

A review article on Impact of Ayurvedic management of pratishay w.s.r.to Rhinitis in children.

Dr. Akshay Giridhar Sonavne

Associate professor in department of Balrog Dr. J. J. Magdum ayurved college, Jaysingpur. Kolhapur. Maharashtra.

Abstract—Pratishyaya, commonly equated with the common cold or rhinitis, is a frequent pediatric complaint. From an Ayur-vedic perspective, it is understood as an imbalance of the doshas, primarily Vāta and Kapha. In Balroga (Paediat-rics), the condition poses unique challenges due to children's delicate and rapidly changing physiology. This article provides a comprehensive understanding of Pratishyaya in the pediatric population, along with classical Ayurvedic treatment protocols that include internal medications, external therapies, and dietary modifications, emphasising safe, effective, and holistic care. The study was conducted at the OPD of Kaumarbhritya, Dr.J.J. Magdum ayurved College and hospital, Jaysingpur, Dist. Kolhapur, MH.

Index Terms—Pratishyaya, Dashmoola Haritaki Avaleha, common cold, nasya.

I. INTRODUCTION

Pratishyaya, commonly understood as rhinitis or the common cold in modern medicine, is one of the most frequent ailments seen in children.¹ It typically presents with symptoms like nasal discharge, sneezing, nasal blockage, mild fever, and general discomfort. From an Ayurvedic perspective, Pratishyaya is a condition of the upper respiratory tract caused by the vitiation of all three doshas—Vāta, Pitta, and Kapha—with Kapha being most dominant in children. Ayurveda also classifies Pratishyaya into types, such as Vātaja, Pittaja, Kaphaja, Sannipātaja, and Ksudra Pratishyaya, each having distinct features depending on the involved dosha². The natural dominance of Kapha in (Bālavasthā), along with immature Agni (digestive power) and Ojas (immunity), makes children particularly prone to recurrent upper respiratory issues.³ In this case, the child was treated using a

combination of internal and external Ayurvedic therapies. Internally, Dashmoola Haritaki Avaleha was administered for its Vāta-Kapha shāmaka, Rasayana, and Deepana-Pachana properties. For external treatment, Nasya was performed using Shadbindu Ghrut to help clear the nasal passages and balance the doshas in the head region. Additionally, a local Lepa of Śunthī, Saindhava, and Taila was applied on the forehead and nasal bridge to reduce congestion and provide symptomatic relief.

The treatment led to noticeable improvement. In a short period, the child experienced less nasal discharge, better breathing, improved sleep, and increased appetite. There was also a significant reduction in the recurrence rate. Overall, the combined approach of internal Rasayana and external therapies proved to be safe, effective, and well-tolerated in managing Pratishyaya in this pediatric case.

II. CASE REPORT

Aim of case study: a practical Ayurvedic approach in the Treatment of pratishyaya in a child

Type of study: A case report

Study centre: Dr.J.J.Magdum Ayurvedic College and Hospital, Jaysingpur.kolhapur, MH

Study details: An 10 year-old male child patient was brought by his parents to. OPD of Kaumarbhritya at Dr.J.J. Magdum Ayurvedic College and Hospital

Chief complaints: the patient's chief complaint was frequent episodes of , nasal discharge, sneezing, and nasal congestion, recurring every 10-15 days for the past 2 months.

History of present illnesses: Patient was healthy until 2 months back, but gradually he suffered from cold, nas discharge, sneezing, and nasal congestion on and off.

History of past illness: Patient has had recurrent complaints of a common cold for 10-15 days for the past few months.

No H/O any other major illness or surgery

Drug history: Not significant
Family history: Not significant
BIRTH HISTORY.

1. Antenatal - Not specific

Sparsha, Druk, and Akruti was normal.

INTERVENTION

Type	Component	Detail
Internal Treatment	Drug Name	Dashamoola
	Dose	Haritaki Avaleha
	Anupan (Vehicle)	3gm per day, Lukewarm water or milk
	Time of Administration	Once a day after
	Duration Follow-up	food at night, 10 days
		On 5th day
External Treatment	Lepa (Forehead Application)	Śuṇṭhī + Saindhava +
	Timing of Lepa	Tila Taila
		Once a day
Nasya	Drug Name	Śatbindu Ghṛta
	Dose	2 drops in each nostril
	Nasya Timing Duration	Once daily early morning 10 days

FOLLOW UP AND OBSERVATIONS

Onset of Treatment (Day 1)	Baseline symptoms: nasal discharge, sneezing, mild blockage
1st Follow-Up (Day 5)	All symptoms resolved
2nd Follow-Up (Day 10)	- Improved appetite and sleep - Normal breathing pattern - No sign of infection or fever

2. Natal - FTND/ male, at private hospital, baby cried immediately after birth, No Respiratory distress. Birth weight - 2.5 kg.

