

A Clinical Evolution of Effect of Chaturjatak Churna Pradhaman Nasya & Shatthyadi Churna (Abhyantarpan) On Pratishaya



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Abstract

Pratishyaya has a varied pathophysiology and multiple symptoms, making it a complex condition. Since 2500 BC, while Ayurveda was still in its classical era, Pratishyaya has been regarded as an illness. Pratishyaya is an IgE-mediated hypersensitivity condition that affects the nasal airway mucous membranes. One might observe Pratishyaya in the Purvarupas of Rajayakshama. Acute Pranavaha Srotas illness is called Pratishyaya. The general symptoms of Pratishyaya have only been mentioned by Charaka and Kashyapa. Shodhana Nasya is the primary remedy for accumulated doshas in Pratishyaya. Thus, the best Shodhana Nasya, Pradhamana Nasya, was chosen for this investigation. In pratishaya, chaturjatak churna nasya is beneficial. In Pratishyay, Shathyadi Churna is used as an internal remedy. These medications have demonstrated their effectiveness in pratishayay because of their doshghanta qualities. The outcomes of combining shathyadi churna abhyantar pana with chaturjatak churna nasya are encouraging.

Keyword: chaturjatak churna, pradhaman nasya, shatthyadi churna, abhyantarpan, pratishaya

Introduction

Panchakarma is significant since it aids in eliminating the illness and returning the vitiated Doshas to their natural locations. Any disease's Dosha manifestation begins when the patient transitions from Koshta to Shakha. One of the fundamental tenets of Panchakarma practices outlined in the Ayurvedic literature is to return them to the Koshta. The person who understands the Tridosha concept in addition to Dosha and Dushya Sammurchchhana is a skilled Bhishak. The ability to eliminate the Doshas at the smallest levels is what gives Panchakarma its credit. [1] Urdhvajatrugata Ayurveda has a unique place for rogas and their care. Shira has been referred to as Uttamanga since she is the primary repository of knowledge and the primary regulator of the entire body. Nasa is seen as that Indriya, whose roles extend beyond breathing and include serving as a route for the introduction of drugs. A unique process known as Nasya has been referenced in Ayurveda. [2]

The many therapies and processes for treating nose ailments have been outlined in the Ayurvedic Samhita. One of the greatest ways to cure Nasagat vikaras is using Nasya. Nasya and Abhyantar Chikitsa cure Pratishyay, one of the major Nasagat vikaras. According to Yogaratnaka, shthyadi churna with guda and ghrita abhyantarpana and chaturjatak churna pradhaman nasya treat all forms of pratishyays. The antitoxic, antimicrobial, antiviral, and antiallergic characteristics of chaturjat pradhaman Nasya and the deepen, pachana, strotoshodhan, vatanuloman, shothahara, and

rasayan properties of vyoshadi vati [3] should be chosen.

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Chronic rhinosinusitis, also known as Dushtapratishyaya, is a relatively frequent problem in urban clinical practice. The patient is brought to the doctor due to a strong headache, purulent nasal discharge, nasal blockage, a bad odor coming from the nose, heaviness, and altered scent. The main symptoms of Dushtapratishyaya include nasal congestion, pruritic discharge, altered secretion, and

obstruction. The course of treatment involves clearing the channel, removing mucus, and relieving the restriction. A Chaturjat Pradhaman Nasya has received advice from Acharya Yogratanakar regarding the treatment of Pratishyaya.

The kapha dosha predominates in Dushta Pratishyaya, a chronic stage of pratishyaya. Dushtapratishyaya is seen as a complication of several forms of pratishyaya rather than being identified as a distinct illness. Chronic rhinosinusitis can be linked to Dushtapratishyaya based on its signs and symptoms. The symptoms of the condition

include headache, anosmia, heaviness in the head, purulent nasal discharge, and facial pain. [6] The course of treatment involves clearing the channel, removing mucus, and relieving the restriction. Thus, the Pradhaman Chaturjat The antitoxic, antimicrobial, antiviral, and antiallergic qualities of Nasya and the deepening, pachana, strotoshodhan, vatanuloman, shothahara, and rasayan qualities of Vyoshadi vati are to be chosen.

The following lists the contents of CHATURJATAK CHURNA, along with its Latin name, vipak, veerya, gunas, and karma information.

