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Review Article



A Review on Clinical Intervention Required for Etiopathological Consideration and Management of “Jirna Pratishthay”

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Abstract

The current era put stress, and strain on human population as a result of dietary changes, lifestyle adjustments, urbanization, and industrialization, which increase pollution and antibiotic resistance and contribute to the occurrence of numerous diseases. Due to its central location and constant exposure to the outside world, the nose is particularly vulnerable to these risk factors and recurring infections. *Jirna Pratishyaya* is the sickness that is most frequently spreading. The condition becomes a chronic phase as a result of recurrent attacks, poor treatment, or neglect during the acute period. The current medical system explains a variety of treatment options, such as corticosteroids, antiallergic medications, inhalers, antihistamines, etc., but none of them is completely efficient in treating the disease and avoiding its recurrence, and they all have their own adverse effects. Ayurveda suggested many therapeutic approaches for the prevention and treatment of *Jirna Pratishyaya*. This review presents types, symptoms and management of *Jirna Pratishyaya*.

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1. Introduction

Pratishyaya is described as illness of the upper respiratory tract; it is mentioned as a *Kasa roga* causes *Vega vidharan*, *Kshayaja* symptom and *Vishamasanaja Yakshma symptom*, etc. *Nasavrodha* (congestion of the nose), *Nasasrav* (liquid discharge via the nose), *Gala-talu- oshtha shushkata* (dryness of the throat, tongue, and lips), *Shankhtoda* (prickling sensation in the temples), *Kshavathu* (excessive sneezing), *Swarbheda* (hoarseness of voice) and *Aruchi*, etc. are the major symptoms of *Pratishyaya*. (1-4)

As cities become more populous which resulted high prevalence of infectious diseases. The infectious disease affecting nasal and respiratory tract commonly and most prevalent *Nasagata roga* is *Pratishyaya*. It is a complex disease with a variety of symptoms and different causes. Neglecting the acute stage or improper management and repeated bouts causes the disease to enter into the chronic phase or *Jirna Pratishyaya* (Chronic Rhinitis).

Jirna pratishyaya is comparable to chronic Allergic Rhinitis in modern medicine, which is marked by nasal irritation, excessive sneezing, rhinorrhea (watery and copious), nasal obstruction from venous stasis, headache,

intermittent or persistent anosmia, and concurrent allergies like itchiness and watering of the eyes. Inflammation of the nasal mucous membrane is known as rhinitis. Common condition allergic rhinitis is typically characterized by symptomatic bouts of intense sneezing and rhinorrhea.

Nasashrava (running nose), *Ghranauparodha* (congestion or obstruction of the nose), *Shirashool* (*headache*), *Shiroguravam* (heaviness of the head), *Jwara* (fever), *Kasa* (cough), *Kaphotklesh* (phlegm), *Swarbheda* (hoarseness of voice), *Aruchi* (anorexia), *Klama* (tiredness), and *Indriyanamasamarth* (altered functions of sense organs), etc. mainly associated with Chronic Rhinitis (*Jirna Pratishyaya*). (4-7)

If *Pratishyaya* is left untreated, it can develop a variety of illnesses, including *Kasa* (cough), *Swasa* (dyspnea), *Gandhaanjnana* (anosmia), *Badhirya* (deafness), and *Rajyakshma* (form of disease with multisystem involvement).

In terms of modern science, it is comparable to the chronic rhinitis which is a respiratory tract infection. According to the American Academy of Otolaryngology and Head & Neck Surgery, more than 37 million

Americans and more than 120 million Indians, respectively, experience at least one episode of sinusitis each year.

