

A Overview of *Pratishyaya* and Its Ayurvedic Management

Author:

Dr. Anup Kumar Mishra

M.D. Kayachikitsa, Assistant Professor, Dept. of *Kriya Sharir*,
Ishan Ayurvedic Medical College And Research Centre



Abstract: *Pratishyaya* is commonest problem among *Nasagata roga*. In present era, the era of industrialisation and modernisation, there are some diseases which need to be given attention. *Pratishyaya* is one of them as respiratory system is in continuous contact with the external environment since birth and considered as prime site of hyper sensitization. Due to continuous changing in life style, urbanization, increased pollution, resistance to antibiotics becomes a big challenge to treat *Pratishyaya*. Negligence of acute stage or improper management and repeated attacks leads the disease to chronic phase i.e. *Dusht Pratishyaya*.

Keywords: *Ayurveda, Pratishyaya, Nasagata roga, Dusht Pratishyaya*

Introduction

The word "*Pratishyaya*" is derived from "*Shyeng Gatau*" *Dhatu* and "*Prati*" *Upsarg* which means continuous movement of doshas. Many *Acharyas* have elaborately described the disease *Pratishyaya* in various *Ayurvedic* texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridayam*. Characteristic features of *Pratishyaya* is *Nasashrava* (running nose), *Ghranauparodha* (nasal obstruction or congestion), *Shirashoola* (headache), *Shirogauravam* (heaviness of head), *Jwara* (fever), *Kasa* (cough), *Kaphotklesh* (phlegm), *Swarbheda* (hoarseness of voice), *Aruchi* (anorexia), *Klama* (tiredness), *Indriyanamasamarthyam* (altered functions of sense organs)¹. If *Pratishyaya* is being left untreated, it has enough potential to develop many conditions like *Kasa* (cough), *Swasa* (dyspnea), *Gandhaanjnana* (anosmia), *Badhira* (deafness) and *Rajyakshma* (form of disease with multisystem involvement)². In modern science it can be compare with respiratory tract infection.

Disease Review

<i>Samhita</i>	<i>Sthana</i>	Chapter	Description
<i>Charaka Samhita</i>	<i>Sutra Sthana</i>	7 (<i>Navegandharniya</i>)	<i>Vaspa Vegdharana</i> as a cause of <i>Pratishyaya</i>
	<i>Nidana</i>	6 (<i>shosha nidan</i>)	<i>Pratishyaya</i> as a <i>Lakshan</i> of

	<i>Sthana</i>		<i>Sahasjanya, Dhatukshyaja and Vishamashanaj Sosha.</i>
	<i>Chikitsa Sthana</i>	8 (<i>Rajyakshama Chikitsa Adhyaya</i>)	<i>Pratishyaya</i> is given as a <i>Lakshana</i> of <i>Yakshma</i> and also described <i>Samprapti</i> as well as general treatment of <i>Pinasa (Pratishyaya)</i> .
	<i>Chikitsa Sthana</i>	26 (<i>Trimarmiya Chikitsa Adhyaya</i>)	Symptoms as well as treatment of specific type of <i>Pratishyaya</i> i.e. <i>vataja, pittaja, Kaphaja, tridoshaja Pratishyaya</i> . <i>Pathya</i> is also given this chapter
Sushruta Samhita	<i>Uttara Tantra</i>	22 (<i>Nasagata Rogavigyana</i>)	Description of five types of <i>Pratishyaya</i> is given
	<i>Uttara Tantra</i>	24 (<i>Pratishyaya Pratishedhopkrama</i>)	Description about <i>Hetu, Purvarupa, Lakshana, Chikitsa, Pathyapathya</i> etc., with <i>pakwa and apakwa Pratishyaya</i> is given.
Madhava nidan	Second Part	58 (<i>Nasarognidana</i>)	description of <i>Pratishyaya</i>
Sharangdhara Samhita	<i>Prathama Khanda</i>	In <i>Nasarog Prakarana</i> of <i>Rogagananadhyaya</i>	description of <i>Pratishyaya</i>
Bhava Prakasha Nighantu	<i>Chikitsa Prakaran</i>	56 (<i>Nasarogadhikar</i>)	description of <i>Pratishyaya</i>
Chakra Dutta		58 (<i>Nasaroga Chikitsa</i>)	description of <i>Chikitsa</i> of <i>Pratishyaya</i> and description of <i>Nava</i> and <i>Jeerna Pratishyaya</i>

