

A Clinical case report on the Ayurvedic Treatment of Recurrent Rhinitis

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Abstract

A 31-year-old female presented with headache, nasal congestion, thick nasal discharge, and loss of appetite, indicating Kapha imbalance. Ayurvedic treatment, including internal medicines and therapies like Nasya, Abhyanga-Swedana, and Dhoompana, was administered for 7 days. Gradual improvement was noted from Day 3, with complete symptom resolution and restored appetite and energy by Day 10. This case demonstrates the effectiveness of Ayurvedic management in Kapha-related upper respiratory complaints.

Key words : Rhinitis, Nasal Congestion, Dhoompana, Nasya.

Kaphaja Pratishaya, an upper respiratory disorder described in Ayurveda, is marked by nasal congestion, thick discharge, headache, and heaviness—often caused by Kapha aggravation and impaired digestion. Unhealthy dietary habits and low digestive fire contribute to *Ama* accumulation, worsening symptoms. This case study of a 31-year-old female with classical signs of Kaphaja Pratishaya demonstrates the effectiveness of a holistic Ayurvedic approach. Internal medicines combined with therapies like *Nasya*, *Abhyanga*, *Kavala*, and *Dhoompana* provided significant relief and restored overall well-being.

A 31 Year old Female Patient came to OPD with following complaints :

- Heaviness of head, HEADACHE
- Nasal obstruction at nighttime
- Loss of appetite
- Continue thick discharge from nose
- Lack of interest in work

History of Present illness :

The patient reported whitish, thick nasal discharge accompanied by heaviness in head, loss of appetite and nasal congestion

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especially at nighttime. She also experienced headaches. Symptoms aggravated in the nighttime, consistent with Kapha aggravation. No history of allergies.

- Irregular meal intake
- Low fluid intake

Clinical Examination :

Past Medical History :-

- No history of asthma, sinusitis, or nasal polyps
- No chronic illness, no major surgeries

Dietary History :

- Cold food intake

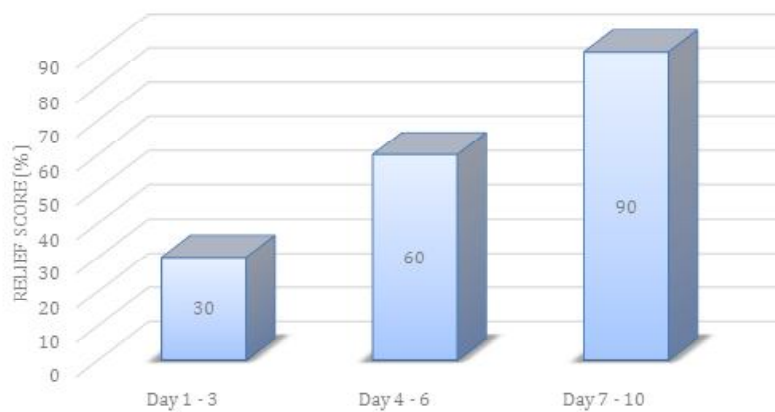
- **Pulse:** 82/min, Kapha-natured (soft, slow)
- **Temperature:** 97.4°F
- **BP:** 120/78 mmHg
- **Nose:** whitish sticky discharge
- **Tongue:** White coated

Treatment :

Sr.	Medicine	Dose/per day	Time	Duration
1.	<i>Guggulutiktha kashayam</i>	20 ml + 20 ml water BD (Before food)	6 AM – 6 PM	7 Days
2.	<i>Aampachak vati</i>	2 tabs Bd (After food)	After food	5 days
3.	<i>Panchkolasaavam</i>	20ml + 20 ml waterBD (After food)	After food twice a day	7 Days
4.	<i>Trikatu churna</i>	2 tsp/day with honey	To be taken frequently	7 Days
5.	<i>Laxmivilas Ras</i>	2 tabs twice a day	After food	7 Days
6.	<i>Urdhwa jatrugata abhyanga swedan</i>	Once a day	10 AM	7 Days
7.	<i>Pippaliyadi avpeed nasya (Pippali, vidanga, marichaand sigrubeeja)</i>	10-10 drops each nostril	Once a day at10 AM	7 Days
8.	<i>Kavala with triphala kwath</i>	Once a day	For 5-7 minutes	7 Days
9.	<i>Dhoompana with haridradi dhoomvarti</i>	Once a day	For 5 minutes	7 Days

Day Range	Observations
Day 1–3	• Headache reduced • Nasal blockage decreased
Day 4–6	• Nasal discharge becomes clearer or reduces • ↓ Headache intensity • Taste begins to normalize • Digestion improves • Developed interest in work
Day 7–10	• Symptoms almost resolved • No swelling around eyes • Appetite & energy levels improve • No nasal blockage • Comfort in breathing and mood

Symptom Relief Over Time



*Guggultikta Kashayam*¹¹

Guggultikta Kashayam acts primarily through its anti-inflammatory, mucolytic, and detoxifying properties. The formulation balances Kapha and Pitta doshas, with a notable Lekhana (scraping) and Shothahara (anti-inflammatory) action that helps reduce nasal congestion and mucosal edema. Bitter herbs like Neem and Guduchi promote Ama pachana and support immune modulation, reducing allergic responses. Guggulu enhances tissue penetration

and clears deep-seated inflammation, making the kashayam effective in managing chronic, Kapha-dominant rhinitis with symptoms like thick mucus, heaviness, and nasal blockage.

