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## Literary review of Vacha and Yavani Churna (Pratimarsha Nasya) in the management of Pratishyaya (Rhinitis)

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### Abstract

Different morphological form of Nasya like Tila , Grita, Churna and Avpeeda Nasya are commonly used as nasal drugs for the management of Rhinological disorder in Ayurveda and they distinctly behave differently in the nasal cavity when introduce .Powder form of nasal administered Dry i.e. Vacha and Yavani Churna ( Pratimarsha Nasya) be most effective in improvement in Rhinitis. Ayurvedic texts and fundamental of Ayurvedic treatment were deemed respected in every sense in the individual endogenous various morphological form of Nasya .In this study try to elaborate the mechanism of action and literary review of Vacha and Yavani Churna (Pratimarsha Nasya ) in Pratishyaya(Rhinitis).

### Introduction

Panchakarma therapy is beneficial the Purvroop and Roop of Nija Rogas becomes visible<sup>1</sup>. Shodhan is appropriate for person those posses good strength, mandagni, severity of disease<sup>2</sup>.

The panchakarma therapy is not only for diseased person it can also be administrated to a normal person to prevent diseases and keep his body healthy. Therefore, it is an important therapy for maintaining the health of individual and also regulates imbalance dosha to cure disease.

Hence, In our Ayurvedic classics, Charak, Sushrut, Vagabhat ,(Brahatraee) explains importance of Panchakarma in their Samhita. There are five types of panchkarma .Vamana, Virechan, Basti, Nasya, Raktamokshan. In present study Nasyakarma has been selected<sup>3</sup>.

Nasyakarma is an important therapeutic module among the panchakarma. It has been proved to be very useful in the disease of head and neck.

Pratishyaya is defined as 'Pratikshanam shyayate' means frequently running nose. The feature of this disease in general is similar to that of Rhinitis in modern medicine. Due to increase environmental pollution and busy life it has become common disease in this era and thus the management of Pratishyaya should never be neglected. Rhinitis affect millions of population of the globe .Despite the enormity of the problem pathophysiology of the disease still elude the scientific community. Unfortunately the nose, with convoluted architecture pathways work harmoniously in health, infection can rapidly throw this delicate mechanism in to disarray.

Most infection of paranasal sinuses arise from primary focus in the nose and ciliary dysfunction being the most important factor responsible for the genesis of Rhinitis which is carried out at various stage of the study *Anu Taila* , *Nasya*, *Shadbindu*, *Ghrith Nasya* and *Kataphal Churna* , *Vacha* and *Yavani Churna* etc<sup>4</sup>.

In Ayurvedic classics *Yogaratanakar* described the *Vacha* and *Yavani Churna* (*Pratimarsha Nasya*) in the management of *Pratishyaya*. *Vacha Churna* (*Pratimarsha Nasya*) selected for present study consist of *Ushna*, *Teekshna* etc. *Guna* and *Ushna Virya* and *katu vipak* and *Yavani churna* consist of *Katu Rasa* ,*Laghu*, *Ruksha* and *Tikshna guna Virya Ushna* and *Katu Vipaka* .Which act as *Khaph* and *Vathara* .Since it is useful in elevating *Kapha* and *Vata* of the respiratory tract ,it is used extensively in cough ,asthma, pharyngitis laryngitis and Rhinitis .*Vacha* and *Yavani churna* will be used for *Nasya* purpose as told *Yogaratanakar* in *Nasaroga Adhyaya*<sup>5</sup>.

The topic was chosen to study the literature or drug *Vacha* and *Yavani Churna* and it efficacy in *Pratishyaya* further clinical study can be proved it's used in *Pratishyaya*.

## Discussion

*Vacha* and *Yavani Churna* (*Pratimarsha Nasya*) *Nasya* can be helpful in increasing ciliary beat frequency due to it *Ushana Veerya* , *Kapha* and *Vatahara* properties .

*Vacha* is useful in elevating *Kapha* and *Vata* of respiratory tract, hence it is used in *Pratishyaya*

The wide spreading property of powder on inhalation and interest treat of possibility of reaching the all important osteomental complex which is the key area in genesis of Rhinitis. So *Yavani* and *Vacha* can be useful in Rhinitis.

## Conclusion

Dry powder preparation increase mucociliary clearance in patients of *Pratishyaya* and dry powder may also alter the Rhinological properties of the mucous and clearing increases transportability of mucus .In present study of *Vacha* And *Yavani Churna*(*Pratimarsha Nasya*) can be useful in *Pratishyaya Vyadhi* (Rhinitis).

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