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“A REVIEW ON UNDERSTANDING OF ALLERGIC RHINITIS W.S.R TO PRATISHYAY IN AYURVEDA ”

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Abstract:

Allergic Rhinitis (AR) is a common respiratory condition marked by sneezing, nasal obstruction, nasal discharge, and itching of the nose or throat. In modern science, it is identified as an IgE-mediated hypersensitivity reaction to environmental allergens. In Ayurveda, particularly in the branch of Shalakyatantra, this condition is explained through diseases of the Nasa (nose) and is closely associated with Pratishyaya and Peenasa, found in classical Ayurvedic texts.

Shalakyatantra, a branch of Ashtanga Ayurveda, deals with disorders of the Urdhva Jatru (organs above the clavicle), which includes the Nasa (nose). Various Nasa Roga (nasal disorders) are elaborated upon in texts like Sushruta Samhita, Ashtanga Hridaya, and Sharangadhara Samhita

According to ayurvedic principles, allergic rhinitis primarily results from imbalances in the Vata and kapha doshas, which is caused by poor digestion, lifestyle disturbances, environmental triggers, seasonal changes.

In ayurvedic management, such as Nasya, Panchkarma and Rasayana therapies, which help strengthen immunity and prevent recurrence. With the help of ayurveda we can improve not only symptoms but also overall well-being.

Key words: Allergic rhinitis, ayurveda, pratishyaya, vata-kapha imbalance.

INTRODUCTION

Allergic rhinitis is an increasingly prevalent condition that affects a significant portion of the global population including both adults and children.

Correlation of Allergic Rhinitis with Ayurvedic Conditions

Allergic Rhinitis is not mentioned directly in Ayurveda but can be understood under:

Vata-Kaphaja Pratishyaya,

Dushta Pratishyaya (chronic or recurrent rhinitis)

Peenasa (obstructive, chronic rhinitis with loss of smell) These conditions arise due to:

Agnimandya (low digestive fire)

Accumulation of Ama

Exposure to allergens like dust, cold, smoke, or pollen

Suppression of Vega (natural urges), especially Kshavathu (sneezing)

Samprapti (Pathogenesis)

Nidana: Cold exposure, dust, kapha-aggravating diet

Doshas involved: Primarily Kapha and Vata

Srotas: Pranavaha Srotas and Nasa Srotas

Lakshana: Sneezing (Kshavathu), nasal obstruction (Nasa Avrodha), watery discharge (Nasa Srava), itching (Kandu)

This review aims to explore etiopathogenesis, dosha-dushya involvement, various ayurvedic treatment modalities, such as Nasya, Panchakarma

etc. this study aim to provide a holistic, long term and individualised management strategy for allergic rhinitis.

Materials and Methods:

All the information regarding these have been collected from various modern and ayurvedic textbooks, journals and internet sources.

Ayurvedic aspect: Allergic disorders are among the most common health issues affecting people today. Everyday, individuals encounter numerous chemical and biological substance in their environment. In Ayurveda, a condition with symptoms closely matching those of rhinitis is known as Vataja Pratishyaya. The sudden onset and frequent recurrence of nasal symptoms suggest that an imbalance of vata dosha plays a significant role in this condition. Rhinitis is an inflammation of the nasal mucous membranes.

Lakshana (Symptoms)

Ayurvedic Symptom	Modern Equivalent
Kshavathu (Sneezing)	Frequent sneezing
Nasa Srava (Discharge)	Rhinorrhea
Nasa Avrodha (Obstruction)	Nasal congestion
Ghrana Nasha (Smell loss)	Anosmia
Shira Shoola (Headache)	Sinus headache

Discussion:

Allergic rhinitis affects quality of life, work productivity, and psychological well-being. While modern medicine primarily focuses on symptomatic management through antihistamines, corticosteroids, and immunotherapy, ayurveda emphasis a holistic, individualised and root caused based approach.

Chikitsa (Management)

1. Shodhana (Purificatory Therapy)
 - a) Nasya Karma: Administered with Anu Taila, Shadbindu Taila, etc.

“Nasya tu shreshtham urdhvajatrugata rogan...”

(Ashtanga Hridaya, Sutrasthana 20/1)

b) Vamana Karma (Therapeutic emesis): Indicated in Kapha Pradhana Pratishyaya to eliminate accumulated mucus.

2. Shamana (Palliative Therapy)

Classical Formulations:

Sitopaladi Churna – Kapha-Vata hara, indicated in allergies

Haridra Khanda – Specific for allergic conditions

Talisadi Churna, Vyoshadi Vati

Trikatu Churna – For Ama pachana and

Agni deepana

(Bhaishajya Ratnavali – Kasa Pratishyaya Chikitsa)

3. Rasayana Therapy

Chyawanprash Avaleha – Immune boosting

Ashwagandha Rasayana, Brahma Rasayana, “Rasayanani cha sarvani vyadhikshamatva vardhanani...”

(Charaka Samhita, Chikitsa Sthana 1/7)

Local Therapies in Shalakyatantra

Dhuma (Medicated Fumigation) – To dry Kapha

Gandusha / Kavala (Oil pulling) – Purification of upper respiratory tract
Dhoomapana – Especially in Kapha-dominant nasal congestion

Diet and Lifestyle (Pathya-Apathya)

Pathya-Apathya:

Light, warm, digestible food

Nasal steaming

Avoid cold drinks, curd, ice creams, exposure to allergen

Avoid Daytime sleeping, sedentary lifestyle

Preventive measures:

Nidana Parivarjana

Avoid causative factors (dust, allergen)

Follow Dinacharya and Ritucharya

Seasonal Nasya in Sharad and Vasanta

Ritu

Modern treatment for allergic rhinitis, such as intranasal steroids or antihistamines, provide temporary symptom relief with associated side effects like drowsiness, nasal dryness, or dependence. On the other

hand, Ayurvedic treatment corrects the underlying doshic imbalance, clears the srotas and improves systemic immunity, offering a long-term, sustainable solution.

Conclusion:

The understanding of Allergic Rhinitis in Shalakyatantra offers a holistic approach, focusing not just on symptomatic relief but on the root cause through dosha balancing, detoxification, rejuvenation, and lifestyle regulation. Ayurveda provides an effective, time-tested management protocol that can improve immunity, reduce recurrence, and enhance overall respiratory health.

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