

# Management of Dushta Pratishyaya: A Case Study

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## ABSTRACT

*Dushta Pratishyaya* is a common clinical condition encountered in dusty, smoky and humid areas characterized by nasal obstruction and alternating clear nasal cavity, nasal discharge and alternating nasal dryness with olfactory dysfunction. *Dushta Pratishyaya* is a complication arising due to improper treatment of *Pratishyaya*. It is analogous to Chronic Rhino-sinusitis which is prevalent in 15% of population all over the world. Present case study emphasizes the effect of *Shamana Oushadis* like *Patolakaturohinyadi Kashaya*, *Laghusootashekara Vati* and tablet Allerin for their *Pitta-Kapha* alleviating properties and *Shodhana* by means of *Sadhyo Vamana* for its effect on expelling out the vitiated *Kapha Dosha* and *Mukha Avagundana* for providing symptomatic relief in *Dushta Pratishyaya*.

**KEYWORDS:** *Dushta Pratishyaya*, Chronic Rhino-sinusitis, *Shamana*, *Shodhana*, *Sadhyo Vamana*

## INTRODUCTION:

*Pratishyaya* is flow of *Kaphadi Doshas* in the opposite direction of *Vata Dosha*<sup>1</sup>. The etiological factors for it being excessive consumption of cold food items, exposure to dusty, smoky and cold weather, withholding urges of micturition and defecation and excess sexual activity<sup>2</sup>. There are 5 types of *Pratishyaya* (*viz. Vataja, Pittaja, Kaphaja, Raktaja* and *Sannipataja*). *Dushta Pratishyaya* is a chronic stage of *Pratishyaya* and hence has not been included under the classification. Due to the influence of etiological factors, *Pitta, Kapha* and *Raktha* undergoes accumulation in the head region either individually or in combined state. Further these *Doshas* get aggravated and move along with *Vata Dosha* in the opposite direction and manifests *Pratishyaya*<sup>3</sup>. *Dushta Pratishyaya* with excess *Dosha Dushti* (vitiation) exhibits clinical features like *Praklidha nasa* (nasal discharge), *Punaha Parishushya Nasa* (alternating dryness of nasal cavity), *Muhu Anaha* (nasal congestion sometimes), *Muhu Vivreeyate* (clearance of nasal mucosa sometimes), *Uchwasa Durganda* (foul smelling breath) and *Gandham na Vetu* (anosmia or hyposmia)<sup>4</sup>. If *Dushta Pratishyaya* is left untreated it

leads to complications like *Bhadriya* (deafness), *Andhata* (blindness), *Nayanamaya* (ocular pain), *Agrhana* (anosmia), *Kasa* (bronchitis) and *Agnisaada* (reduced appetite)<sup>5</sup>. Chronic Rhino-sinusitis (CSR) having similar symptoms as *Dushta Pratishyaya* affects 5-15% of the urban population<sup>6</sup>. It is characterized by inflammatory mucosal thickening in paranasal sinuses and nasal mucosa. Inflammation involves accumulation of activated eosinophils in sinus mucosa and submucosa. CSR presents with symptoms like nasal congestion (obstruction), mucopurulent nasal discharge, facial pain/pressure and tenderness, post nasal drip, headache, halitosis, ear ache or fullness, anosmia or hyposmia and fatigue. It can occur with or without nasal polyps. Treatment involves use of oral corticosteroids, steroidal sprays, decongestants and antihistamines. The data on the adverse effects associated with short courses of oral corticosteroids indicate that there may be an increase in insomnia and gastrointestinal disturbances<sup>7</sup>. Steroidal sprays have reportedly caused local burning sensation, dryness, crusting and occasional hypersensitive reactions<sup>8</sup>. Hence Ayurveda treatment by *Shamanoushadhis* and *Shodhana karmas* for

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*Dushta Pratishyaya* needs to be evaluated. So in this particular case *Shamanoushadhis* like *Patolakaturohinyadi Kashaya*, *Laghusootashekhara Vati* and tablet *Allerin* were advised and *Sadhyo Vamana* was given as *Shodhana Chikitsa* and *Mukha Avagundana* procedure was done.

### CASE STUDY

A 34 year old female was reported to Fever/Respiratory outpatient department of Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan on 11/04/2023 with complaints of nasal congestion, runny nose associated with facial pain especially above the left eye since 1.5 years.

### History of present illness

Patient was apparently healthy 1.5 years before. She had an acute onset of fever with chills associated with cough and nasal congestion for which patient took allopathic medication and was relieved. After few days she developed nasal congestion, runny nose, headache, facial pain in frontal and ethmoidal regions and left supra orbital region along with often mucopurulent nasal discharge and post nasal drip. For these symptoms patient visited a local physician and took allopathic medications like inhalers, nebulization and painkillers which gave temporary relief. As the symptoms recurred, she consulted SDM Ayurveda hospital, Hassan on 11/04/2023. She was prescribed with medications for a week. As the symptoms persisted, patient was advised to undergo admission for further treatment on 18/04/2023.