The word "Pratishyaya" came from *Dhatu* "Shyeng gatau" and *Upsarga* "Prati," which implies that in *Pratishyaya*, the movement of the *Doshas* is continuous. *Pratishyaya* is the name of the sickness in which the *Kaphadi Doshas* tend to travel toward *Vata* or out of the nose. (7-9)

2. Consideration of *Nidana*:

- ✓ *Nariprasanga*

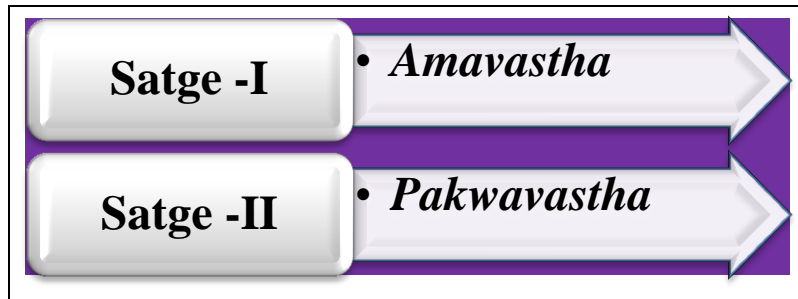


Figure 1. Stages of *Pratishyaya*

Aruchi, *Vaktra virasam*, *Nasa srava*, *Rooja*, *Shirogurutwama*, *Kshavathu* and *Jwara* are the few of the symptoms of the *Amavastha*. *Tanutwam ama lingana*, *Shirolaghuta*, *Nasalaghuta* and *Ghanapinkaphatwa*, etc. are the symptoms of *Pakwavastha*. *Shirogurutwama*, *Kshavathu*, *Angamarda*, and *Parihristromta* were the symptoms of *Purvarupa* of *Pratishyaya*.

4. Consideration of *Purvarupa* and *Rupa*:

If the aforementioned symptoms worsen, *Purvarupavastha* transforms into *Rupavastha*. The symptoms of *Tivravastha* of *Pratishyaya* include *Sravadhikya*, *Nasanaha*, *Ashrusrava*, *Jwara*, *Daurvalya*, and *Shirahashoola*. The symptoms of *Upshamavastha* of *Pratishyaya* include thick and sticky *Nasasrava*, opening of the *Nasasrota*, beginning of natural breathing, and stopping of *Srava*, etc.

Acharya Charaka and *Maharishi Kashyapa* discuss general *Pratishyaya* symptoms like; *Shirahshoola*, *Shirogaurav*, *Ghranviplava*, *Jwara*, *Kasa*, *Kaphotklesha*, *Swarabheda* and *Indriya Asamarthatva*, etc.

5. Consideration of types of *Pratishyaya*:

Pratishyaya is classified into five categories: *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, and *Sannipataja* by *Acharya Sushruta*, *Vagbhatta*, *Madhavakara*, *Bhava Mishra*, and *Sharangadhara*. *Acharya Charaka* described *Dushta Pratishyaya* as an advanced level of *Pratishyaya* and lists four different varieties of *Pratishyaya*, namely *Vataja*, *Pittaja*, *Kaphaja*, and *Sannipataja*. Four other *Pratishyayas* were also described by *Maharishi Kashyapa*. Six different *Pratishyaya* were mentioned by *Rasa Ratana Samuchyaya*.

6. Consideration of *Pratishyaya's Samprapti Ghatak*:

- ✓ *Nidan*: *Kapha vata Prakopak Ahara Vihara*.

- ✓ *Shirashabhitatam*
- ✓ *Dhuli*
- ✓ *Rajah*
- ✓ *Shitamatipratapa Mutrapurishasandharanam*, etc.

3. Consideration of Progressive Phases of *Pratishyaya*:

Acharya Dalhana described two stages of *Pratishyaya* (Figure 1) based on level of maturity namely; *Amavastha* and *Pakwavastha*.

