

**A COMPARATIVE OPEN CLINICAL STUDY ON EFFICACY OF
VYAGHRI TAILA NASYA, RASANJANADI TAILA NASYA &
VYOSHADI VATI IN MANAGEMENT OF DUSHTA PRATISHYAYA
W.S.R. TO CHRONIC RHINITIS.**

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ABSTRACT

A study was conducted for a period of 2 months including 1 month follow up time to evaluate the efficiency and safety of Ayurvedic medical management in patients of Dushta pratishyaya (Chronic Simple Rhinitis). On day care basis 7 days marsh nasya was planned In two groups with Vyaghri tail & Rasanjanadi tail & orally vyoshadi vati was being given. Significant improvement was observed in signs & symptoms of Dushta Pratishyaya after completing treatment. No significant adverse effects of medicines were observed.

KEYWORDS: Dushta Pratishyaya, Chronic Simple Rhinitis, Nasya.

INTRODUCTION

Ayurveda is a system of medicine which gives the way of perfect living with nature. Shalakya is an important branch of Ayurveda which deals the diseases manifesting above clavicular region. Acharya Nimi is considered as the Acharya of Shalakya. Acharya Susrutha is the only person who explained the Ophthalmology and ENT in a systemic manner in Uttharatantra portion of his treatise Sushruta Samhitha. In Utthara tantra, Acharya Sushruta has devoted one separate chapter to Prathishyaya after explaining Nasagataroga in total.^[9] This fact shows that Prathishyaya has been a major problem to the physicians since long back.

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Prathishyaya by word itself indicating that it is a recurrent attack and can precipitate even due to minute etiological factors. Vata is the main dosha and Kapha Pitta and Rakta are associated doshas. Improper management of Prathishyaya leads to a severe and complicated condition called Dushta Prathishyaya which is very difficult to treat and causes lot of complications like Badhira, Andhata, Ghrananasa etc.

The features of the disease Dushta Prathishyaya in modern science generally can be compared with of chronic rhinitis & sometimes its complications. So here in the study Dushta prathishyaya is being correlated with Chronic Simple Rhinitis. This disease is characterised by nasal blockage, nasal discharge, headache, sneezing, heaviness in head, halitosis etc. As nose is in direct contact with external environment, it is exposed to a lot of microorganisms and pollutants present in the atmosphere. Due to the increased environmental pollution and busy life, rhinitis is a common disease in this present era. Improper management of this stage leads to chronicity and later it results into Chronic Simple rhinitis, Hypertrophic rhinitis, Atrophic rhinitis, Rhinitis sicca & so on Rhinitis caseosa. Chronic simple rhinitis is most commonly seen upper Respiratory disorder in all age, religion, region and sex. In Ayurveda a detailed description of Prathishyaya and its chronic phase i.e. Dushta Prathishyaya is available. A lot of treatment modalities are also explained by Acharyas for this disease according to the condition of patient and progression of disease. All Acharyas have described Dushta Prathishyaya as a condition of much complication and with poor prognosis. So much work has been done on Dushta Prathishyaya & Chronic Rhinitis till date, But Comparative study on Marsh Nasya Karma for Dushta Prathishyaya has never been done before. So this is the first time that trial of doing comparative study on Nasya in Dushta Prathishyaya is carried here.

In the present study Vyaghri Taila marsha nasya, Rasanjanadi Taila marsha nasya & Vyoshadi vati orally are selected for comparative clinical study on Dushta Prathishyaya (Chronic simple Rhinitis) since no such study in this pattern has been conducted so far. Dushta Prathishyaya is Vata Pradhana Tridoshaja Vyadhi and in this stage of Prathishyaya immunity of the patient is always compromised. Hence, Vyoshadi vati described in **Ashtaang hridaya** is selected as oral medication. In Vyoshadi vati Trikatu, Taleesa & Chavya etc. are contents which are having Deepana, Pachana, Sroto shodhana, Vatanulomana, Rasayna & Shothahara properties. All these properties of vyoshadi vati help to treat the disease Dushta Prathishyaya. Madhu was selected as Sahapana of vyoshadi vati, which is having Chhedana, Yogavahi & Lekhanakara properties. By having all these properties Madhu directly acts on

the Vikrita Kapha as well as a vehicle for the Aushadhi Dravya. Considering all these facts, a clinical trial on Dushta Prathishyaya with Marsh Nasya with Vyaghri taila described in **chakradutta samhita** and Rasanjanadi taila¹⁸ described in **Sushruta Samhita** are selected & vyoshadi vati mentioned in **Ashtaang Hridaya** was planned to find out a treatment protocol for the management of chronic ailment i.e. Dushta Prathishyaya. Both of these taila are having shodhna & shirovirechana properties and that is why these are selected for comparative study.