### Past History

N/k/c/o Type 2 DM and Hypertension

### Personal History

Appetite- Unaltered

Bowel- 2- 3 times per day (tendency to pass stools immediately after food intake)

Micturition- 3-4 times per day

Sleep-Disturbed

Habits- Regular Intake of Curds, Icecream

Habitat- Lives in area polluted with dust and smoke

### Family History

Nothing significant

### Local Examination

1. External Nose –

➤ Inspection- No visible scars, swelling and mass;  
Palpation- No tenderness

➤ Nasal septum – Not deviated; Vestibule- no Fissure and crusting

2. Anterior Rhinoscopy-

➤ Nasal Passage- Narrow

➤ Floor – no defects

➤ Roof- not visible

➤ Lateral wall- Mucosa- congested

• Turbinates- Hypertrophy of left inferior turbinate

• Discharge- white muco-purulent discharge

• Mass/polyp- absent

3. Sinus Examination

➤ Maxillary sinus- No tenderness

➤ Frontal sinus- Tenderness in the frontal region on the left side, root of nose, left supra orbital region Swelling – absent

➤ Ethmoid Sinus- tenderness in the root of Nose and above the upper eyelids

### Ashtasthana Pareeksha

➤ Nadi- Pittaja Nadi (pulse- 78 bpm)

➤ Mala- 2-3 times/day

➤ Mutra-3-4 times/day

➤ Jihva-Aliptha (uncoated)

➤ Shabda-Vikrita Swara (voice changes)

➤ Sparsha- Anushna Sheeta (normal)

➤ Druk- Pandu ( Pallor)

➤ Akruithi-Moderate

### Dashavidha Pareeksha-

➤ Prakruthi- Kapha Pitta

➤ Vikruthi- Dosha-Prana Vata, Bhrajaka, Alochaka

➤ Pitta, Tarpaka Kapha

➤ Dushya- Rasa, Raktha

➤ Sara- Madhyama

➤ Samhanana- Madhyama

➤ Pramana-Ht-5.5 ft

Wt-65 kg

BMI-23.3

➤ Satwa- Avara

➤ Satmya-Madhyama

➤ Ahara Shakthi- Abhyavaharana-Pravara

Jarana-Madhyama

➤ Vaya- 34 years

➤ Vaya- 34 years

➤ Vaya- 34 years

### Treatment

1<sup>st</sup> visit – *Shamana Chikitsa* (For 1 week)

1. *Patola Katurohinyadi Kashaya* 2 tsp with water twice after food

2. Tab. *Laghusootashekhara Vati* 1 TID after food

3. Tab. *Allerin* 1 TID after food

2<sup>nd</sup> visit – Admission for *Shodhana Chikitsa* –

*Sadhyo Vamana* was advised. The previous night before *Sadhyo Vamana*, *Kapha Utkleshakara Ahara* (food items that excites *Kapha Dosha*) such as curds and sweets were given to the patient and instructed to sleep for 6-8 hours. On the day of *Vamana*, after

assessing the vitals and bowel movements, patient was explained about the procedure. *Vamana* was given using *Yashti Madhu Phanta* and 5 *vegas* were observed. *Ushna Jala Kavala* (warm water gargle) and *Haridra Varti Dhumapana* (medicated fume inhalation) were given as post treatment regimen. Patient was advised not to do *Divaswapna* (day sleep), *Sheeta Vata Sevana* (exposure to cold air), *Vegadharana* (withhold the urges) and to take *Ushna Jala Pana* (intake of warm water) and *Laghu Ahara* (food that is easily digestible) in the afternoon and evening.

Other Chikitsa – *Mukha Avagundana* using *Dhanyaka*, *Haridra* and *Tulasi* in *Dhanyamla* for 3 days

Discharge Medicines (For 15 days)

1. *Patolakaturohinyadi Kashaya* 2 Tsf with water thrice daily after food
2. Tab *Laghusoothashekhara Vati* 1 TID after food
3. Tab *Allerin* 1 TID after food

## RESULTS AND DISCUSSION

Patient had irregular dietary habits of excess use of curds and intake of icecreams. She lives in a place which is polluted, smoky and dusty. This might be the probable cause for developing *Pratishyaya*. Improper treatment and further exposure to etiological factors led to the manifestation of *Dushta Pratishyaya*. The symptoms such as muco-purulent discharge, nasal obstruction, facial pain and tenderness (at the root of nose and left supra orbital region), post nasal drip seldom associated with sneezing and voice changes were seen in the patient. In *Dushta Pratishyaya* individual or combination of *Tridoshas* and *Raktha* are involved. As in this case inflammation of paranasal mucosa and nasal mucosa is present, it is inferred that *Pitta Dosh*a has been aggravated. Causative factors and symptoms such as muco-purulent nasal discharge and post nasal drip leads to an understanding that *Kapha Dosh*a has also been aggravated. So the medicines and procedures which mainly acts on alleviating *Pitta-Kapha Dosh*a were chosen.

