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Case Study

Role of Viddha Karma and Nasya in Management of Vataja Pratishyaya with Special Reference (W.S.R) to Allergic Rhinitis - A Case Study

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I N F O

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A B S T R A C T

Nose is the chief source of contact with the external environment and occupies a distinct relationship to all types of inhalant allergens. These allergens lead to Allergy of Nasal tract. Allergic rhinitis represents a global health issue affecting 10%-25% of the world population. According to the World Allergy Organisation (WAO), 400 million people worldwide have allergic rhinitis. Based on its signs and symptoms Allergic Rhinitis can be co-related to *Vataja Pratishyaya*. *Vataja Pratishyaya* is one among the *Pratishyaya Rogas* in which there is vitiation of *Vata* resulting in profuse *Kshavathu* (sneezing), *Anaddhapihita Nasa* (blocking of the nose), *Jalabhasrava* (watery nasal discharge), *Gala Talu Oshtha Shosha* (dryness of the throat and lips), *Shankha Nistoda* (constant pain in the temples) and *Swaropaghata* (change in voice). *Nasya* is the prime line of treatment for *Nasagata Roga* as mentioned by most of the *Acharya's* thus can be administered in *Vataja Pratishyaya*. Further, *vikruti* of *Vata* and its *Avarna* over *Kapha* can be relieved by *Viddha Karma* which acts by removing *Vitiated Vayu*. Thus, in this case study an attempt has been made to note the effects of *Viddha Karma* and Nasya in *Vataja Pratishyaya* W.S.R Allergic Rhinitis.

Keywords: Allergic Rhinitis, *Nasya, Vataja Pratishyaya, Viddha Karma*.

Introduction

The sense organs and the senses both play a major role in human's life from birth till death. They enable us to enjoy the pleasures of the world. Sense organs are five in number and one of them is nose - the organ of smell. Nose is the chief source of contact with the external environment and occupies a distinct relationship to all types of inhalant allergens. These allergens lead to allergy of nasal tract.

Allergic Rhinitis occurs commonly in those who are exposed to dust, mites, and pollens. Hereditary factor also plays an important role. Many people suffer from this disease during rainy season and others during flowering of the plants

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which disperse the pollen around the area. However, some people suffer the illness all year around.

In India, 22% of people have allergic rhinitis, compared to substantially lower numbers in the past.[1]

Based on its signs and symptoms Allergic Rhinitis can be co-related with *Vataja Pratishyaya*.

Vataja Pratishyaya is first and foremost among the *Pratishyaya Rogas* in which there is vitiation of *Vata* and *Kapha Doshas* resulting in profuse sneezing, blocking of the nose, watery discharge, dryness of the throat and lips, constant pain in the temples and disorders of voice.[2]

Nasya is the prime line of treatment for *Nasagata Roga* as mentioned by most of the *Acharya's* thus can be administered in *Vataja Pratishyaya*.

Further, *Vikruti of Vata* and its *Avarna* over *Kapha* can be relieved by Viddha Karma which acts by removing *Vitiated Vayu*.

Thus, in this case study an attempt has been made to note the effects of *Viddha Karma* and *Nasya* in management of *Vataja Pratishyaya* W.S.R Allergic Rhinitis.

Materials and Methods

Case Study

Presenting Complaints:

Patient came to OPD with complains of Nasal obstruction, Discharge and Sneezing since last 14 days.

Associated Complaints:

Patient also complains of occasional mild headache since last 14 days.

History of Present Illness

A female patient aged 24 years was asymptomatic 4 years ago, when she started suffering with Nasal Discharge, Nasal Obstruction at night along with early morning Sneezing which would reoccur with change in season. She used to take self-medication (Tab. Cetrizine) and steam which would subside the symptoms. Pt. is allergic to Dust and her condition aggravates with travelling, cold - food, drinks and weather. Since the past 6 months she noticed that the frequency of her condition had increased and from last 14 days due to heavy rain, her symptoms aggravated because of which she approached our hospital for the management of the same.