*Amapachak Vati*²⁻³

Enhances Agni to digest Ama (metabolic toxins) reduces Kapha accumulation in upper respiratory tract and exhibits Deepana-Pachana effect. It clears nasal heaviness & congestion. Supports mucosal immunity and

reduces allergic flare-ups. Promotes better digestion and metabolism, preventing recurrence.

*Panchakola Asava*⁴⁻⁵

Panchakolasava exerts its therapeutic effect by enhancing digestive fire (Agni) and promoting the digestion of Ama, which plays a key role in Kapha-related disorders like Kaphaja Pratishaya. It's hot and penetrating properties help in liquefying and eliminating excess Kapha from the upper respiratory tract. The formulation improves metabolism, relieves nasal congestion, and reduces mucosal heaviness. By addressing the root cause—impaired digestion and Kapha accumulation—it helps in symptom relief and prevents recurrence.

*Trikatu Churna*⁶⁻⁷

Trikatu Churna enhances digestive and metabolic activity, aiding in the breakdown of Ama, a key contributor to Kapha-related disorders. It's hot and sharp properties help to liquefy and expel excess Kapha, relieving nasal congestion and heaviness. By stimulating Agni and clearing respiratory passages, it supports symptom relief in Kaphaja Pratishaya and helps prevent recurrence.

*Laxmi Vilas Ras*⁸⁻⁹

Laxmi Vilas Rasa works primarily through its Kapha-shamaka and Amapachana properties. It contains metallic and herbal ingredients that help reduce mucus congestion, relieve inflammation, and clear blocked nasal passages. The formulation enhances Agni, aiding in the digestion of Ama and preventing Kapha buildup. Its antimicrobial and expectorant actions

support respiratory clearance, making it effective in chronic Kapha-dominant conditions like Pratishaya.

*Pippalyadi Avapidak Nasya*¹⁰

Pippalyadi Avapidan Nasya acts by clearing Kapha from the head and nasal passages through its Ushna (hot) and Tikshna (penetrating) properties. Administered as nasal instillation, it directly targets the Shira (head) region, helping to liquefy and expel accumulated mucus. The formulation stimulates local circulation, reduces nasal congestion, and supports the functioning of sensory organs. It also promotes Urdhva Amaya Shodhana (elimination of morbid Kapha from the upper body), providing rapid relief in Kaphaja Pratishaya.

*Kawal With Triphala Kwath*¹¹

Kawal (gargling) with Triphala Kwath helps reduce Kapha accumulation in the oral and nasal passages by its astringent, anti-inflammatory, and antimicrobial properties. The Triphala combination (Amalaki, Haritaki, Bibhitaki) aids in clearing mucus, reducing throat irritation, and preventing secondary infections. Regular use supports local detoxification, improves oral mucosal immunity, and helps relieve symptoms such as post-nasal drip, congestion, and heaviness in the head – commonly seen in Kaphaja Pratishaya.

Dhoompana With Haridradi Dhoomvarti

Haridradi Dhoomvarti, when used for Dhoomapana (medicated smoke inhalation), helps in expelling accumulated Kapha from the nasal and respiratory tract. The ingredients like Haridra (turmeric) possess anti-inflammatory,

antimicrobial, and Kapha-shamaka properties. The heat and penetrating nature of the medicated smoke helps to liquefy thick mucus, reduce nasal obstruction, and clear sinuses. It also supports mucosal immunity and provides relief from chronic congestion, heaviness in the head, and recurrent respiratory irritation seen in Kaphaja Pratishaya.

This case highlights the efficacy of a well-structured Ayurvedic intervention in managing Kaphaja Pratishaya. By addressing the root causes—Kapha aggravation and Ama accumulation—through a combination of internal medicines and external therapies, significant symptomatic relief was achieved within a short span. The integrated use of *Deepana*, *Pachana*, *Nasya*, *Swedana*, and other classical approaches not only resolved nasal congestion and associated discomfort but also improved the patient's digestion, mood, and overall vitality. This reinforces the relevance and therapeutic value of Ayurveda in treating chronic upper respiratory conditions holistically and effectively.

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