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A Review on Ayurvedic Preventive Measures in Pratishyaya

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Ayurveda is a holistic science that plays a vital role in the prevention and maintenance of health and well-being. Prevention is a key principle in Ayurvedic philosophy, aimed at sustaining balance within the body and mind. Pratishyaya, one of the Nasagata Rogas is considered a significant condition. If neglected, it may lead to serious complications such as Badhirya, Andhata, Kasa, Netra Amayas, Agnisada, and Sopha. In the modern era, individuals living in metropolitan cities are increasingly susceptible to upper respiratory tract infections due to exposure to polluted air and environmental stress. Therefore, it becomes essential to adopt preventive strategies outlined in Ayurvedic texts. Practices such as Dinacharya, Ritucharya, Pathya Ahara, Vihara, and the use of Rasayanas can significantly enhance immunity and help in the prevention of such disorders.

Keywords: Pratishyaya, Prevention, Dinacharya, Ritucharya, Rasayana

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Introduction

Shalakya Tantra, one of the eight branches of *Ayurveda*, primarily deals with diseases related to *Uttamanga*. Among the *Nasagata Rogas* described in *Ayurvedic* classics, *Pratishyaya* is notably prevalent. In the current era, this condition affects a large segment of the population due to changing lifestyles, environmental factors, and dietary habits. *Ayurveda* emphasizes the preventive approach to disease management through *Dinacharya, Pathya Ahara* and *Vihara*, *Rasayana* therapy and *Nidana Parivarjana*.

Rhinitis is one of the most common disorders affecting humankind, with approximately one in six individuals experiencing its symptoms. Allergic rhinitis, in particular, accounts for more than 50% of all allergic conditions in India, with its prevalence steadily increasing worldwide, especially in developed countries.**[1]** It is characterized as an IgE-mediated immunological reaction of the nasal mucosa in response to airborne allergens, and presents with symptoms such as watery nasal discharge, nasal obstruction, sneezing, and nasal itching.**[2]**

Aims and Objectives

Critical analysis of *Pathya Ahara-Vihara, Dinacharya* and *Rasayana Yogas* mentioned in *Pratishyaya.*

Materials and Methods

Ayurveda Samhitas, contemporary textbooks, e-books and various articles.

Observations and Results

Pratishyaya is a disease in which *Kaphadi Doshas* move in the course of *Vayu* and are expelled out through nostrils is called *Pratishyaya.***[3]**

Samanya Nidana* of *Pratishyaya

Exposure to *Avashyaya* (dew), *Anila* (wind), *Rajo* (dust), *Atibhashaana* (excessive talking), *Atiswapna* (excessive sleep), *Nichaatyupdhanena* (use of low or high pillow*), Peetena Anyena Varina* (change in drinking water source), *Atyambupana* (excessive water intake), *Ramana (*excessive coitus), *Chardi Bhashpa Graham* (suppression of urges like vomiting and crying).**[4]**

Acharya Charaka has added *Krodha* (anger), *Rituvaishamya* (odd season), *Ambusheetai* (intake of cold water) and *Shirobhitapa* (*Shiras* becoming warm due to excessive heat)

Sadyo Nidana* of *Pratishyaya

Naari Prasanga (excessive indulgence in sex), *Shirobhitapa* (*Shiras* becoming warm due to heat), *Dhooma* (exposure to smoke), *Rajo* (exposure to dust), *Sheetamatipratapah* (exposure to cold climate), *Mootra Pureesha Dharana* (suppression of micturition and defecation).**[6]**

Pathya Aahara* and *Vihara

Pathya Aahara	SU	AH	AS	BR
Yavanna	+			
Vijaya	+			
Amla, Snigdha, Ushna ,Aahara	-	+	+	+
Laghu, Lavana	-	+	-	+
Dhanvamamsa (Jangala Mamsa)		+	Ajamamsa	Jangala Mamsa
Guda		+	+	
Ksheera		+	+	
Chanaka		+		
Trikatu		+	+	
Yava / Puranayava		+		+
Godhuma		+		
Dadhi		+		+
Dadimasaara		+		
Baalamoolaka		+		+
Kulatha		+		
Koshna Dashamoolambu		+		
Aardraka			+	
Madya			+	
Puranashaali				+
Kulatha Mudga Yusha				+
Vaartaka				+
Kulaka				+
Shigru				+
Karkota				+
Lashuna				+
Katu Bhojana				+