Personal history

- *Ahara* - Sheetala Ahara (ice cream, Coldrink)
- *Agni*- Normal
- *Vihara*- Travelling Daily for atleast 1 hour
- *Nidra* - Disturbed due to blocked nose
- *Allergy* – Dust

Examinations

External Nose- No scar marks, swelling, discoloration, deformity

Cold spatula test- Fogging L>R

Lab Investigations- AEC (Absolute Eosinophiles count) increased AEC values were observed which are illustrated in Fig. no. 3.

Treatments

- *Nidana Parivarjana* – Advised to avoid dust by wearing mask while travelling and avoid cold food and drinks.
- *Viddha Karma* X 7 Days (Fig. 1)
- *Nasya with Shigru Taila* (6 drops in each nostril) X 7 days (Fig. 2)

Procedure

- **Viddha Karma**: *Viddha Karma* is the procedure for removal of *Vata Dosha* in *Sira*, which is done by puncturing the Sira with a hollow needle and allowing the removal of *Vayu*.

Site selected for *Viddha Karma* was Nasaagre (Tip of nose).[3] (Fig. no. 1)

- *Purva Karma* – 26 and1/2gauge sterile needle was taken. Site of Viddha Karma was cleaned with spirit and cotton.
- *Pradhana Karma* – Once the spirit dried, with the help of sterile needle a puncture was done over selected site.
- *Paschat Karma* - Site of *Viddha* was cleaned with the help of sterile cotton.
- **Nasya**: Nasya is a type of *Panchkarma* procedure where *dravyas* are administered nasally. (Fig. no. 2)
- ***Purva Karma***: *Mridu Abhyanga* with *Murchita* Tila Taila was done on the scalp, forehead, face and neck followed by *Swedana*.
- ***Pradhana Karma***: Patient with empty stomach was asked to lie down in supine position, with head slightly tilted back and legs slightly raised. *Marsha Nasya* with the dosage of 6 drops was administered to both nostrils. Then patient was advised to inhale it deeply and spit out the drugs that reaches the throat.

Paschat Karma

- *Kavala* with warm water
- *Dhumapana* with *Haridra dhuma varti*

After this, the patient was instructed neither to take cold food or cold water nor to have cold water face wash and to avoid wind, exposure to sun and dust.

Result

Treatments were done for 7 days and symptoms were noted on 0^{th} day, 7^{th} day, 14^{th} day and 21^{st} day whereas AEC was done on 0^{th} and 30^{th} day

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It was observed that before treatment nasal discharge and obstruction were grade 2 which were completely absent after treatment.

Sneezing reduced from Grade 3 to Grade 1. (Grading criteria is tabulated in Table- 3,4,5)

Headache which was mild with value of 3 on Vas Scale was completely absent after treatment.

AEC values which were 520 cells/cu.mm came down to 204 cells/cu.mm. (Figure 3-4)

Table 1.Internal Nose

(I) Mucosa	Right	Left
a) Moist/ Dry/ Presence of crust	Moist	Moist
b) Colour: Pink/ Pale/ Congested	Congested	Congested
(II) Lateral wall -Turbinates: Hypertrophy/Atrophy	Inferior Turbinate Hypertrophy	NAD
III) Septum- Deviation: Present/ Absent	Absent	Absent

Table 2.Frequency of Symptoms

SYMPTOMS	0^{th} Day	7^{th} Day	14^{th} Day	21^{st} Day
Nasal discharge (Nasasrava)	2	1	1	0
Nasal obstruction (Nasavarodha)	2	1	0	0
Sneezing (Kshavathu)	3	2	1	1
Headache (Shankha Nistoda)	3 on Vas Scale	0	0	0

Table 3.Nasal Discharge

Score	Grade	Criteria
0	Nil	absent
1	Mild	1-5 blows per day
2	Moderate	6-10 blows per day
3	Severe	More than 10 blows per day

Table 4.Nasal Obstruction

Score	Grade	Criteria
0	Nil	Absent
1	Mild	Occasionally
2	Moderate	Frequent
3	Severe	Continuous

Table 5.Sneezing

Score	Grade	Criteria
0	Nil	Absent
1	Mild	1-5 sneezes
2	Moderate	5-10 sneezes
3	Severe	More than 10.

