

**VIRECHANA IN PITTAJ PRATISHYAYA W.S.R CHRONIC RHINITIS****<sup>1</sup>\*Dr. Akanksha Dandekar and <sup>2</sup>Dr. Kalpana Satpute**<sup>1</sup>Final Year PG Scholar, Dept. of Kayachikitsa D.Y. Patil School of Ayurveda.<sup>2</sup>MD Kayachikitsa, PhD Scholar Kayachikitsa, Associate Professor, Dept. of Kayachikitsa D.Y.PATIL School of Ayurveda.**\*Corresponding Author: Dr. Akanksha Dandekar**

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**ABSTRACT**

*Pratishyaya* is one of the difficult *vyadhi* to be treated. *Pratishyaya* has quick *nidan* (causative factor), mostly sudden and rapid onset of symptoms. It is caused by aggravated *doshas* expelled out of body through nasal route. Aggravated *pitta* causes the *Pittaj Pratishyaya*, and if not treated properly reaches chronic stage. *Shodhana Karma* is best suited for reinstating aggravated *doshas* in body. *Virechana Karma* is prescribed in detoxification of *pitta vrudhhi*.

**INTRODUCTION**

As the modernisation took place, machines took over the humans and resulted into pollution. Within the last 2 decades the exposure rate has gone up to 20 times. Humans are continuously exposed to pollution, chemicals, smoke, modified food, excessive chemical drugs etc. which hampers the respiratory track and causes respiratory track infections.

*Pratishyaya* is one of the *Nasa Rog*, which is classified into *urdhwa jatrugat Roga*. Among all the *Nasa Rog Acharya Sushruta* has described *Pratishyaya* in a complete different *adhyay*, thus stating its importance. Among the types of *Pratishyaya* is *Pittaj Pratishyaya* is caused by aggravated *pitta dosha* leaving its *sthana* and travelling to *urdhwa* and being expelled out from the nasal route, causing symptoms like *Daha* (burning sensation), *nasa strava*, in the upper respiratory track. In *Trimarmiya Chikitsa adhyay* the twenty-sixth chapter the *nidan*, *pathya*, symptoms and treatment of *Pratishyaya* and its types is given with specific treatment for specific *dosha*. If not treated properly leads to chronic *Pratishyaya*.

*Shodhana karma* is proper line of treatment for aggravated *dosha* to be expelled out from the body. *Virechana Karma* is *Pradhan karma* (prime procedure) meant for inducing therapeutic purgation, indicated for the purification of *Pitta Dosha*. Therefore, *virechana karma* is indicated in this type of *Pratishyaya*.

**MATERIALS AND METHODS****Materials****Case study**

A 49 year old female patient came to *Kayachikitsa Out Patient Department of School Of Ayurveda* having complaints of chronic Rhinitis (for more than 1 year), *ushna pitta nasagra strava*, *sarvanga daha*, *trushna*, *Agnimandya*, *Dourbalya*, *Angamarda* since 6-7 months, associated complaints were cracked heels, scaling of skin of feet and hand, dryness of mouth.

Personal History- General condition of patient were good, along with routine investigations were within normal limit, patient was vegetarian with diminished appetite and sleep.

Micturition and bowel habits were normal and regular. There was no personal history of auto-immune disease.

Treatment – Patient was advised for *shodhana* therapy (*virechana*) followed by internal medication for 2 months. *Pratishyaya* was dominant with *pitta dosha* & *prakruti* of the patient was *pitta Pradhan* therefore *shodhan karma* of *pitta* i.e. *virechana*.

*Virechana* which is one the basic procedure of detoxification followed by oral medication was prescribed. No other medication was given during this period.

The details of therapy of given below.

**Method**

*Virechana* procedure was done according to *grantha*.

- *Purva Karma*
- *Pradhana Karma*

• *Pashchat Karma*

• *Purva karma*

I) *Deepana, Pachana*

II) *Snehan- Abhyantar Snehana & Bahya Snehana (Abhyanga) And*

III) *Swedana Therapy.*

Patient was suffering from *agnimadhya* and *annabhilsha*, patient was given 3 gms of *Hingawashtak churna* before food twice a day and tab *Sutashekhar rasa* 2 tablets twice a day, for 3 days for *deepana, pachana*.

Day	Deepan and Pachana		Kaal	Anupana
1	<i>Hingawashtak churna</i> 3gms before food	Tab <i>Sutashekhar Rasa</i> 2	<i>Vyanodane</i>	<i>Koshna Jala</i>
2	<i>Hingawashtak churna</i> 3gms before food	Tab <i>Sutashekhar Rasa</i> 2	<i>Vyanodane</i>	<i>Koshna Jala</i>
3	<i>Hingawashtak churna</i> 3gms before food	Tab <i>Sutashekhar Rasa</i> 2	<i>Vyanodane</i>	<i>Koshna Jala</i>

*Abhyantar Snehana* was done with *Mahatiktagruta*, gradually increasing (*rasihyasi* matra) from 30ml to 150 ml for next 5 days.

Day	Abhyantar Snehapana
4	30ml of <i>MahatikaGhruta</i>
5	60ml of <i>MahatikaGhruta</i>
6	90ml of <i>MahatikaGhruta</i>
7	120ml of <i>MahatikaGhruta</i>
8	150ml of <i>MahatikaGhruta</i>

*Bahya Snehana* with *tila taila* for 3 days

*Swedana Therapy* with *Dashmool Kwatha*. for 3 days.

