *Triphaladi Taila* nasya group had 2 parameters out of 5 parameters as highly significant values. Hence by comparing the statistical values, it was concluded that Group A has better results than Group B.

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