Table 1. Chaturjatak churna Overview

Contents	Latin Name	Rasa	Vipak	Veerya	Gunas	Karma-
Twak(dalchini)	Cinamonu	Katu, Tikt, Madhur	Katu	Ushna	Laghu, Ruksha, Tikshna	Dosha: Vata kaphana, Pittavardhak
Tamalpatra k	Cinnamomum Tamal	Madhur, Tikshna	Madhur	Ushna	Laghu. Ushana	Kaphaghna. Vata ghna
Ela	Valerian Wallichii	Tikta, katu	Katu	Ushna		Tridosha nashak,
Nagakeshar	Mesua Ferrea Benth + Hook	Kashaya, tikta,	Katu	Ushna	Laghu, Ruksh	Kaphapittashamak

The table below displays the sarvapratishyaye 'chaturjatak' nasyam shtyadi churna content, along with its Latin name, vipak, veerya, gunas, and karma data.

Table.2 shtyadi churna overview

Contents	Latin Name	Rasa	Vipaka	Veerya	Gunas	Karma
Shathi:-	Heydychium Spicatum	Katu, tikta, kashaya	Katu	Ushna	Laghu, teekshna	Vedanasthana, deepana, shoolprashmana
Shunthi:	Zinziber Officinale	Katu	Madhur	Ushna	Laghu, sigdha	Kaphvataghna
Pippali:	Piper Longum	Katu	Madhur	Anusheeta	Laghu, snigdha, tikshna	Medhya, truptighna, expectorant
Marich:	Piper Nigrum	Katu	Katu	Ushna	Laghu, tiksna, sookshma,	Shoolprashmana, shirovirechopag, krimighna
Bhumyaamlaki:	Phyllanthus Niruri	Tikta, kashaya, madhura	Madhur	Shita	Laghu, ruksh	Kaphapitta Shamaka
Gud						
Ghrut						

Mode of action of chaturjatak churna

The main components of Chaturjatak Churna include Katurasa, Ushnaveerya, Snigdha guna, and

vipakamadhur. In particular, Nagkeshar has Ushna, which includes Vata and Kapha shamana. Teekshna and Sukshmaguna¹ allow the medication to enter

tiny channels, which is known as Srothoshodhana. Nasya medications eliminate obstructions and facilitate discharge by virtue of the aforementioned qualities. By strengthening immunity and feeding dhatus, it also serves as rasayana, brimhana, and balya. [7] The inflammatory process in the sinuses and nasal cavities will be lessened by this immunological regulation. The vast majority of substances have anti-inflammatory properties that inhibit the inflammatory process.

Mode of action of shathyadi churna (abhyantarpana)

Anti-inflammatory, antioxidant, immune-modulatory, and antiasthmatic properties are all present in Shathyadi Churna. It also stabilizes mast cells and lowers mucus output. Thus, proving that shathyadi churna (abhyantar pana) is effective in reducing rhinitis symptoms. Immunostimulator, antioxidant, Srotoshodhaka, Abhishyandahara (decongestant), Shothahara (anti-inflammatory), Kledahara, Vedanasthapana (analgesic), Kaphashodhaka, and Vatakaphaghna.[8-9]

Objectives

- To study the concept of Pratishyaya
- To study the concept of Dushtapratishyaya
- To study details of Chaturjatak churna and shatyadi churna
- To study mode of action of chaturjatak churna and shathyadi churna
- To study efficacy of shatyadhi churna in the management of vataja pratisyaya
- To study chaturjat Pradhaman Nasya in treatment of Dushtapratishyaya

Review of Literature

The topics were gathered and examined from the Ayurvedic Samhita, contemporary literature, research papers, journals, and online pieces. Conceptual study: Ayurvedic and contemporary scientific perspectives on the anatomy and physiology of the nose and paranasal sinuses Pratishyaya is reviewed in Ayurveda. A contemporary review of sinusitis was conducted.

Research Methodology

One method for methodically resolving research issues is research methodology. It is a science that uses a variety of instruments and methods to gather and examine data, information, and materials in order to solve issues that need to be looked into. Planning a study and being familiar with research methods and strategies are essential. A variety of research methods, tools, and procedures can be employed, depending on the study problem. Research can be defined as a methodical, scientific search for relevant data on a certain subject.

Result and Discussion

Clinically compatible with Vataja pratisyaya, allergic rhinitis (AR) is a very common worldwide health problem that significantly impairs quality of life, particularly for children. According to the scripture Basavarajiyam, Ghrita and Guda should be taken with Shatyadhi churna in order to treat Pratisyaya (rhinitis). [10-12] The study's validation of Shatyadhi churna's efficacy in treating children's Vataja pratisyaya (AR) is graphically summarized in Figure 1, which also highlights the substance's safety, affordability, and potential for broader therapeutic application.