AIMS AND OBJECTIVES

1. To study the disease Dushta Prathishyaya in Ayurvedic and modern Parlance.
2. To assess the role of Vyaghri taila marsh nasya for 7 days & vyoshadi vati for 30 days in Dushta Prathishyaya in group A.
3. To assess the role of Rasanjanadi taila marsh nasya for 7 days & vyoshadi vati for 30 days in Dushta prathishyaya in group B.
4. To study & compare the effect of Vyaghri taila nasya combined with Vyoshadi vati in group A & Rasanjanadi taila nasya combined with vyoshadi vati in group B.

MATERIAL AND METHODS

The data was collected from the patients of Dushta Prathishyaya from the O.P.D of Shalakyata tantra of SST Ayurveda Mahavidyalaya Maharashtra. Trial drugs were prepared in Rasa Department of SST Ayurveda Mahavidyalaya. Total 67 patients with signs and symptoms of Dushta Prathishyaya were registered and randomly divided into two groups for this study. Out of which 60 patients completed the course of treatment. The simple random sampling method was applied in this study.

CRITERIA FOR SELECTION OF PATIENTS

- Patients presenting with the classical features of Dushta Prathishyaya between the age group of 18 to 40 yrs were selected.
- Patients were selected irrespective of sex, occupation, religion, socio – economic status and duration of illness.

EXCLUSION CRITERIA

- Patients below 18 years and above 40 years of age were excluded.
- Pneumonia
- D.N.S.
- Nasal polyps

- Tumors of nose, etc. Systemic disorders like; Tuberculosis, CA lungs.

INVESTIGATIONS

1. CBC before & after treatment.
2. FBS before & after treatment.
3. AEC before & after treatment.

RESEARCH DESIGN

Patients were divided into 2 groups for comparative study i.e. Group A and Group B.

Group A -	Vyaghr taila Nasya for 7 days was administred, 8 in each nostril, once daily in the morning before food. Vyoshadi Vati 500 mg tablet TDS with honey for 30 days.
Group B -	Rasanjanadi taila Nasya for 7 days was administred, 8 drops in each nostril, once daily in the morning before food. Vyoshadi Vati 500 mg tablet TDS with honey for 30 days.

FOLLOW-UP

A follow up study for the duration of one month on 45th & 60th day has been carried out in the Patients after completion of Nasya 7 days & oral medicines 30 days treatments.

METHOD OF PREPARATION OF ALL DRUGS

The ingredients of vyaghri taila, Rasanjanadi taila & Vyoshadi Vati were procured from a reputed pharmacy and both tailas & Vati was prepared in the Rasa Department of SST Mahavidyalaya as per taila paka viddhi & Vati Kalpana method respectively.



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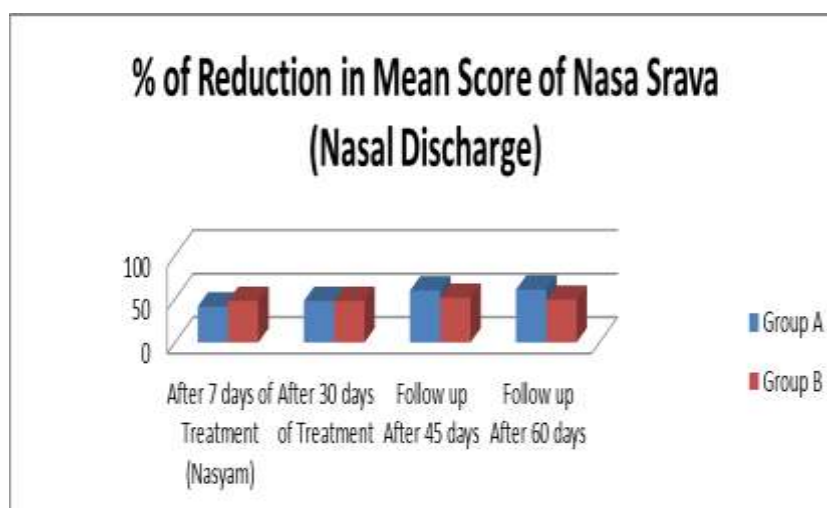
EFFECT OF THE THERAPIES

