“Conceptual Review Of Vachadi Avaleha In The Management Of Pratishyaya W.S.R To Recurrent Rhinitis”

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ABSTRACT:
Pratishyaya is most common disease among the childhood, though it is not life threatening disease but it affects the normal growth and development of child as well as disturbing routine work of child. also it is well known for its recurrence and chronicity. Recurrence of pratishyaya occurs because doshas reside in their latent stage and give rise to same disease when factors are favourable. Recurrent infections remain a common presentation in ENT practice, and recurrent upper respiratory tract infections (URTIs) not responding to antibiotics should alert the doctor to a possible underlying immunodeficiency it had been hypothesized that immunomodulation may have favourable impact in treating recurrent URTIs. Most children suffering from recurrent URTIs.

Vachadi Kashaya mentioned in Bharatbhaishajyaratnakar indicated in pratishyaya this drug contains rasayana drug which are immune modulatory effect hence it can play important role in pratishyaya treatment and to prevent its recurrence. Avaleha can be be prepared for palatability purpose as per standard procedure mentioned in Sharangadhar Samhita. So, an effort has been made in this paper to explain role and action of Vachadi Avalehain Sampraptibhanga of Pratishyaya.

Key Words: Pratishyaya, Recurrent Rhinitis, Vachadi Avaleha

INTRODUCTION:
Pratishyaya is the most common disorder in pediatric age group, it is not life threatening but it affects the normal growth of child as well as disturbing routine work of child. In ayurveda Pratishyaya described in Shiro-roga. The description of Pratishyaya in terms of etiology, pathology, signs and symptoms, treatment available in ayurved classics. There are four types of Pratishyaya; Vataja, Pittaja, Kaphaja, and Sannipataja. Recurrence of Pratishyaya occurs because doshas reside in their latent stage and give rise to same disease when factors are favourable. Modern science describe only symptomatic management like antihistamine, nasal decongestant, steroid etc. also Antibiotics is mentioned for infectious causes but they are expensive and having unwanted effects as well as long term complication.

Recurrence of pratishyaya occurs because doshas reside in their latent stage and give rise to same disease when factors are favourable. Recurrent infections remain a common presentation in ENT practice, and recurrent upper respiratory tract infections (URTIs) not responding to antibiotics should alert the doctor to a possible underlying immunodeficiency it had been hypothesized that immunomodulation may have favourable impact in treating recurrent URTIs. Most children suffering from recurrent URTIs,
The drug selected in this study Vachadi Kashaya mention in bharatbhaishajyaratnakar -6468, indicated in pratishyaya this drug contains rasayana drug which are immune modulatory effect hence it can play important role in pratishyaya treatment and to prevent its recurrence.

Aim: Study the Role of vachadi Avaleha In The Management Of Pratishyaya

Objectives
1. To study and compile all the references of Pratishyaya from all Ayurvedic text and Recurrent Rhinitis from modern text.
2. To evaluate the efficacy of Vachadi Avaleha.

Material And Methods: Data were collected from the Authentic Ayurvedic text, scientific journals and using web sources.

Drug Review:

Ayurveda Pharmacodynamic Properties And Other Properties Of Ingredients Of Vachadi Avaleha:

<table>
<thead>
<tr>
<th>Drug name</th>
<th>Latin name</th>
<th>Rasa</th>
<th>Vipak</th>
<th>Virya</th>
<th>Guna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vacha</td>
<td>Acorus Calamus</td>
<td>Katu Tikta</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu Tikshna</td>
</tr>
<tr>
<td>Yavani</td>
<td>Trachy Spermum</td>
<td>Katu Tikta</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu Ruksha</td>
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<td>Ammi</td>
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</tr>
<tr>
<td>Amalaki</td>
<td>Embelica Officinalis</td>
<td>LavanrahitPanchras</td>
<td>Madhur</td>
<td>Shit</td>
<td>Guru Ruksha Shit</td>
</tr>
<tr>
<td>Bibhitak</td>
<td>Terminilia Belerica</td>
<td>Kashaya</td>
<td>Madhur</td>
<td>Ushna</td>
<td>LaghuRuksha</td>
</tr>
<tr>
<td>Haritaki</td>
<td>Terminia Chebula</td>
<td>LavanrahitPanchras</td>
<td>Madhur</td>
<td>Ushna</td>
<td>LaghuRuksha</td>
</tr>
<tr>
<td>Shunthi</td>
<td>Zingiber Officinalis</td>
<td>Katu</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Laghu Snigdha</td>
</tr>
</tbody>
</table>

