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ROLE OF NASYA AND HARIDRAKHANDA IN THE MANAGEMENT ALLERGIC RHINITIS

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Abstract: Allergic Rhinitis must be regarded as a serious condition, because it can impact negatively on the quality of life and decrease productivity of individuals. Sufferers producing severe symptoms like sneezing, itchy and watery eyes, swelling and inflammation of the nasal passages, and an increase in mucus production. In Ayurveda allergic rhinitis like symptom present in Vata Kaphaj Pratishaya. Since allergic rhinitis occurs commonly and is still regarded by many as a significant illness, it was considered that management guidelines should be formulated to elevate the status of Rhinitis. In modern medicine no significant treatment are present for allergic rhinitis. So think about alternative approach that is present in Ayurveda. Nasya and haridrakhanda is the best modalities in management of allergic rhinitis by relieving symptom as well as stopping complications.

Keyword: Allergic Rhinitis, Nasya, Vata Kaphaj Pratishaya

Introduction: Allergic Rhinitis is an inflammation of the nasal passages caused by allergic reaction to airborne substances and affecting the nasal mucosa. The prevalence of allergic rhinitis has increased within the last 50 years. The reason for this increase might be related to the increase of air pollution and an actual increase in airborne quantities of allergenic pollen^[1]. In some countries, over 50% of the adolescents are affected by symptoms^[2]. Within Germany, the prevalence is between 13.3% and 23.0%, depending on the region^[3,4]. It is mainly caused by allergen, such as pollen, dust or animal dander which is inhaled by an individual with a sensitized immune system. Sensitization to one or more exposed allergens leads to an IgE mediated inflammatory reaction. The main symptoms of allergic rhinitis include nasal itching and sneezing, running nose, nasal obstruction, as well as ocular symptoms^[5-7]. With allergic rhinitis, the quality of life as well as productivity of the patients is hampered, in school and job etc^[8].

There is no cure of allergic rhinitis, besides allergen-specific immunotherapy. Therefore, the treatment is symptomatic. Histamine release increased in allergic rhinitis

which is responsible for sneezing, itching nose and rhinorrhoea. At very high concentrations, it induces obstruction (mainly as a result of interleukin activation). Therefore, antihistamines or leukotriene receptor antagonists are used^[9]. Further, nasal glucocorticosteroids are frequently prescribed, as they have a known effect on inflammatory mediators^[8].

However, those treatment methods are associated with side effects. In Ayurveda the symptoms of Vata Kaphaj Pratishaya resemble most of Allergic rhinitis. The concept of allergy is widely elaborated, which come under Ama, Asatmya, Viruddha aahara, and Dushi visha. From an Ayurvedic perspective, the primary cause of allergies is due to the accumulation of ama caused by an imbalance of the agni^[10]. Agni governs the metabolic system, associated transformation & biochemical changes. The toxins can be viewed as foreign material by the body and can react by body forming antibodies to it giving rise to antigen-antibody complexes resulting in immune disorders^[11] which in turn leads to low immunity.

All those Ahara & Vihara which are having viruddha guna of particular desha or roga of that individual are considered as satyma^[12] &

which is not *satyma* is *Asatyma*. Towards this *Asatyma* body gives different response which may contribute to allergic manifestation. In *Ayurveda* an interesting concept of *Oka satyma* i.e. acquired *satyma* was explained by *Acharyas*. *Oka satyma* is a use of *asatyma ahara & vihara* in very small dose for long period so that *asatyma* become *satyma* for that particular individual^[13]. The concept of *Oka satyma* resembles with Allergy shots (Allergen immunotherapy) given by modern medicine.

Viruddh aahara means combination of two or more food material having antagonist properties which may lead to allergic response^[14].

Allergic rhinitis is well known for recurrence & chronicity. It has no effect on life expectancy but it may cause number of health problem like sinusitis, otitis media & asthma. It can also affect your quality of life. In *Ayurveda* basic treatment of disease is of three types i.e. *Samshodhana*, *Samshamana* & *Nidan parivarjana*. In *Ayurveda* there is wide scope of research to find out a safe treatment for management of Allergic rhinitis.