- ✓ *Dosha*: *Rakta*, *Alpa Pitta*, and *Kapha Vata Pradhana*.
- ✓ *Dushya*: *Rasa* and *Rakta*
- ✓ *Srotas*: *Pranavaha*, *Rasavaha* and *Raktavaha*.
- ✓ *Srotodushti*: *Sanga*, *Vimargagamana*, and *Atipravruthi*.
- ✓ *Adhithana*: *Nasa* and *Shiras*

7. Consideration of *Pratishyaya Samprapti*:

According to *Acharya Charaka*, etiological substances that are consumed might aggravate *Vatadosha* in the head and result in *Pratishyaya*. The manifestation of sickness is described by *Acharya Sushruta* as vitiated *Vata* and other *Doshas* separately or together accumulating in the head to form *Pratishyaya*. According to *Acharya Vagbhatta*, vitiation of *Vata Dosh* in the nasal cavity causes *Pratishyaya*.

8. *Chikitsa* (Treatment):

- ✓ *Langhana*, *Deepana*, *Pachana*, *Swedan* and *Ikshu Vikara* are *Ama Peenasa Chikitsa*.
- ✓ *Shirovirechana*, *Kavalgraha*, *Dhoompana*, *Snepana*, *Vamana*, *Virechana*, *Asthanpana* and *Shaman Aushadha* are among the *Pakwa Peenasa Chikitsa*.
- ✓ *Nasya* by *Pathadi Taila* and *Shadbindu Taila*.

Apakva Pratishyaya treatment includes *Swedana*, ingesting hot items, drinking milk mixed with *Adarka* and consumption of preparations of *Gud* and *Fanita yoga*, etc. *Tikshna Shirovirachana*, *Dhoompana*, *Asthanpana basti*, *Kaval*, *Nasya*, and the usage of *Haritaki* are includes under the treatments of *Pakva Pratishyaya*.

Vataja Pratishyaya's treatment includes oral administration of *Vidharigandhadi Gana*, *Siddha Ghrita*

and *Panch Lavan Siddha Ghrita*, *Shirobasti*, *Nasya*, *Dhooma*, *Upnaha*, *Sneha* and *Nadi Swadana*, *Ksheer taila pana*, and *Abhayang* used for *Arditokta Chikitsa*.

Pittaja and *Raktaja Pratishyaya's* treatment includes *Ghritapana*, *Perishaka*, *Pradeha*, *Virechan*, and *Nasya*. *Virechan* with *Madhura Dravyas*, *Nasya* using *Dhantwak*, *Triphala*, *Shyama*, *Tilvaka*, *Madhuka*, *Shreeparni* and *Haridra*, etc. *Kaphaja Pratishyaya's* medical care includes *Ghritapana*, *Yavaghu pana*, *Vaman*, *Nasya* and *Kaphaghna Karma*. (9-11)

Following Ayurveda drugs can also be used for curing *Jirna Pratishyaya*:

1. *Draksha*
2. *Maricha*
3. *Vasa (vasaka)*
4. *Tvak-Dalachini*
5. *Yashṭimadhu*

9. Conclusion

One of the most common disorders nowadays is *Pratishyaya*, which is mostly brought on by pollution, climatic change, and slowly evolving social norms. The *Kapha-vata dosha* predominates in *Pratishyaya*. While treating the illness, factors like the patient's *Desha*, *Kala*, and *Vaya* have also been taken into account. When treating the disease, particular focus should be placed on different phases like *Amavastha* and *Pakwastha* because wrong therapy might result in *Ajirna Pratishyaya*, an advanced stage that is more challenging to treat. The patient's immune system becomes damaged throughout the chronic phase of the illness, necessitating the addition of *Pathya-Apathya* along with medications. *Langhana*, *Deepana*, *Pachana*, *Swedan*, *Shirovirechana*, *Dhoompana*, *Vamana*, *Virechana* and *Nasya*, etc. can be recommended to treat chronic phase of *Pratishyaya*. However prevention of *Pratishyaya* in early stage is essential to prevent its transformation from *Pratishyaya* to *Jirna Pratishyaya* since chronic stage (*Jirna Pratishyaya*) causes severe health problems.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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