60 patients were taken up for the study out of which 30 patients of group A were administered Vyaghri taila marsha Nasya for consecutive 7 days & vyoshadi vati orally for 30 days and 30 patients of group B were administered with Rasanjanadi taila Marsh Nasya for consecutive 7 days & vyoshadi vati orally for 30 days. The effects of the therapy on each parameter of assessment are being explained here under separate headings.

EFFECT ON NASAL DISCHARGE

The symptom of nasal discharge was recorded according to the gradation index. Data was collected and statistically analysed.

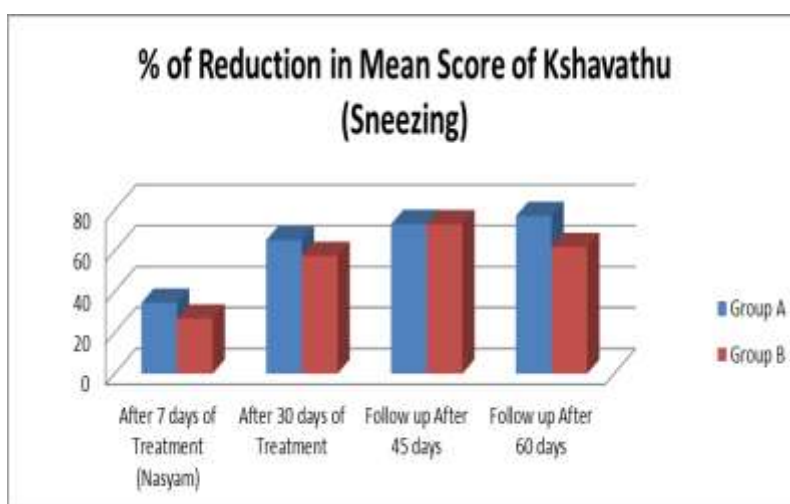
Nasa Srava (Nasal Discharge)	Group A								Group B									
	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	t _{df}	t _{cr} Value	t _p Value	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	t _{df}	t _{cr} Value	t _p Value
	BT	AT								BT	AT							
After 7 days of Treatment (Nasyam)	2.73	1.6	1.13	41.33	1.002	0.183	29	6.2	<0.01	2.87	1.5	1.37	47.74	0.964	0.176	29	7.763	<0.01
After 30 days of Treatment	2.73	1.43	1.3	47.62	1.002	0.183	29	7.032	<0.01	2.87	1.5	1.37	47.74	0.926	0.168	29	8.606	<0.01
Follow up After	2.73	1.1	1.63	53.71	0.981	0.181	29	9.014	<0.01	2.87	1.4	1.47	51.22	0.959	0.175	29	8.377	<0.01
Follow up After 60 days	2.73	1.07	1.66	60.81	1.046	0.191	29	8.727	<0.01	2.87	1.47	1.4	48.78	0.964	0.176	29	7.957	<0.01



EFFECT ON SNEEZING

The symptom of sneezing was recorded according to the gradation index. Data was collected and statistically analysed.