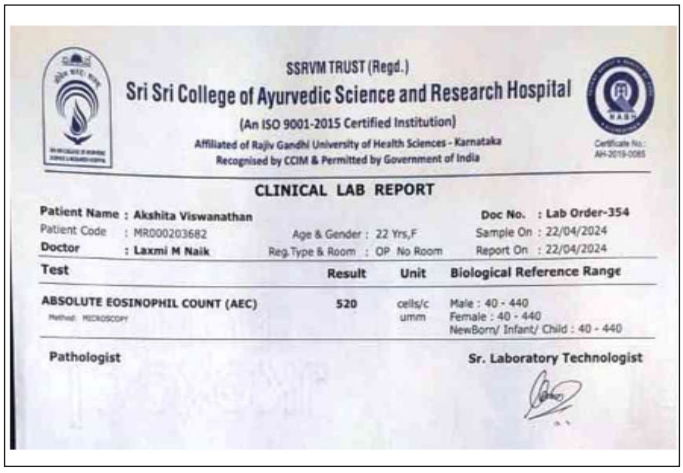
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Figure 1.Site selected for Viddha Karma was Nasaagre (Tip of nose)



Figure 2.Nasya procedure where dravyas are administered nasally



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CLINICAL LAB REPORT

Patient Name : Akshita Viswanathan			Doc No. : Lab Order-354
Patient Code : MR000203682	Age & Gender : 22 Yrs,F		Sample On : 22/04/2024
Doctor : Laxmi M Naik	Reg.Type & Room : OP No Room		Report On : 22/04/2024

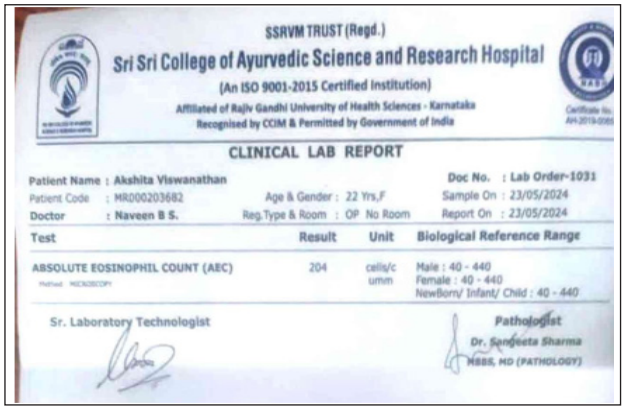
Test	Result	Unit	Biological Reference Range
ABSOLUTE EOSINOPHIL COUNT (AEC) Method: MICROSCOPY	520	cells/cumm	Male : 40 - 440 Female : 40 - 440 NewBorn/ Infant/ Child : 40 - 440

Pathologist

Sr. Laboratory Technologist

Figure 3.with AEC Values

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CLINICAL LAB REPORT

Patient Name : Akshita Viswanathan — Doc No. : Lab Order-1031
Patient Code : MR00203682 — Age & Gender : 22 Yrs,F — Sample On : 23/05/2024
Doctor : Naveen B S. — Reg.Type & Room : OP No Room — Report On : 23/05/2024

Test	Result	Unit	Biological Reference Range
ABSOLUTE EOSINOPHIL COUNT (AEC)	204	cells/c umm	Male : 40 - 440 Female : 40 - 440 NewBorn/ Infant/ Child : 40 - 440

Sr. Laboratory Technologist

Pathologist
Dr. Sangeeta Sharma
MBBS, MD (PATHOLOGY)

Figure 4.with AEC Values

Discussion on Disease

Nidana of *Vataja Pratishyaya*: *Nidana* of *Vataja Pratishyaya* are not mentioned separately, the *Samanya Nidana* mentioned for *Pratishyaya* can be considered.[4]

Out of which exposure to cold and dust were seen in this patient.