Pathya Vihara	SU	AH	AS	BR
Nivata Shayana	+	+	+	
Moordha Guru Ushna Vaasa	+	+		
Tikshna Shirovirechana	+			
Dhooma	+	+	+	
Sneha		+	+	+
Sweda		+	+	+
Vamana		+	+	
Gandusha		+	+	
Shiroabhyanga				+

Apathya Aahara and *Vihara*

Apathya Aahara	SU	AH	AS	BR
Sheetambu	+			
Atiruksha Ashana	+			
Nava Madya	+			
Ashucha Drava				+
Atiruksha Ashana	+			

Apathya Vihara	SU	AH	AS	BR
Snana				+
Krodha				+
Shakrut, Vata, Mutra Vega Dharana				+
Bhumishayana				+
Shishiraavagaha	+			
Chinta	+			
Shoka	+			

SU - Sushruta Samhita, AH - Astanga Hrudaya, AS - Ashtanga Sangraha, BR - Bhaishajya Ratnavali

Critical Analysis of *Pathya Aahara*:

Pathya Aahara	Properties[7]	Chemical Constituents[8]	Action
Yava	Rasa: Madhura and Kashaya Rasa Guna: Rooksha, Sheeta and Guru Guna Doshagnata: Kaphahara	glycosides, flavones, hordenine	flavones act on allergic diseases and they are also anti-inflammatory in action.[9]
Kulatha	Rasa: Kashaya Veerya: Ushna Guna: Laghu, Vipaka: Katu Doshagnata: Kapha Shamaka	phenolic compounds such as flavonoids, flavones, pentosan	the bioactive components like phenolic acids have immense potential for curing varieties of diseases such as common cold, throat infection, asthma, bronchitis[10] etc.,
Lashuna	Rasa: Madhura, Lavana Katu , Tikta and Kashaya Guna :Teekshna, Snigdha And Guru Vipaka: Katu Veerya: Ushna Doshagnata: Kapha Vata Hara	allicin, allinase, aminoacids	Allicin is the main constituent of garlic which has a anti-viral effect against cytomegalovirus influenza b virus, human rhino-virus type2 etc.[11]
Balamulaka	Rasa: Katu and Tikta Guna: Laghu Vipaka: Katu Veerya: Ushna	alkaloids, glucosinolates, brassinosteroids and flavonoids	Flavonoids are having anti-inflammatory action
Shigru	Rasa: Katu and Tikta, Guna: Laghu Rooksha and Teekshna, Vipaka: Katu Veerya: Ushna Doshagnata: Kapha Vata Shamaka	It contains 7 times more vitamin C than oranges. Flavonoids and flavanol glycosides[12]	Flavonoids and flavonol glycosides have anti-allergic and anti-inflammatory in action
Haritaki	Rasa: Lavana Varjitha Kashaya Pradhana Pancharasa Guna: Laghu and Rooksha Vipaka: Madhura Veerya: Ushna	flavonoids, flavins, trepenoids	antimicrobial, antiviral and anti-inflammatory action
Shunti	Rasa: Katu Guna: Guru Rooksha and Teekshna, Veerya: Ushna Vipaka: Madhura Doshagnata: Kapha Vatahara	Gingerol	Anti-inflammatory, antioxidant effects. Ginger and its bioactive components can be effectively used to prevent allergic rhinitis as it inhibits the activation of T cells playing an important role in the inhibition of type 1 hypersensitivity.[13]