Nidan

Nidanas of *Pratishyaya* are described by many *Acharyas* in different *Samhitas* are:

Aharaj (dietary)	C.S.³	S.S.⁴	A.S.⁵	K.S.⁶
<i>Ajeerna</i>	+			
<i>Mandagni</i>				+
<i>Vishamashanam</i>				+

<i>Atiguru, Madhur, Sheeta, Ruksha sevan</i>				+
<i>Atijalapana after meals</i>				+
<i>Atisheetambupanam</i>	+			
Viharaj (behavioural)	C.S.	S.S.	A.S.	K.S.
<i>Vega sandharana</i>	+	+	+	+
<i>Rajahdhumrasevan</i>	+	+	+	
<i>Shirasoabhitapam</i>	+	+		
<i>Rituvashmya</i>	+			
<i>Atisambhasanam</i>	+		+	
<i>Prajagratiswapnam</i>	+		+	
<i>Atinariprasang</i>	+	+		
<i>Diwasayanam</i>		+		
<i>Apavitramukhashayanam</i>				+
<i>Snana in Ajirna</i>				+
<i>Tapa Sevana</i>		+		
Mansik Hetus	C.S.	S.S.	A.S.	K.S.
<i>Atikrodha</i>	+			

Samprapti Ghatak of Pratishyaya

1. Nidan – Vata Kapha Prakopak Ahara Vihara e.t.c.
2. Dosha – Kapha Vata Pradhana, Alpa Pitta, Rakta.
3. Dushya – Rasa and Rakta.
4. Agni – Jatharagni, Rasadhatwagni.
5. Srotas – Pranavaha, Rasavaha, Raktavaha.
6. Srotodushti - Sanga, Vimargagamana, Atipravrutthi.
7. Adhithana – Nasa, Shiras.

Pratishyaya Samprapti:

According to Acharya Charaka, consumption of etiological factors leading to aggravation of *Vatadosha* in head and produce *Pratishyaya*⁷.

Acharya Sushruta describes the manifestation of disease as vitiated *Vata* and other doshas individually or collectively associated with or without *Rakta* accumulate in head and produce *Pratishyaya*⁸.

Acharya Vagbhatta describes as vitiation of *Vata Dosha* in nasal cavity leads to *pratishyaya*⁹.

Stages of *Pratishyaya*:

***Amavastha*:** symptoms includes: *Aruchi, Vaktra Virasam, Nasashrava, Rooja, Shirogurutavama, Kshavathu, Jwara* etc.

***Pakwavastha*:** symptoms include: *Tanutawama Ama Linganama, Shirolaghuta, Nasalaghuta, Ghanapinkaphatwa* etc.

***Purvarupa of Pratishyaya*:** *Acharya Sushruta* has described the symptoms of *Pratishyaya* as *Shirogurutwama, Kshawathu, Angamarda, and Parihristromta*¹⁰.

***Samanya Lakshana*:** General symptoms of *Pratishyaya* are only mentioned by *Acharya Charaka* and *Maharishi Kashyapa* are as follows:

***Samanya Lakshana by Acharya Charaka*:** *Shirahshoola, Shirogaurav, Ghranviplava, Jwara, Kasa, Kaphotklesha, Swarabheda, Indriya Asamarthatva*¹¹

***Samanya lakshana by Maharishi Kashyapa*:** *Daurgandhta, Parikledita* etc¹².

***Classification of Pratishyaya*:** *Acharya Sushruta, Vagbhatta, Madhavakara, Bhava Mishra, Sharangadhara* have described five types of *Pratishyaya* i.e. *Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja*.

