Clinical Case Study

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Management of Allergic Rhinitis (*Vata-Kaphaja Pratishyaya*) through Ayurvedic Therapeutics- A case study

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ABSTRACT

Introduction

Allergic rhinitis is a chronic inflammatory disorder of the nasal mucosa presenting with recurrent sneezing, watery nasal discharge, nasal obstruction, and itching, leading to impaired quality of life. The clinical features closely resemble *Pratishyaya* described in Ayurveda, particularly of *Vāta-Kaphaja* predominance. Conventional management often provides temporary symptomatic relief with frequent recurrence.

Objective

To evaluate the effectiveness of *Nasya Karma* along with *Śamana Cikitsā* in the management of allergic rhinitis (*Vāta-Kaphaja Pratishyaya*).

Method

A diagnosed case of allergic rhinitis was treated with *Mārśa Nasya* using *Anu Taila* for 7 consecutive days following standard *Pūrva* and *Paścāt Karma*. Internal *Śamana* medications including *Sitopalādi Cūrṇa* and *Haridrā Khaṇḍa* were administered for 30 days. Assessment was done based on subjective improvement in sneezing, nasal discharge, nasal obstruction, and itching.

Result

The patient showed marked reduction in sneezing frequency, nasal discharge, obstruction, and itching, along with improvement in breathing and general well-being. No adverse effects were observed, and sustained relief was noted during follow-up.

Conclusion

Nasya Karma combined with appropriate *Śamana Cikitsā* was found to be effective and safe in the management of allergic rhinitis. This approach addresses the underlying *Doṣa* imbalance and may help in preventing recurrence.

Keywords: *Pratishyaya*, Allergic rhinitis, *Nasya, Vata-Kapha*

1. INTRODUCTION

Allergic rhinitis is an immunologically mediated inflammatory condition of the nasal mucosa triggered by exposure to allergens such as dust, pollen, and cold air. The disorder adversely affects sleep quality, work performance, and overall quality of life. Despite the availability of antihistamines and intranasal corticosteroids, long-term management remains challenging due to recurrence and potential side effects. In Ayurveda, *Pratishyaya* is described as a disease of the nasal passages caused by vitiation of *Doshas*, particularly *Vata* and *Kapha*, resulting from improper diet, lifestyle habits, and environmental exposure. Classical texts emphasize early and appropriate intervention to prevent chronicity. *Nasya Karma* is advocated as the principal therapeutic procedure for diseases involving the region above the clavicle. The present report documents a single case of allergic rhinitis managed successfully using Ayurvedic principles.

2. THE CASE

- **Patient Information**

  A 32-year-old male patient reported to the *Kayachikitsa* outpatient department on 02/06/2025 with long standing nasal complaints.

Presenting Symptoms

- Frequent bouts of sneezing (10-15 episodes daily)
- Continuous watery nasal discharge
- Nasal congestion
- Itching sensation in nose and eyes
- Occasional frontal headache
- Duration: Approximately 3 years
- Aggravating factors: Dust exposure, cold climate
- Relieving factors: Temporary relief following antihistamine intake

History of Present Illness

The patient experienced recurrent nasal symptoms with periodic exacerbations, particularly during seasonal changes. Symptomatic relief achieved through conventional medication was short-lived, with recurrence upon discontinuation. Owing to persistent symptoms, the patient opted for Ayurvedic management.

Past and Personal History

No history of bronchial asthma, diabetes mellitus, hypertension, or other chronic illness was reported. Appetite was average, bowel habits were regular, and sleep was disturbed due to nasal obstruction. Dietary habits revealed frequent consumption of cold and refrigerated food.

Clinical Examination

i) Modern Evaluation

Local examination showed pale and mildly oedematous nasal mucosa with watery secretions. Mild postnasal drip was observed. Systemic examination did not reveal any abnormal findings.

ii) Ayurvedic Evaluation

Ashtavidha Pariksha

- ***Nadi:*** *Vata-Kaphaja*
- ***Jihva****: Niram*
- ***Mala*** **and** ***Mutra:*** *Prakrita*

Dashavidha Pariksha

- ***Prakriti:*** *Vata-Kapha*
- ***Vikriti:*** *Vata-Kapha*
- ***Satva, Sara, Samhanana***: *Madhyama*

Diagnosis

- **Ayurvedic diagnosis:** *Vata-Kaphaja Pratishyaya*
- **Modern diagnosis:** Allergic rhinitis

3. INTERVENTION

Shamana **Therapy**

Table 1

S. N.	Medicine	Dose	Duration	*Anupana*
1.	*Sitopaladi Churna*	2 gms twice daily	30 days	Honey
2.	*Haridra Khanda*	5 gms at night	30 days	Warm milk
3.	*Godanti Bhasma*	250 mgs twice daily	15 days	Honey

Shodhana **Therapy**

Panchakarma **Procedure**

- *Nasya Karma* was administered using *Anu Taila* (6 drops in each nostril) for seven consecutive days after appropriate preparatory measures.

Diet and Lifestyle Modification

The patient was advised to follow a warm, light, and easily digestible diet, avoid exposure to dust and cold air, and practice steam inhalation. Consumption of cold drinks, curd at night, junk food, and daytime sleep was discouraged.

Assessment Criteria

Clinical improvement was evaluated using a symptom severity grading scale ranging from 0 (absent) to 3 (severe).

Table 2

S.N.	SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
1.	Sneezing	3	0
2.	Nasal discharge	3	1
3.	Nasal obstruction	2	0
4.	Itching	2	0
5.	Headache	1	0

4. RESULTS

Following completion of therapy, the patient showed substantial improvement in all symptoms. Sneezing and nasal obstruction were completely relieved, while nasal discharge reduced significantly. No adverse drug reactions were observed. The patient remained

asymptomatic during a two-month follow up period.

5. DISCUSSION

Pratishyaya develops due to the aggravation of *Vata* and *Kapha Doshas* resulting from faulty dietary habits and environmental exposure. *Nasya Karma*, being the primary therapy for disorders of the head and neck region, facilitates elimination of morbid *Doshas* and strengthens nasal tissues. *Anu Taila,* owing to its *Sukshma* and *Snigdha* qualities, enhances drug penetration and restores normal physiological function. *Haridra Khanda* is widely recognized for its anti-allergic and anti-inflammatory actions, whereas *Sitopaladi Churna* alleviates *Kapha Dosha* and improves digestive fire. The integrated approach of *Shodhana* oriented local therapy and systemic *Shamana* treatment resulted in sustained relief and prevention of recurrence.

6. CONCLUSION

This case report indicates that Ayurvedic management, particularly *Nasya Karma* combined with appropriate *Shamana* therapy, can be effective in the treatment of allergic rhinitis. The intervention provided sustained symptomatic relief without adverse effects. Larger clinical trials are required to substantiate these findings.

Conflict of Interest

No

Funding

No

Patient Consent

Well-written informed consent was obtained from the patient prior to publication of this case report.

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