*Patolakaturohinyadi Kashyaya*- This formulation consists of *Patola*, *Katurohini*, *Chandana*, *Guduchi*, *Pata*, *Madhu* and *Murva*. These drugs mitigates *Pitta* and *Kapha* while *Patola* and *Katurohini* have the property of *Bhedana* and *Rechana* respectively<sup>9,10</sup>. Hence they cause *Nithya Virechana* (routine purgation) when taken daily in prescribed doses

thereby reducing the inflammation of mucosa and submucosa of paranasal sinuses.

*Laghusootashekhara Vati*- This formulation is prepared out of *Gairika* (2 parts), *Shunti* (1 part) and triturated with *Nagavalli Swarasa*. *Gairika* being the major ingredient having *Sheetha Guna* (cold potency), *Madhura*, *Tiktha* and *Kashaya rasa* (sweet and astringent taste) acts on lowering the aggravated *Pitta Dosh*a<sup>11</sup> and reduce the inflammation in mucosa of nasal and paranasal sinus while *Shunti* and *Nagavalli* helps to clear the nasal congestion.

Tablet *Allerin*- It is a combination of formulations like *Gandhaka Rasayana* and *Kaishora Guggulu* along with *Manjishtadi Ghana*, *Udichya*, *Anantamoola*, *Chopachini* and *Bakuchi*. Tab *Kaishora Guggulu* contains *Guduchi*, *Pippali*, *Maricha* and *Shunti* and *Guggulu*. *Guduchi* is anti-allergic, immunomodulatory, anti-oxidant and anti-inflammatory<sup>12</sup>. *Gandhaka Rasayana* contains *Gandhaka*, *Twak*, *Ela*, *Patra*, *Nagakesara*, *Guduchi*, *Triphala*, *Bhringaraja*, *Ardraka* triturated with Cow's milk. *Gandhaka* is *Kaphavatahara*. *Twak* has anti-inflammatory and anti-microbial property. *Ela*, *Patra* and *Nagakesara* are anti-inflammatory, analgesic and antibacterial. *Triphala* is potent analgesic. *Bhringaraja* is analgesic and anti-bacterial. *Ardraka* is anti-inflammatory<sup>13</sup>. Other ingredients mitigates aggravated *Pitta Dosh*a.

*Sadhyo Vamana*- *Vamana* is the one of the mode of *Shodana Chikitsa* which acts on expelling the vitiated *Kapha Dosh*a<sup>14</sup>. The patient exhibited *Bahudoshavastha*<sup>15</sup> which is an indication for *Vamana*. As the vitiated *Dosh*as got lodged in the *Urdhwa Jatru* (head region) *Vamana* is the best route to expel these *Dosh*a<sup>16</sup>. Also current (April month) *Ritu* viz. *Vasantha* where *Vamana* is indicated<sup>17</sup>. By considering all the above criteria *Sadhyo Vamana* was planned using *Yashti Madhu Phanta*, *Yashti Madhu* is a *Vamanopaga Dravya* (drug which aids in *Vamana*)<sup>18</sup> and has *Pittahara* property. To eliminate the remnant *Kapha Dosh*a, *Dhumapana* was given as post *Vamana* regimen.

*Avagundana*- A pouch containing crushed *Dhanyaka*, *Tulasi* and *Haridra* dipped in *Dhanyamla* was used to apply over the facial areas where patient experienced pain and tenderness to relieve the above symptoms.

At the time of discharge the following results were exhibited with significant reduction of symptoms as follows.

**Clinical assessment****Assessment Criteria:****Subjective parameters**

The symptoms are graded as 0 to 3, 0 being absence of the clinical feature and 3 being severe.

Symptoms	Before Treatment	After Treatment
<i>Nasa Kleda</i> (Nasal Discharge)	1	0
<i>Nasa Shosha</i> (Nasal cavity dryness)	1	0
<i>Nasa Avarodha</i> (Nasal obstruction )	3	2
<i>Muhu Nasa Vivarana</i> (Cleared Nasal Cavity sometimes)	2	1
<i>Nishwasa Uchwasa Durgandha</i> (foul smelling breath)	0	0
<i>Gandam Na Vetu</i> (anosmia/ hyposmia)	0	0
Facial Pain	3	2
Post Nasal Drip	3	1

**Objective parameters**

Signs	Before treatment	After treatment
Tenderness in the frontal region and left supra orbital region	Severe	Moderate
Nasal Mucosa	Severe inflammation	Mild inflammation
Inferior Turbinate hypertrophy	Moderate	Mild
Mucopurulent discharge in nasal cavity	Mild	Absent

**CONCLUSION**

The above case study is an evidence of *Shodhana* and *Shamana Chikitsa* in effective management of *Dushta Pratishtyaya*. Selection of *Sadhya Vamana* as the *Shodhana chikitsa* was done on the basis of *Dosha Avastha*, *Dosha Sthana* and *Ritu* which gave an intended result. *Shamanaoushadhis* helped to combat the inflammation while *Mukha Avagundana* procedure assisted in further symptomatic relief. This protocol can be evaluated in other patients with the same complaints for its scientific validation.

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