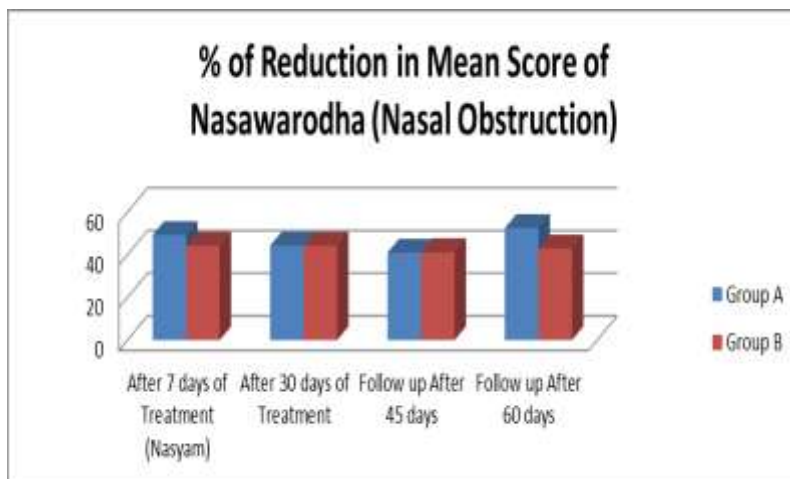
Kshavathu (Sneezing)	Group A								Group B									
	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	df	t* Value	p* Value	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	df	t* Value	p* Value
	BT	AT								BT	AT							
After 7 days of Treatment (Nasyam)	153	1	0.53	34.64	0.751	0.194	14	2.729	0.01	1.86	1.36	0.5	26.88	0.999	0.267	13	1.876	>0.01
After 30 days of Treatment	153	0.53	1	65.36	0.756	0.166	14	5.097	<0.01	1.86	0.79	1.07	57.53	0.965	0.258	13	4.16	<0.01
Follow up After 45 days	153	0.41	1.12	73.2	0.755	0.195	14	5.729	<0.01	1.86	0.5	1.36	73.12	1.001	0.269	13	5.037	<0.01
Follow up After 60 days	153	0.35	1.18	77.12	0.747	0.193	14	6.1	<0.01	1.86	0.71	1.14	61.83	1.058	0.283	13	4.039	<0.01



EFFECT ON NASAL OBSTRUCTION

The symptom of nasal obstruction was recorded according to the gradation index. Data was collected and statistically analysed.

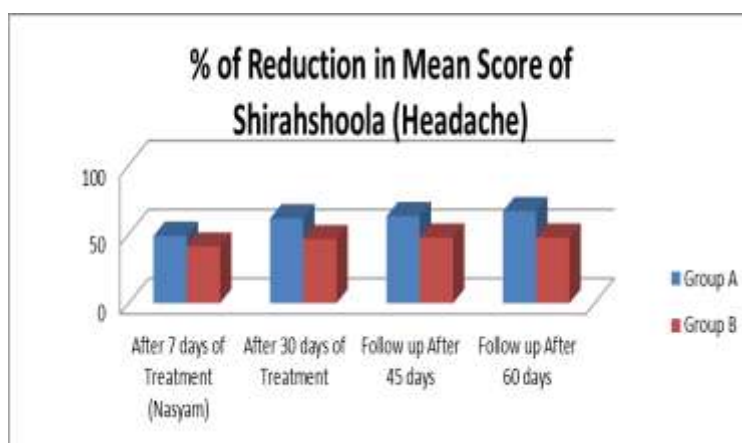
Nasavrodha (Nasal Obstruction)	Group A								Group B									
	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	df	t* Value	p* Value	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	df	t* Value	p* Value
	BT	AT								BT	AT							
After 7 days of Treatment (Nasyam)	2.17	1.1	1.07	43.31	1.01	0.168	28	5.673	<0.01	2.33	1.3	1.03	44.21	0.937	0.182	29	5.663	<0.01
After 30 days of Treatment	2.17	1.21	0.97	44.24	1.16	0.207	28	4.657	<0.01	2.33	1.3	1.03	44.21	0.888	0.182	29	6.36	<0.01
Follow up After 45 days	2.17	1.28	0.89	41.01	1.035	0.182	28	4.67	<0.01	2.33	1.37	0.97	41.2	0.904	0.165	29	5.665	<0.01
Follow up After 60 days	2.17	1.03	1.14	52.53	1.019	0.169	28	6.011	<0.01	2.33	1.33	1	42.92	0.899	0.164	29	6.106	<0.01



EFFECT ON HEADACHE

The symptom of Headache was recorded according to the gradation index. Data was collected and statistically analysed.