Day	Bahya Snehana	Bahya Swedana
9	<i>Tila Taila</i>	<i>Dashmool kwath</i>
10	<i>Tila Taila</i>	<i>Dashmool kwath</i>
11	<i>Tila Taila</i>	<i>Dashmool kwath</i>

During the time of *Deepana, Pachana, Snehana /Abhyanga* and *Swedana* therapy patient was advised to have *Laghu Ahara* according to the appetite, and warm water.

*Pradhan Karma* was planned on 3<sup>rd</sup> day of *Abhyantar Snehapana* i.e. Day 11

• *Pradhan Karma*: - *Pradhan Karma* on the day of administration of *Virechana* yoga *Snehana* and *Swedana* was done with *Tila Taila* and *Dashmool Kwatha*. Vitals were noted (pulse, BP, temp, Respiration rate) it was recorded in regular interval during *Pradhana Karma-Virechana Yoga* was administered, at 9 am in morning with *Trivrut avaleha + go ghruta*. Patient was given warm water, and advised to drink the water sparingly, patient was kept under strict observation to avoid any complication.

Number of *vegas* were counted till the symptoms of proper purgation (*samyak virechana lakshana*) were obtained.

Vega	Lakshana
1	<i>Purisha alpa drava yukta</i>
2	<i>Drava mala pravrti with durgandha</i>
3	<i>Drava mala pravrti with durgandha</i>
4	<i>Drava mala pravrti with durgandha</i>
5	<i>Drava mala pravrti with durgandha</i>
6	<i>Drava mala pravrti alpa durgandha</i>
7	<i>Drava mala pravrti</i>
8	<i>Drava mala pravrti</i>
9	<i>Drava mala pravrti kaphantik</i>

• *Paschat Karma*: the time in between the completion of *vegas* and intake of normal diet is called as *Paschat Karma*.

*Paschat Karma* comprises of *samsarjana Krama*, which comprises of following a specific diet resulting into *agni deepana*.

Day 11 i.e the day of *Pradhan karma* is the Day 1 for *Samsarjana karma*.

Day	Diet Chart	
	Morning	Evening
Day 1	-	Peya
Day 2	Peya	Vilepi
Day 3	Vilepi	Akruta Yusha
Day 4	Kruta Yusha	Akruta Yusha
Day 5	Kruta Yusha	Normal Diet

On day 4 and 5 patient was asked to continue *Yusha* as the patient was vegetarian in diet.

Patient was called up for follow up regularly for next 3 months.

Follow up medicine was prescribed- Tab Praval Panchamruta 2 tablets in Samana Kala 2 times a day for 21 days.

## RESULT

Patient got relief from the symptoms gradually during the period of 3 months.

Symptoms and Signs	Result
Pittaj Pratishyaya (Chronic Rhinitis)	Relieved completely
<i>Ushna pitta nasagra strava,</i>	Relieved completely
<i>Sarvanga daha,</i>	Relieved completely
<i>Trushna</i>	Relieved completely
<i>Agnimandya,</i>	Relieved completely
Dourbalya	Relieved completely
Cracked heels	Relieved completely

Patient's appetite was increased and was back to normal. Patient's appetite was back to normal as a result of proper *agni deepan* and *aam pachan*. Patient's sleep became regular and sound.

*Bahya snehapana* with *tila taila* and *swedana* with *dashmool kwath* helps the vitiated *doshas* to travel to *koshtha* from where they are removed from the body.

## DISCUSSION

This study shows how primary ayurvedic treatment i.e. *shodhan karma* like *virechana* (therapeutic purgation) is effective in removing the *prakupit* and vitiated *pitta dosha* from the body in management of *Pittaj Pratishyaya* and related symptoms of *pitta vrudhhi* as well.

*Hingwashtak churna* helps in *deepan*, *pachna*, works on *annabhilasha* and *agnimandya* as well as it is *vatanulomak*.

*Sutshekhar Rasa* is used for the treatment of cold, cough and *agnimandya* (indigestion).

*Praval Panchamruta Rasa* is used in *annabhilasha* (anorexia), indigestion and cough.

*Virechana* is *Shodhana Karma* that eliminates the *prakupita pitta* from your body and helps the *doshas* to be purified.

*Samsarjana krama* followed after *virechana karma* helps to bring *agni* to its original nature and causes *agni deepan* of *dohaagni* and *dhatuvagni* resulting into proper digestion and nourishment of the body.

All the *dosha* goes back to its own site after *shodhan* therapy.

*Praval Panchamruta* works as *agnideepan* as well as reduces the *ushna guna* of the *pitta* from the body helping the patient to recover.

*Abhyantar snehapana* of *Mahatiktagruta* is indicated in *pitta vrudhhi* and helps to relieve the *pitta vrudhhi* symptoms.

## CONCLUSION

In Ayurveda it is recommended the cure the root cause of the disease, than just treating the symptoms.

The root cause of *pittaj pratishaya* is increased *pitta dosha* with its *ushna guna* that was resulting in liquification of *kapha* from its site and expelling it out through *nasa* causing *Pratishyaya* and *andimandya* in of *jathar agni* and *doshagni*.

Patient was of *madhyam bala* and therefore was able to go through *shodhan* procedure.

It is always said that removing the vitiated *prakupit dosha* from the body is proper treatment to any disease. *Shodhana karma* like *Virechana* brings the *prakupita pitta dosha* from all over the body to the *koshtha* and is eliminated through *guda marga*.

*Samsarjana Krama* helps in reigniting the *agni* and proper digestion of *anna rasa* resulting in nourishment of all *doshas* and *dhatu* in the body.

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