Pathya Aahara	Properties[7]	Chemical Constituents[8]	Action
Maricha	Rasa: Katu Guna: Laghu, Teekshna, Veerya: Ushna Vipaka: Katu Doshagnata: Kapha Vatahara	Piperine, piperonal	It has anti-inflammatory, antioxidant and immunomodulatory actions[14]
Pippali	Rasa: Katu, Guna: Laghu Snigdha and Teekshna Veerya: Ushna Vipaka: Madhura Doshagnata: Vata Kaphahara	Piperene, piplartine, pipercide	It has anti-inflammatory, antioxidant and immunomodulatory actions.
Vartaka	Rasa: Madhura Guna: Teekshna, Laghu Veerya: Ushna Vipaka: Katu Doshagnata: Vata kaphahara	Flavonoids, alkaloids, glycosides, saponins, tannins	It has anti-inflammatory and antiasthmatic action[15]
Karkoti	Rasa: Katu, Tikta Guna: Laghu Veerya: Ushna Vipaka: Katu Doshagnata: Kaphanut	Alkaloids, Flavonoids, Phenols	Anti-inflammatory, antiallergic, antiasthmatic agent
Dadima	Rasa: Madhura, Amla, Kashaya Guna: Laghu Veerya: Anushna Vipaka: Madhura/Amla Doshagnata: Kaphavatajith	Flavonoids, gallic acid, sterols, terpenes and terpenoids	Flavonoids, gallic acid and terpenoids are having anti-allergic, anti-inflammatory and anti-microbial action
Guda	Rasa: Madhura Guna: Laghu, Snigdha	Sucrose, Reducing sugar, carbohydrate, iron, calcium, copper, phosphorous, zinc, magnesium, vita, Betacarotene, Vit-B complex, Vitamin C[16]	Antibacterial, Antioxidant properties
Chanaka	Rasa: Kashaya Guna: Laghu, Rooksha Veerya: Sheeta Doshagnata: Kaphapittahara	Phenolic compounds, Flavonoids, glycosides, alkaloids	Anti-inflammatory, Anti-microbial action
Katu, Amla Lavana Bhojana:	Katu Rasa is having properties like Ghranam Asravayanti, Krimi Hinasti, Margan Vivrinoti and Shleshmanam Shmayati. [17] Ghranam Asravayanti refers to the action of clearing nasal discharge, which helps in relieving nasal congestion and improving respiration.Krimi Hinasti means it possesses antimicrobial properties, helping to destroy microbes and thus limit the onset or progression of infections.The Margan Vivrinoti property of Katu Rasa (pungent taste) aids in dilating the nasal channels, facilitating better airflow and allowing for efficient drainage of nasal and sinus secretions.Additionally, the Shleshmanam Shamyati quality contributes to the absorption of excess mucus or discharge, reducing symptoms associated with excessive Kapha in the nasal tract. Amla Rasa is having properties like Indriyani Dridhikroti, Balam Vardhyati and Urjayati.[18] Indriyani Dridhikaroti refers to the property of Amla Rasa (sour taste) that supports the strengthening of sensory organs, particularly the Nasa Indriya (olfactory organ), thereby enhancing the sense of smell.The actions Balam Vardhayati and Urjayati indicate that it boosts physical strength and vitality, contributing to the overall enhancement of the immune system and resistance to infections. Lavana Rasa has properties like Kapham Vishyandayati, Margan Vishodhayati & Sarva Shareera Avayavan Mridukaroti.[19] Kapha Vishyandana refers to the liquefaction of thick nasal secretions. This action facilitates the thinning of accumulated mucus, promoting its easy drainage from the paranasal sinuses and nasal passages. As a result, it helps to relieve nasal congestion.		

Critical Analysis of *Pathya Vihara*

The *Ayurvedic* approach to managing *Pratishyaya* places significant emphasis on *Pathya Vihara* - appropriate lifestyle and behavioral practices. The described measures align effectively with the pathophysiology of *Kapha* and *Vata* predominance in this disease.

Nivata Shayana

The recommendation to avoid exposure to wind is grounded in the pathogenesis of *Pratishyaya*, where *Vata* - often aggravated by cold and dryness - acts as a primary causative factor. Wind acts as an external *Vata* aggravator, potentially leading to derangement in nasal mucosa and triggering symptoms such as sneezing, congestion, and runny nose. Thus, staying in wind-protected environment is preventive and therapeutic measure.

Moordha Guru Ushna Vaasa

This practice not only protects from cold-induced *Vata* aggravation but also induces vasodilation, enhancing cerebral circulation. Improved blood flow to the head may aid in clearing nasal passages and reducing congestion. This reflects a practical correlation between traditional wisdom and modern physiological understanding.

Teekshna Shirovirechana

Shirovirechana is advocated for expelling *Kapha Dosha***[20]** from the head and neck region. By eliminating accumulated mucus, it supports decongestion and symptom relief. The procedure is aligned with the *Ayurvedic* concept of *Shodhana*.

Dhoomapana

This is a significant *Vihara* practice used to pacify *Kapha* and *Vata Doshas.***[21]** The herbs used - predominantly of *Katu* and *Tikta Rasa* - are endowed with properties like:

Katu Rasa: *Vaktram Shodhayati, Agnideepyati, Ghranamaasravyati, Krimihinasti, Marganvivrunoti, Shleshmanshamyati* in action.

Tikta Rasa: *Vishaghna, Krimighna* in action.