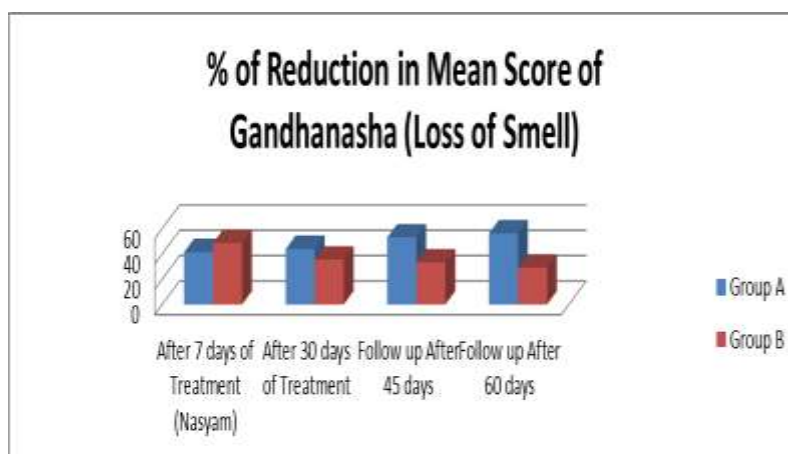
Shirahshoola (Headache)	Group A								Group B									
	Mean Score		Reduction in Mean Score	% Reduction in Mean	S.D. of Mean	S.E. of Mean	Df	t* Value	t** Value	Mean Score		Reduction in Mean Score	% Reduction in Mean	S.D. of Mean	S.E. of Mean	Df	t* Value	t** Value
	BT	AT								BT	AT							
After 7 days of Treatment (Nasyam)	19	0.57	0.93	48.35	0.904	0.185	29	5.653	<0.01	2.43	1.43	1	41.6	0.762	0.139	29	7.201	<0.01
After 30 days of Treatment	19	0.73	1.17	61.58	0.991	0.191	29	6.438	<0.01	2.43	1.3	1.13	46.5	0.764	0.143	29	7.353	<0.01
Follow up After 45 days	19	0.7	1.2	63.16	0.883	0.163	29	7.38	<0.01	2.43	1.27	1.17	47.74	0.817	0.149	29	7.847	<0.01
Follow up After 60 days	19	0.63	1.27	66.94	0.904	0.185	29	7.68	<0.01	2.43	1.27	1.17	47.74	0.817	0.149	29	7.847	<0.01



EFFECT ON LOSS OF SMELL

The symptom of loss of smell was recorded according to the gradation index. Data was collected and statistically analysed.

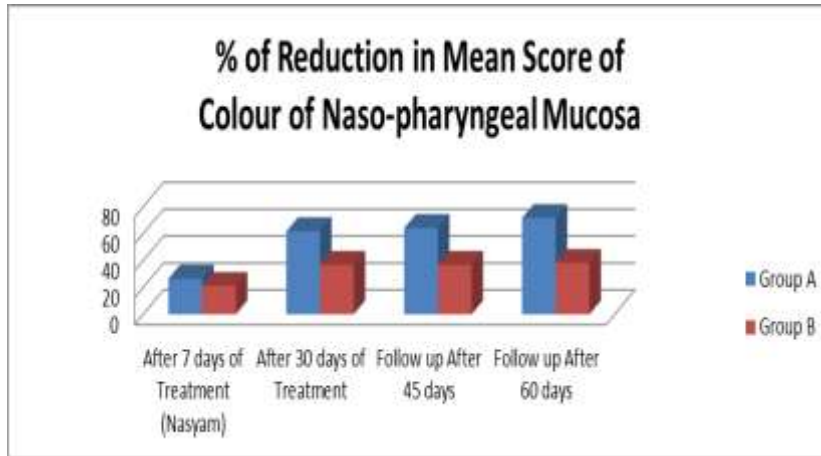
Gandhanasha (Loss of Smell)	Group A								Group B									
	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	Df	t* Value	p* Value	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	Df	t* Value	p* Value
	BT	AT								BT	AT							
After 7 days of Treatment (Nasyam)	1.62	0.95	0.67	41.36	1.044	0.228	20	2.319	<0.01	2.14	1.1	1.04	48.6	0.183	0.172	19	6.102	<0.01
After 30 days of Treatment	1.62	0.91	0.71	43.83	1.017	0.222	20	3.213	<0.01	2.14	1.38	0.76	35.51	0.168	0.162	19	3.963	<0.01
Follow up After 45 days	1.62	0.76	0.86	53.09	0.966	0.211	20	4.055	<0.01	2.14	1.43	0.71	33.18	0.197	0.217	19	3.297	<0.01
Follow up After 60 days	1.62	0.71	0.91	56.17	0.93	0.203	20	4.466	<0.01	2.14	1.52	0.62	28.97	0.197	0.217	19	2.85	<0.01



EFFECT ON NASOPHARYNGEAL MUCOSA

The effect on nasopharyngeal mucosa was recorded according to the gradation index. Data was collected and statistically analyzed.