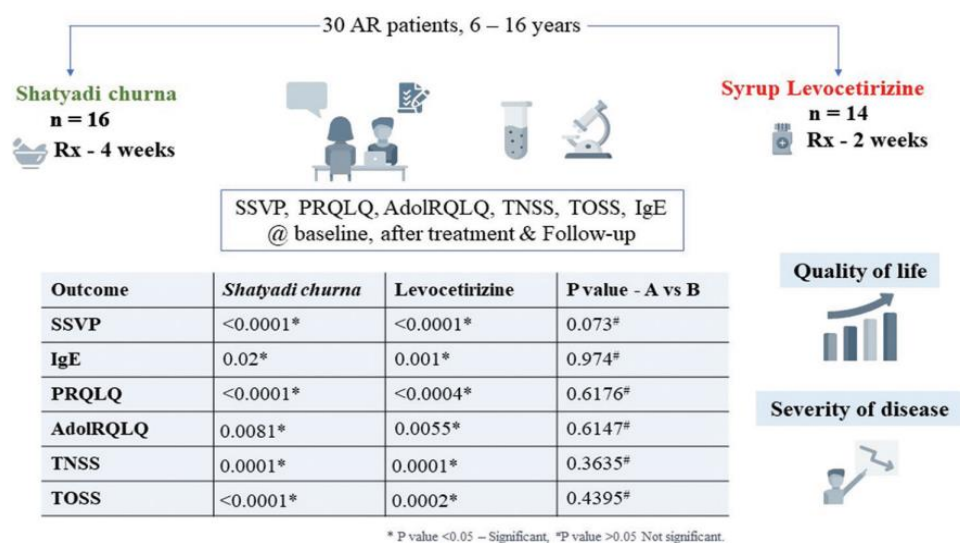


Fig. 1: Shatyadhi churna's effectiveness in treating children's vataja pratisyaya (allergic rhinitis)

Source: (Dileep, Aparna & Shrikrishna, Rajagopala & Mahapatra, Arun. (2024). The Efficacy of Shatyadhi Churna in the Management of Vataja Pratisyaya (Allergic Rhinitis) in Children: A Randomized Controlled Clinical Trial. Journal of Ayurveda. 18. 10.4103/joa.joa_60_23.)

Note: TNSS: Total nasal symptom score, TOSS: Total ocular symptom score, IgE: immunoglobulin E, AR: allergic rhinitis, and PRQLQ: Pediatric rhinoconjunctivitis quality of life assessment

Chaturjat Pradhaman Nasya is treated for five days on alternate days, i.e., on the first, third, fifth, seventh, and ninth day, and Vyoshadi vati is taken three times a day for fifteen days with hot water, with follow-up and evaluation on the 0th, 7th, 15th, and 30th day, as indicated below [13–15].

Sr. No.	Sign and symptoms	0 th day	7 th day	15 th day	30 th day
1	Nasal Discharge	+++	++	+	-
2	Headache	++	+	-	-
3	Nasal obstruction	+++	++	+	+
4	<i>Gandhagyana vikruti</i>	+++	+++	++	+
5	Tenderness over sinuses	+++	++	+	-



Before t/t

After t/t

Fig. 2 Chaturjat Pradhaman Nasya in treatment of Dushtapratishyaya

Source: (<https://www.wjpls.org/download/article/50032020/1585908373.pdf>)

Conclusion

The statistical analysis of this study indicates that the effects of shathyadi churna abhyantar pana and chaturjatak churna nasya in the management of Pratishyaya are not significantly different. Therefore, shathyadi churna abhyantar pana and chaturjatak churna nasya may be the medication of choice for managing Pratishyaya in order to lessen the symptoms. Since no negative effects were noted during the trial, it can be used successfully and at a reasonable cost. There is a correlation between rhinitis and pratishyaya. Shathyadi churna and chaturjatak churna nasya work well for rhinitis. Shatyadhi churna has been shown in the study to be a safe and effective way to manage Vataja pratisyaya. Chaturjat pradhaman nasya and vyoshadi vati orally

is effective in T/t of chronic rhinosinusitis. The medication is therefore reasonably priced, widely accessible, and simply provided to any age group at the appropriate dosage.

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