Vacha-

- Vacha is explained in the vachadigana and pippalyadigana in sushrutasamhitaboth these gana is indicated for vata and kaphadoshavyadhi The main dosha in pratishyaya is kapha and vata.
- Vacha cures pratishyaya by its katutikta rasa and ushnnavirya and tikshnaguna which are vataghna and kaphaghna properties.
- Vacha contains caffeine which act as cns stimulant and is content of various anticold syrup.
- It is used as medhyarasayan in the childrens.
- In rhinitis there is inflammation of nasa; mucus membranes vacha suppress the primary and secondary phase of inflammation and it is significantly proved as potent analgesic.
Vachadigana is indicated for amapachana due to its property Vacha can be treat jwar which is most common symptom of with pratishyaya Vacha is explained in pipplyadigana which is mainly indicated for kaphaharan and pratishyaya

Yavani-
- Yawani act on kapha and vatadosha due to its katutikta rasa and ushnavirya and laghurukshatikshanguna
- It is also use carminative in children and act as dipaniya

Amalaki- amalaki is tridoshghna due to its rasa viryavipaka
- It has rasayana property

Haritaki – haritaki is also rasayan drug
- It also act tridoshghna due to its rasa viryavipaka
- Haritaki is indicated in kashyapsamhita for partishyaya

Bibhitak-
- Bibhitak is kaphachhedana and kasanashana
- Bibhitakamajja acts on kapha and vata which are main causative dosha for pratishyaya

Triphala –
- Triphala is rasayanvara drug
- It is tridoshghna and ratkttadoshanashaka
- It act as immunomodulator and prevent various infection
- Triphalarasayana proved effective in recurrent rhinitis
- Triphala is also indicated for pratishyaya in kashyapasamhita
- It is also has krimighna property due to which it can act on various infectious causes of pratishyaya

Shunthi-
- Shunthi act as kapha and vata shaman due to its madhurasnigdha and ushna properties
- It also has property of amapachana
- Due to its action of amapachana it act as jwaraghna
- In kashyapasamhitashunthi is indicated for pratishyaya
- Shunthi contains vitamins a, b, c among this vit a play important role in the immune system

From above property of the content of vachadikashaya can act as follow -
- It treats acute attack of rhinitis due to its vacha, yavani, shunthi, it prevents recurrence due to triphala and shunthi hence it is ideal drug in recurrent rhinitis which can treat acute attack and prevent its recurrence
- All the content of vachadiavaleha are safe in pediatric age group
- All the drug mention in vachadikashaya are useful in various pediatric disease
- All drug are safe for long term use in childrens
- By vachadikashaya we can treat various disorders of respiratory system

Content Of Vachadi avaleha Act On Body Rather Than Pratishyaya As Below:
- VACHA –
  - Act as rasayana drug in children
  - It is medhya drug
  - It is krimighna
  - It acts on obesity
• **Yavani** - it is pachakruchyaadipaniyaandkrimighna hence it can also treat the disorder of gastrointestinal system of childrens

• **TRIPHALA** – it is rasayana
  
  • Balya
  
  • Tridoshghna

• **SHUNTHI**-
  
  • It is dipaniyaampachakavatanulomak‘blood purifier
  
  • Due to its rasa gunaviyapaka it can be used in aadhmanachhardiagnimandya and ajirna

Method of preparation of vachadi avaleha –sharangdhara mention method of preparation of avaleha in sharangadhar samhita as follows the solid mass obtain by boiling quatha is known as rasakriya or avaleha by this general principle all the contents are taken in equal quantity and water taken 16 times of raw drug this mixture is boiled till 1/8 part is obtained this is quatha this quatha is again boiled and sugar is added as 4 times of the quantity of raw drug

**Conclusion:**

It can be justified that due to its *Ayurvedic* pharmacodynamic properties and scientifically proven bioactivities Of Vachadi Avalehacan be used effectively in the management of *Pratishyaya*

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