Acharya Charaka gives four types of *Pratishyaya* i.e *Vataja, Pittaja, Kaphaja* and *Sannipataja*, and also described *Dushta Pratishyaya* as advanced stage of *Pratishyaya*. *Maharishi Kashyapa* also described four types of *Pratishyaya*. *Rasa Ratana Samuchyaya* gives six types of *Pratishyaya*. *Ras Vagbhatta* described *Malasanchyajanya Pratishyaya*.

PRATISHYAY A	C.S	S.S	A.H
VATAJA	<i>Ghranatoda, Kshavathu, Jalabhsrava, Swarabheda</i> ¹³ .	<i>Anadhyapihita Nasa, Tanu Nasa Srava, Galtaluosthashosa, Nistoda Shankha, Swaropghata</i> ¹⁴ .	<i>Mukhashosha, Kshavathu, Ghranoprodha, Shishirkaphasruti, Nistoda Shankha, Shirahshoola, Kitika Eva Sarpanti, Chirapaki</i> ¹⁵ .
PITTAJA	<i>Nasagrapaka, Jwara, Vaktrashosha, Ushnapittasrava</i> ¹	<i>Krishata, Panduta, Trishna Nipidita</i> etc ¹⁷	<i>Nasagrapaka, Ushnatamrapittasrava, Trishna, Bhrama, Ghranapidika</i> ¹

	6.		8.
KAPHAJA	<i>Kasa, Aruchi, Ghanasrava, Kandu</i> ¹⁹ .	<i>Sheetashuklasrava, Gurushiromukhata, Shirolalosthatalukandu etc</i> ²⁰ .	<i>Shwasa, Vamana, Gatragaurava, Mukhamadhurya, Aruchi, Kandu, Shuklakaphasrut</i> ²¹ .
RAKTAJA		<i>Tamrakshi, Daurgandhyaswasavada n, Gandhatanaveti, Krimipatana, Uroghata</i> ²² .	<i>Nasakandu and other symptoms of Raktaja Pratishyaya is similar to that of Pittaja Pratishyaya</i> ²³ .
SANNIPATAJ A	<i>Sarvanirupani, Tivra Ruja, Dukhadayee</i> ²⁴	<i>Sarvani Rupani, Akasmat Vriddhi and Shanthi</i> ²⁵	<i>Sarvaja Lakshana, Akasmat Vridhishant</i> ²⁶ .

Dusht Pratishyaya:

*Acharya Charaka has described symptoms of Dusht Pratishayaya as Avarodha, Abhighata, Srava, Gandhatnaveti, Bahuprakopi*²⁷.

*Acharya Vagbhatta have described symptoms of Dusht Pratishayaya as Sarvendriya Santapa, Agnimandya, Jwara, Kasa, Urahaparshwashoola, Mukhadaurgandhya, Nasa Kledata and shushkata, Anahyata and Vivriyata*²⁸.

Treatment:

Samanya Chikitsa:

- a. *Ama Peenasa Chikitsa: Langhana, Deepana, Pachana, Swedan, Ikshu Vikara*²⁹.
- b. *Pakwa Peenasa Chikitsa: Shirovirechana, Kavalgraha, Dhoompana, Snehpana, Vamana, Virechana, Asthapana, Shaman Aushadha*³⁰.

*Samanya Chikitsa according Acharya Chakradutta: Panchamula Siddha Ghrita, Chitraka Hareetaki, Sarpiguda, Shadanga Yusha, Vyoshadi Churna, Nasya by Pathadi Taila and Shadbindu Taila*³¹.

Vishesha Chikitsa

TYPE	C.S.	S.S.	A.H.
VATAJA	<i>Ghritapana, Shirovirechana, Snigdha, Dugdhapana, Mamsarasa,</i>	<i>Ghritapana, Shirovirechana, Sankara Sweda</i> ³³ .	<i>Ghritapana, Shirovirechana, Sankara Sweda</i> ³⁴ .