The herbs exhibit *Laghu* and *Sookshma Guna*, facilitating their absorption through mucosal epithelial linings. Substances like *Haridra*, *Guggulu*, and *Agaru* used in *Dhoomapana* are pharmacologically validated for their anti-inflammatory, bronchodilatory, and antioxidant properties. Thus, this therapy not only complements traditional doctrine but also finds support in modern phytomedicine for quick relief in nasal disorders.**[22]**

Shiroabhyanga

Shiroabhyanga with medicated oils helps nourish *Indriyas.***[23]**

***Rasayana* Therapies**

The mention of *Brahmarasayana*, *Haritaki Rasayana*, and *Chyavanaprasha* highlights *Ayurveda's* rejuvenate approach. These formulations Strengthen sense organs (*Indriya Balam*), Enhance systemic immunity, act as *Kapha-Vata Shamakas*.

Pippali Rasayana is particularly noted for its anti-inflammatory and mucolytic properties, offering symptomatic relief and long-term preventive benefits.

Discussion

In *Pratishyaya* the *Dosha* involved is *Vata* and *Kapha*. The *Pathya Aharas* mentioned in *Pratishyaya* are *Kapha-Vatahara* in action and thus helps in clearing *Vata-Kapha Doshas* and prevents *Pratishyaya*. The *Pathya Aharas* mentioned by our *Acharyas* in *Pratishyaya* like *Yava, Kulatha, Balamuka, Shigru, Haritaki, Vartaka, Karkoti* mainly contain chemical constituents like flavonoids, glycosides which have anti-allergic, anti-inflammatory action and have immense potential for curing various diseases like common cold, throat infection, asthma, bronchitis etc., *Trikatu (Shunti, Maricha, Pippali)* contains chemical constituents like gingerol, piperenes, alkaloids and flavonoids which are antioxidant, antimicrobial, antifungal, immunomodulatory, antiallergic and anti-inflammatory action. *Dadima*, which primarily contains gallic acid, alleviated nasal allergic symptoms, reduced nasal mucosal thickness, and attenuated goblet cell hyperplasia and eosinophil infiltration in the nasal mucosa.**[24]** *Aja Mamsa* which is mentioned as *Pathya* is neither heavy to digest nor too unctous, does not cause blockage in the channels and is *Brumhana*. *Acharya Charaka* and *Vagbhatta* have explained *Aja Mamsa* has qualities very similar to the qualities of muscle tissue of human beings. Due to this similarity with human muscle tissue, consumption of *Aja Mamsa* does not increase *Kapha Dosha* even though it has *Guru* and *Snigdha* properties. Thus, it can be understood that *Aja Mamsa* is a good choice of meat for regular consumption.**[25]** *Guda* mentioned as *Pathya* is effective in preventing *Pratishyaya.* Recent research has confirmed the benefits of jaggery in managing chronic cough, as it helps reduce throat irritation due to its soothing effects on the soft tissues of the throat (Ogawa et al., 2013).

Sahu and Saxena (1994) reported the protective effects of jaggery against pollution in employees working in smoky and dusty environments, noting that regular consumption helps prevent lung damage caused by polluted air. Additionally, it generates warmth in the lungs, dilates the respiratory tract, and alleviates symptoms of cough, asthma, and breathing difficulties when used as a substitute for sugar (Sahu and Paul, 1998).**[26]** The *Pathya Viharas* like *Dhumapana* helps in pacifying *Kapha*, covering head with warm clothes brings about vasodilation and helps in good blood flow, *Shiroabhyanga* reduces *Vata Dosha*, *Snehana* imparts strength to the *Indriya*. The *Rasayanas* like *Brahmarasayana*, *Haritaki Rasayana*, *Chyavanaprasha* imparts strength to *Indriyas* and boosts the immune system. *Pippali Rasayana* is *Kaphavata Shamaka* and anti-inflammatory in action. Thus, all the *Pathya Ahara*, *Vihara* and *Rasayana Yogas* helps in prevention of *Pratishyaya*.

Conclusion

In the modern era, *Pratishyaya* has become one of the most prevalent disorders, particularly among individuals residing in metropolitan areas, where factors like pollution, irregular lifestyle, and dietary indiscretions contribute significantly to its incidence. If left untreated or improperly managed, *Pratishyaya* can progress to chronic conditions and lead to complications such as sinusitis, bronchitis, or even asthma.

Hence, prevention becomes a key approach in both healthy individuals and patients. This can be effectively achieved through the implementation of classical *Ayurvedic* regimens, including *Dinacharya, Pathya Ahara*, *Pathya Vihara*, and *Rasayana* therapy. These holistic measures not only help in the management and alleviation of *Pratishyaya* but also strengthen the body's natural resistance, preventing recurrence and enhancing overall well-being.

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