Principal treatment of Allergic rhinitis includes avoid allergens causing reaction (*nidan parivarjan*), Management of *Ama* (*Amapachana*), Detoxification (*shodhana*) & *Rasayana* (to increase immunity). So *Nasya* is the best modalities in management of allergic rhinitis.

Classification: Allergic Rhinitis is often classified into two types; viz. Seasonal & perennial.

Seasonal Allergic Rhinitis: Seasonal allergic rhinitis is a specific allergic reaction of the nasal mucosa principally to pollens. It can be due to grass & fungal spores also. The symptoms are periodic in nature, usually occurs in spring, early summer & with the change of season.

Perennial Allergic Rhinitis: Symptoms are due to sensitivity to and contact with allergens which are present in the environment throughout the year. It is usually caused by home or workplace airborne pollutants, while symptoms of perennial allergic rhinitis worst after spending time indoors. These are usually indoor allergens such as homes–dust mites, animal dander's, feathers, fungal spores and cockroaches. Other potential causes of perennial Allergic Rhinitis are: Cigarette smoke, Perfume, Cleansers, Copier chemicals, Industrial chemicals, and Construction material, gases etc.

Nasya: Nose is the entry way for the head and medicine used in the form of nasal instillation, cures the disease of the head through this route only. *Nasya* is term to be applied generally for medicines or medicated oils administered through the nasal passage^[15]. *Nasya* called as *Urdhava Jatrugata Vikarshu Visheshanyabhimishate*^[16]. It has dual action i.e. *Shamana & Shodhana*. It acts on all organ of *Urdhavajatrugata Pradesh* and promotes the strength of Indriyas. *Nasyas* are of 5 types according to Charaka i.e. *Navana*, *Avapidana*, *Dhmapana*, *Dhuma* & *Pratimarsha*. *Sushruta* & *Sharangadhara* have clearly mentioned *Shirovirechana* in the disease *Pratishyaya*. However, *Nasya* has been contraindicated in *Nava Pratishyaya*.

Pratimarsa type of *Nasya* devoid any complications. The finger should be dipped in oil and drop should be instilled in to the nostril. This should be inhaled inside, which makes the body strong. As the amount is only two drop or minute amount, it is devoid of any complications and administered at any time.

Management: The most effective and safest way to decrease the allergic symptoms is to eliminate exposure to the allergens. Avoidance or elimination of allergens present in the breathing air is, in most cases, not possible. An alternative option is to create a physical barrier within the nose to prevent contact between allergens and the nasal mucosa. There are several products in the market that act by creating a barrier for allergens such as creams or cellulose powder^[17-19]. All of these products have in common the problem of distribution within the nasal cavernous and sinuses, leading mostly to unsatisfactory clinical results^[20]. *Nasya* is a natural, drug-free nasal spray for prevention and treatment of allergic rhinitis, currently marketed as a medical device in Europe. It is a thixotropic gel that turns into sol state when shaken or sprayed, and returns to solid phase when settled^[21]. After the nasal spray is applied, it turns back into gel state, forming a protective layer or mechanical barrier on the surface of the nasal mucosa. When the barrier is established, the allergens no longer come in contact with the nasal mucosa and the mast cells, which, when triggered, contribute to allergy symptoms.

In *Ayurveda* various type of *nasya* like *sadabindu taila*, *anu taila* are mention. These *nasya* are having *tikshna ushna* properties which decrease the production of excessive *kapha* and inflammation. The medicine instilled in the nose

may stimulate certain centre which control symptom of sneezing.

In Haridrakhnada main ingredient is haridra which having ushna, katu, vipaka, laghu, rukhna guna. These guna pacifies both vata and kapha doshas. Tikhna guna penetration of the drug into sukshma srotas and thereby clears srotoavrodha. Haridra is having antihistaminic property which control symptom produced by histamine that is realised when allergen is inhaled. Due to antioxidant properties scavenges the free radicals and thus enhances the body immunity and thereby prevent further reoccurrence of disease.

Conclusion: Allergic rhinitis is the group of symptoms like rhinorrhoea, nasal congestion, itching, nasal obstruction which causes mainly because of an inflammation of the nasal airway & excessive mucus production. It has no effect on life expectancy but significant impact on quality of life. Nasya and haridrakhanda have no side effect and these modalities definitely have preventive and curative.

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