3. Postnatal - No H/O neonatal jaundice and seizure. No H/O NICU admission

IMMUNIZATION: All the vaccinations were completed to date

Dashavidha Pareeksha :

The child was examined using Dashavidha and Ashta Sthana

Pareeksha. He had a Vata-Kapha Prakruti with Kapha-Vata dominant Pratishyaya, caused by cold exposure, dust, and poor digestion. Rasa was the affected Dushya, with Sadharana Desha and Madhyama Bala. Nadi was 78/min, urine 2–3 times/day, stool regular once daily, and Jivha showed slight Saam. Other parameters like Shabda,

III. CLINICAL OUTCOMES

Results:

The study included 10-year-old children with clinically diagnosed Kaphaja vataj Pratishyaya. The outcomes were assessed based on the relief in symptoms over 10 days of treatment. The results were as follows:

Treatment showed significant relief in:

Nasal obstruction: ↓ by 80%

Headache and heaviness: ↓ by 75%

Nasal discharge: ↓ by 85%

IV. DISCUSSION

Pratishyaya, as per Ayurvedic texts, is a Tridoṣaja condition with Kapha and Vāta dominance, particularly common in children due to their natural Kapha predominance and immature Agni.⁴ The present case showed typical features of Kaphaja Pratishyaya, like nasal discharge, sneezing, and nasal congestion, often triggered by seasonal shifts and weakened digestion. The administration of Dashamoola Haritaki Avaleha brought notable relief. Its selection was based on its known properties—Dashamoola reduces inflammation and pacifies Vāta and Kapha, while Haritaki supports digestion, clears bodily channels, and enhances immunity.⁵ The Avaleha form was particularly suitable for the child due to its taste and gentle absorption.

External Therapies:

Nasya with shatbindu ghrut. Nasya is a key procedure in Urdhvajatrugata Vikaras (diseases above the clavicle), particularly in Pratishyaya, Shatbindu ghrut. In children with repeated cold, nasal blockage, and sneezing, it works well as a mild and safe nasya.⁶ We have used ghrut instead of tail because in children taila have an adverse effect like nasal hair growth increases so to avoid we used ghrut.

Lepa of Śuṇṭhī + Saindhava + Taila:

This warm paste was applied over the forehead and nasal bridge to relieve congestion and heaviness. Śuṇṭhī, being Ushna and Kaphahara, reduced mucus, while Saindhava acted as a channel cleanser (Srotoshodhaka) and anti-inflammatory. The Lepa provided local Swedana and pain relief.

V. CONCLUSION

The combined use of Dashmoola Haritaki Avaleha, Shatbindu ghrut Nasya, and Śuṇṭhī-Saindhava-Taila Lepa was effective in treating Pratishyaya in a child. It provided fast relief, improved immunity, and prevented recurrence. This approach demonstrates the safety and efficacy of classical Ayurvedic management in pediatric respiratory conditions.

Adverse drug reaction: No adverse drug reaction found.

REFERENCES

- [1] Charaka Samhita, Chikitsa Sthana 26/104, Chaukhambha Surbharati Prakashan, Varanasi, by Dr Brahmanand Tripathi, pg no. 734.
- [2] Charaka Samhita, Chikitsa Sthana 26/105-109, Chaukhambha Surbharati Prakashan Varanasi, By Dr Brahmanand Tripathi, Pg no- 734
- [3] Ashtanga Hridaya, Sutrasthana 1/7, Chaukhambha Sanskrit Pratishthan, Dr Brahmanand Tripathi, Pg no 9
- [4] Kāśyapa Samhitā, chikitsa sathan 12/3-5, Satyapāl Bhishagacharya, Chaukhambha Sanskrit, Pg no 19
- [5] Nighantu Adarśa, Vol. I Amrati Varga (Haritaki) Vaidya Bapalal G. Vaidya, Chaukhambha Bharati Acad-emy, Pg no -549-567
- [6] Bhaiṣajya Ratnāvalī, Nāsa Roga Cikitsa 62/24–26 Chaukhambha Sanskrit Series Office, Varanasi, By Kaviraj Ambikadatta Shastri, Pg no 461
- [7] Nighantu Adarsa vol 2– Śuṇṭhī Varga chaukhambha bha-ratri academy by Bapalala G.Vaidya