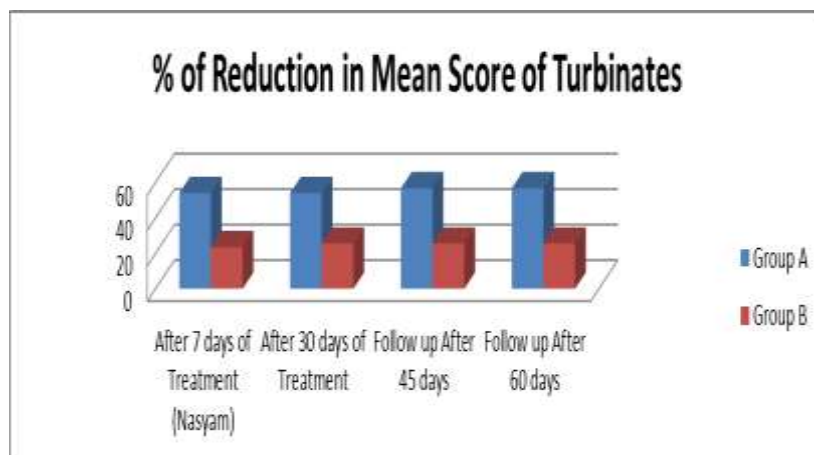
Colour of Nasopharyngeal mucosa	Group A								Group B									
	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	Df	t* Value	p* Value	Mean Score		Reduction in Mean Score	% of Reduction in Mean Score	S.D. of Mean	S.E. of Mean	Df	t* Value	p* Value
	BT	AT								BT	AT							
After 7 days of Treatment (Nasyam)	1.62	1.19	0.43	26.54	1.102	0.216	25	1.963	<0.01	1.93	1.52	0.41	21.24	1.154	0.222	26	1.895	<0.01
After 30 days of Treatment	1.62	0.62	1	61.73	1.102	0.216	25	4.631	<0.01	1.93	1.22	0.7	36.79	1.154	0.222	26	3.173	<0.01
Follow up After 45 days	1.62	0.58	1.04	64.2	1.142	0.224	25	4.644	<0.01	1.93	1.22	0.7	36.79	1.154	0.222	26	3.173	<0.01
Follow up After 60 days	1.62	0.46	1.16	71.6	1.107	0.217	25	5.317	<0.01	1.93	1.19	0.74	38.34	1.144	0.22	29	3.37	<0.01



EFFECT ON TURBINATES

The Effect on Turbinates was recorded according to the gradation index. Data was collected and statistically analysed.

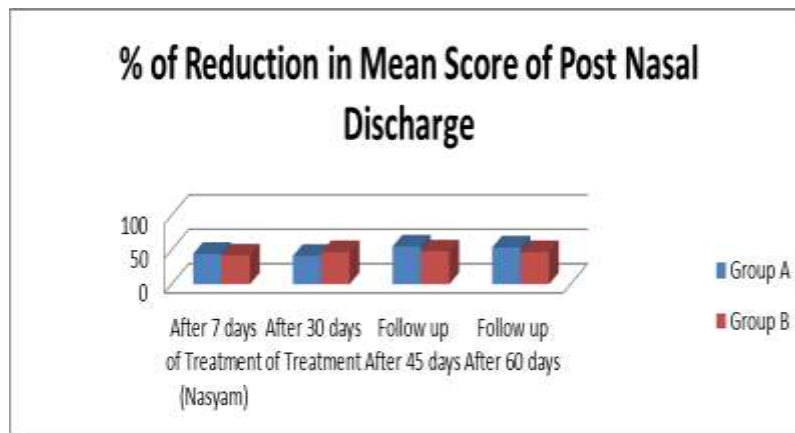
Turbinate	Group A									Group B								
	Mean Score		Reduction in Mean Score	% of Reduction in Mean	S.D. of Mean	S.E. of Mean	CI	t* Value	p* Value	Mean Score		Reduction in Mean Score	% of Reduction in Mean	S.D. of Mean	S.E. of Mean	CI	t* Value	p* Value
	BT	AT								BT	AT							
After 7 days of Treatment	1.48	0.88	0.8	54.05	0.86	0.172	24	4.66	<0.01	1.96	1.5	0.46	23.47	0.78	0.136	27	3.416	<0.01
After 30 days of Treatment	1.48	0.88	0.8	54.05	0.86	0.172	24	4.66	<0.01	1.96	1.46	0.5	25.51	0.78	0.136	27	3.684	<0.01
Follow up After 45 days	1.48	0.84	0.84	56.76	0.865	0.173	24	4.85	<0.01	1.96	1.46	0.5	25.51	0.78	0.136	27	3.684	<0.01
Follow up After 60 days	1.48	0.84	0.84	56.76	0.865	0.173	24	4.85	<0.01	1.96	1.46	0.5	25.51	0.78	0.136	27	3.684	<0.01