- Exposure to cold- Cold and Dry air in nasal cavity can lead to constant drying up of nasal mucosa which in turns triggers mucosal glands to secrete more mucus to keep the nasal cavity moist for normal physiological functions. This excessive secretion of mucosa leads to nasal congestion and runny nose.
- Dust - Nasal mucosa is very sensitive to any foreign particle that enters through nostrils thus when a dust particle enters, it immediately triggers reaction from mucosal lining. The mucosal lining in turn traps dust particles and stop them from entering Respiratory system which leads to irritation and inflammation of nasal tissues and ultimately Rhinitis.

Samprapti: *Samprapti* of *Vataja Pratishyaya* can be understood as:

Nidana Sevana ⟹ *Vata Prakopa* and *Vimarga Gamana* of *Vata*

⇓

Avarana of *Kapha* and *Sthana Samshraya* in *Nasa*

⇓

Vataja Pratishyaya

Discussion on Procedure

Viddha Karma: As per *Acharya Sushruta* not only *Rakta* but also *Vata* along with *Pitta* and *Kapha* travels in *Siras*. Thus, *Viddha Karma* with hollow needle helps in removal of *Vitiated Vayu* which in turn helps in removal of *Vata Avarana*.

Thus, effect of Viddha on each symptom can be understood as:

- **Nasal Discharge**: *Viddha Karma* helps in the removal of *Prakupita Vata*, bringing normalcy to movement and direction of *Vata* which may help in subsiding discharge from nose.
- **Nasal Obstruction**: *Viddha Karma* helps in expulsion of *Vata* from *Siras* of *Nasa*, which may help in reducing obstruction of nasal passage.
- **Sneezing**: *Viddha Karma* helps in alleviation of vitiated *Vata* and does *Vatanulomona* which may help in subsiding the irritation of nasal mucosa and further sneezing reflex.

Nasya karma: It is considered the best and most specific procedure for *Urdhwa Jatru Roga*. Hence, *Nasya* with *Shigru taila* where most of the ingredients have *Katu, Tikta rasa, Ruksha, Tikshna, Laghu guna, Ushna virya* and *Vata Kapha hara karma* is used which helps in *Samprapti Vighatana* and reducing the symptoms of *Vataja Pratishyaya.*

- **Nasal Discharge**: *Nasya* with *Shigru taila* which is *Vata* and *Kapha shamaka* in nature may help in subsiding discharge. It also has *Saindhava* which has *Kledahara* properties.
- **Nasal Obstruction and Sneezing**: *Nasya* with *Shigru taila* has antinflammatory properties which may help in subsiding inflammation and congestion which may help with Obstruction and Sneezing reflex.
- **Headache**: Many ingredients of *Shigru Taila* like *Shunthi, Pippali* and *Priyangu* have Analgesic properties which might help with subsiding pain.

Conclusion

Allergic rhinitis is one of the major concerns of today's world. In the present era due to unhealthy diet and lifestyle, immunity of people is compromised. Although allergic rhinitis does not pose a serious risk to life, complications may occur, and the illness has the potential to seriously lower the quality of life.

Nidana Parivarjana or Avoidance of allergens remains the first Line of Treatment which requires major life style changes was advised to the patient.

In Acute symptoms of *Vataja Pratishyaya*, as seen in this patient *Viddha Karma* and *Nasya* were adopted which

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gave good results. Once these symptoms have subsided *Rasayana Chikitsa* can be given to enhance immunity which might help with high reoccurance rate of Allergic Rhinitsis.

Further, it could be carried out in large number of subjects and observation can be extended for more duration to check for reoccurrence.

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