	<i>Dhumrapana, Panisweda, Upanaha, Sankara Sweda, Niruha Basti</i> ³² .		
PITTAJA	<i>Ghritapana, Dugdhapana Nasya, Parishechana Lepa (Pradeha), Ghreya (Koshna), Virechana</i> ³⁵	<i>Ghritapana, Nasya, Parishechana, Lepa (Pradeha), Virechana, Kawala Dharana</i> ³⁶	<i>Ghritapana, Nasya, Parishechana, Lepa (Pradeha)</i> ³⁷
KAPHAJA	<i>Ghritapana, Vamana, Nasya, Langhana, Dhumrapana, Shire Ghritalepa, Sweda, Parisheka</i> ³⁸	<i>Ghritapana Vamana, Nasya, Dhumravarti, Antarika, Aushadhisevana</i> ³⁹	<i>Ghritapana, Vamana, Nasya, Langhana</i> ⁴⁰
SANNIPATAJA		<i>Ghritapana, Dhumrapana, Gutika, Avaleha, Nasya, Shirovirechana</i> ⁴¹	<i>Ghritapana, Shirovirechana, Kawala Dharana</i> ⁴²

Upadrava:

According to *Sushruta, Badhira, Andhata, Aghranam, Kasa* etc. are the complications of all types of *Pratishyaya*⁴³.

Discussion:

Pratishyaya is a broad term which covers the all nasal, para nasal sinuses, upper and lower respiratory tract infections. *Pratishyaya* can occur as an independent disease or as a complication of many other diseases or as a symptom of any systemic disease. *Pratishyaya* is Vata Kapha dominant *Tridoshaja Vyadi*. While analyzing all the *nidana*'s, *Acharya* have clearly mentioned that the allergic factors like dust, fumes causes paroxysmal sneezing and rhinorrhea, while other factors like head injury, seasonal variations, suppressions of natural urges etc. can be potent to initiate the pathology.

Acharya Sushruta has described *Pratishyaya* as a separate chapter in *Uttaratantra* and it shows its importance. *Nidanas* of *Pratishyaya* are classified into *Kalantarajanaka* and *Sadyojanaka* by *Acharya Sushruta*. *Sadyojanaka Nidanas* can be compared with aggravating factors. *Doshas* are vitiated and *Khavegunya* is created due to

Kalatarajanaka Nidanas and repeated contact with *Sadyojanaka Nidanas* cause recurrent attacks of disease. Stages of *Pratishyaya* are *Amavastha* and *Pakwavastha*, if these stages are being left untreated or mismanagement of these stages leads to severe and more complicated stage i.e. *Dushta Pratishyaya*. Different opinions are available regarding prognosis of *Dusht Pratishyaya* as according to *Acharya Sushruta*, *Dusht Pratishyaya* is *Krichcha Sadhya*, and *Acharya Vagbhatta* said *Dusht Pratishyaya* is *Yapya* while according to *Acharya Charaka* and *Madhavakara Dusht Pratishyaya* is *Asadhya Vyadhi*.

Conclusion

Treatment of any disease changes according to its *Hetu* and *Samprapti*. So it is necessary to know the causative factor as well as pathogenesis of disease to cure the disease. As *Pratishyaya Vata Kapha* dominating *Tridoshaja Vyadi* but after analyzing the *Nidanas* and etiopathology of disease it becomes clear that involvement of *Rakta* is also there. *Acharya Sushruta* has described the first line of treatment as *Nidana Parivarjana*. Factors like *Desha*, *Kala*, *Vaya* of patient has also taken into consideration while treating the disease. Special attention should be given to different stages like *Amavastha* and *Pakwavastha* while treating the disease as improper treatment will leads to *Dusht Pratishyaya* which is advance stage and more difficult to treat. *Pathya-Apathya* should also be added with the prescribed medicines. Chronic phase of disease puts the patient in immuno- compromised state. After considering all these factors, it can be concluded that treatment approach should be to treat the disease condition as well as promote the immunity, physical and mental health of patient.

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