EFFECT ON POST NASAL DISCHARGE

The Effect on Post Nasal Discharge was recorded according to the gradation index. Data was collected and statistically analysed.

Post Nasal Discharge	Group A									Group B								
	Mean Score		Reduction in Mean Score	% of Reduction in Mean	S.D. of Mean	S.E. of Mean	t Value	p Value	t Value	p Value	Mean Score		Reduction in Mean Score	% of Reduction in Mean	S.D. of Mean	S.E. of Mean	t Value	p Value
	BT	AT									BT	AT						
After 7 days of Treatment	2.2	1.23	0.97	44.09	0.986	0.18	29	5.372	<0.01	2.23	1.3	0.93	41.7	0.734	0.134	29	6.955	<0.01
After 30 days of Treatment	2.2	1.3	0.9	40.91	0.931	0.17	29	5.298	<0.01	2.23	1.2	1.03	46.19	0.833	0.152	29	6.787	<0.01
Follow up After 45 days	2.2	1	1.2	54.55	0.887	0.12	29	7.413	<0.01	2.23	1.17	1.07	47.53	0.86	0.157	29	6.78	<0.01
Follow up After 60 days	2.2	1.03	1.17	53.18	0.865	0.15	29	7.376	<0.01	2.23	1.2	1.03	46.19	0.833	0.152	29	6.787	<0.01



Over all improvement / relief	Group A	Group B
	%	%
Marked relief	40	12
Moderate relief	39	43
Mild relief	11	18
No Relief	10	27

DISCUSSION

Here in present study Dushta pratishyaya is being correlated with Chronic simple Rhinitis on the basis of its etiology, signs & symptoms. DUshta pratishyaya is the occurrence mostly when upeksha of pratishyaya is being done. Same is with chronic Simple rhinitis results from improper treatment of rhinitis. Further symptoms of Dushta pratishyaya are Nasa avrodha (Nasal blockage in rhinitis), Shirogaurava (Heaviness of head in Rhinitis), Nasa Srava (Mucopurulent Nasal Discharge in Rhinitis), Gandhanasha (Temporaray Hyposmia in Rhinitis). Further complications of both diseases are also similar like Karna Roga (Otitis Media in Rhinitis), Ghor Nayana Amaya (Ophthalmic Complications), Kasa & Shopha (Tonsillitis & Pharyngitis). Prognosis is also krichasadhya in both pathies.

Vyaghri taila nasya is administered as nasya in Group A. In group B, nasya with Rasanjanadi taila was administered for comparative assessment. And as I got results after all observations, Vyaghri taila was found more effective in reducing the main signs & symptoms of Dushta Pratishyaya. It may be because of better vata Kapha shamaka mode of action of Vyaghri taila than Rasanjanadi taila as vyoshadi vati was common drug between two groups.

The contents of vyaghri taila are vyaghri, danti, vacha, shigru, surasa, pippali, maricha, shunti, Saindhava and tila taila. Vyaghri has the properties like Antiinflammatory, antibiotic, vasoconstrictor and histamine releasing activity. Hence it is proved to be effective in the management of Dushta Pratishyaya (Chronic Simple Rhinitis). **Danti** is said to be possessing qualities like kaphapittahara which can be considered as vyadhi pratyanka dravya. Further Vacha, shigru, Surasa medicines are also possessing properties of antibacterial, anti-inflammatory & shirovirechana. These drugs are immunomodulators also. **Pippali** has antiallergic activity. It effectively reduced passive cutaneous anaphylaxis in rats and protected guinea pigs against antigen-induced bronchospasm; a 30% protection of mast cells was observed in an in-vitro study. A common use of the fruit is in the prevention of recurrent attacks of bronchial asthma and common cold. **Maricha** has anti-oxidant, anti-inflammatory, antibacterial properties. **Shunthi** inhibits prostaglandin synthesis, anti-inflammatory, antioxidant and antibacterial. **Tila** has properties like free radical scavenging, decreases susceptibility to oxidative stress. All these factors made Vyaghri taila, a good ayurvedic medicine for controlling Dushta Pratishyaya.

Further drugs used in the preparation of Rasanjanadi taila were Rasanjan (Daruharidra aqueous extract), Attivisha, Mustha, Bhadradaruni (Devadaru), Til Taila.

The drug **Rasanjan** is aqueous extract of drug Daruharidra which contains Cerylalcohol, Saponin, Hentriacontane in its stem & roots. Its actions are mainly Antibacterial, Antimicrobial, Antipyretic, Antimicobacterial, Anti-tumour, Anti-inflammatory. So this is very effective in kapha dushti condition of Dushta Pratishyaya. The drug **Attivisha** contains alkaloids (atisine, dihydroatisine, hetisined and heteratisine) & much amount of starch. Attivisha is very ushna virya drug. In classics this drug is explained in Krimiroga, Jvara, Kasa. Mustha & Devadaru are mainly having properties of deepana, Pachana, Krimighana & Vishghana & mode of action is kaphapittahara. So it is also effective in management of Dushta Pratishyaya. But Vyaghri tail as based on the contents of the drug possessed more potency for management of Dushta Pratishyaya. Vyaghri taila Nasya & 30 days Vyoshadi

vati orally provided significant relief in nasal discharge by 47.62%, sneezing by 65.36%, in nasal obstruction by 44.24%, in Headache by 61.58%, in loss of smell by 43.83%, in nasopharyngeal congestion by 61.73%, in swollen turbinates by 54.05% and reduction in post nasal discharge by 40.91%. Rasanjanadi taila Nasya & 30 days vyoshadi vati orally provided significant relief in nasal discharge by 47.74%, sneezing by 57.53%, in nasal obstruction by 44.21%, in Headache by 46.5%, in loss of smell by 35.51%, in nasopharyngeal congestion by 36.79%, in swollen turbinates by 25.51% and reduction in post nasal discharge by 46.19%. In above observations it was observed that the symptom nasal discharge & nasal obstruction was reduced to almost same level in both groups. Only reduction in Post Nasal Discharge was better in group B with Rasanjanadi tail Nasya.

Vyoshadi Vati was the common drug between two groups. Effectiveness of Vyoshadi vati in peenas roga is well established earlier also by many researches. So this drug is established drug for management of Dushta Pratishyaya. Here in the present study Vyoshadi Vati acted like a catalyst with Marsh Nasyam in both groups.

Further Nasya acts by acting on shringhatak marma as it is the union point of Shrotas of Jihwa, Ghrana, Netra and Shrotra (Su. Sha. 6/27). It Confirms the influence of Nasya Karma on senses. So in Ayurvedic point of view assimilation and transportation of Nasya drug take place through Shringataka Marma and reaches to local as well as general circulation.

CONCLUSION

Literal review taken from basic scripts of Ayurveda shows there is detail description of the disease Dushta Pratishyaya, its causative factors, symptomatology, Pathogenesis (samprapti), complications & treatments available. Description obtained from Ayurvedic Classics shows its clinical similarity with Chronic Simple Rhinitis described in modern principle texts of Medicine.

- In this study it is found that structural deformity, immunity and chronicity of Dushta Pratishyaya may play important role in Prognosis like Krichchhra Sadhya, Yapya and sometimes asadhya also.
- In this present study Vyaghri taila marsha nasya with Vyoshadi vati showed significant relief in symptoms of the disease & Sarvadehika lakshanas also than Rasanjanadi taila marsh nasya with vyoshadi vati.

- For better and long lasting results Shodhana & Shamana therapy used compositely may give more encouraging results.

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