

# Pratishyaya – A Review in Sushrut Samhita

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## Abstract :

Nose is exposed to external environment and it also comes into direct contact with various micro organisms and pollutants present in atmosphere. Changing lifestyle and increase in environmental pollution due to urbanization is a key factor for causing Pratishyaya ,in present era .Acharya Sushruta in Uttartantraadhyaya twenty second Nasagata RogaVigyan have described five types of pratishyaya .And have described hetu,nidan,samprapti,stages,lakshanna,sadhyaasadhyata,upadrava,chikitsa in adhyaya twenty fourth Pratishyayapratisheopkrama in detail.Ayurvedic management for Pratishyaya plays a important role.

**Keywords** - Pratishyaya, Nose

## Introduction :

Due to industrialization ,urbanization, changing lifestyle, difference in climate patients of Pratishyaya are seen in day to day practice in Shalakyia OPD. Detail description about Pratishyaya vyadhi is found in almost all samhitas. But Acharya Sushruta have given prime importance to Pratishyaya vyadhi and have dedicated a separate adhyaya in uttar tantra adhyaya twenty fourth named Pratishyaya pratishedop krama and also have described five types of Pratishyaya in twenty second adhyaya named Nasagata RogaVigyan.

The Vyadhi in which there is tendency of Kaphadi doshas to move towards nose is called as Pratishyaya.

## Etiological Factors of Pratishyaya

1. Vegasandharana
2. Raja dhumrasevan
3. Shirasoabhitapam
4. Diwasayanam
5. Atinariprasang
6. Tapa sevana

## Samprapti of Pratishyaya Vyadhi

The fundamental core ideas of Vata ,pitta and Kaphadosha jointly and separately as well as Rakta become aggravated by various aggravating causes .And due to prakopa these doshas get vitiated from their stana and get sanchay in shirpradesha resulting into Pratishyaya.

## Purvarupa of Pratishyaya

Heaviness of the head ,sneezing, bodyache, horripilation and Several more types of supervening symptoms include Pratishyavyadhi.

## Classification of Pratishyaya

Six types of pratishyaya have been outlined.

1. Vataj
2. Pittaj
3. Kaphaj
4. Raktaj
5. Sannipataj
6. Dusta

**Stages of Pratishyaya :**

Acharya Dalhana have mentioned two stages of Pratishyaya according to degree of maturity with reference to vridha Susruta

1. Amavastha
2. Pakwavastha

**Specific Symptoms of Pratishyaya According to Types :****Vataj Pratishyaya :**

Symptoms are Anadhyapihitanasa, Tanunasasarva, Galtaluosthashosa , Nistoda shankha, Swaropghata.

**Pittaja Pratishyaya :**

Symptoms are Krishata, Panduta, Trishna, Nipidita

**Kaphaja Pratishyaya :**

Symptoms are Sheetashuklasrava, Guru shiromukhata, Shirolalosthatalukandu.

**Rakataj Pratishyaya :**

Symptoms. are. Tamraksi, Daurgandhya swasavadan, Gandhatanaveti, Krimipatana, Uroghata.

**Sannipataja Pratishyaya :**

It occurs again and again but stop suddenly.

**Dusta Pratishyaya :**

All types of Pratishyaya may lead to this condition in a patient if not treated properly.

**Sadhya Asadhyata :**

Archaya Sushruta have not mentioned sadhyaasadhyata of Pratishyaya. But have mentioned that in neglected or improperly treated cases of Pratishyaya, the disease may change into Dushta Pratishyaya condition, which is krichchasadhya.

**Upadrava :**

All types of Pratishyaya lead to prakopacondition, without proper treatment may give rise to complication such as Badhriya, Andhata, Aghranam, Ghornaya namayam, kasa, Angasada and sophia.

**Samanya Chikitsa :**

We should not be treated Acute Pratishyaya but in case of chronic Pratishyaya it should be treated with Ghratapana, various types of sweda, vamana and avapidanasya karma in appropriate kala of chikitsa.

**AMA Pratishyaya Pachan :**

Ama or Aparipakava Pratishyayapachan is done with swedan and ushnaaahara containing amlarasatmak dravya or mik with ginger should be administered and delicacies prepared from Gudadiikshu should be consumed.

**Pakava Pratishyaya Nirharna :**

Pakava,dense and suspended dosha should be removed by sirovirechan, virechan, Asthapana, dhumpna and kavalagraha procedures.

**Regimen of Diet and Conduct for Pakva Pratishyaya :**

In pakvapratishyaya the The patient should sit, lie down, or move around in wind-free, enclosed spaces while donning a warm, thick turban. their head. Tikshana-sirovirechan, rukshayava and Haritaki should be consumed.

**Chikitsa of Different Types of Pratishyaya**

**Vataja Pratishyaya** - In vataj Pratishyaya panchalavana and Vidari Gandhadi group siddha ghratapana should be done according to rules of taking snehapana.Also process of Nasya should also be resorted as in Ardita.

**Pittaj and Raktaja Pratishyaya** - In Pittaj and Raktaja Pratishyaya Kakolyadi group siddha

ghritapana should be taken. Also shitalparisheka and padeha should be used. For doing Kavalagraha Sarjarasa, Pattanga, Priyangu, Honey, Sugar, Draksha, Madhulika, Goji, Sriparni and Yashtimadhu should be used. For virechanamadhur rasa dravya should be used.

For Nasya karma kalka of Dhavabark, Triphala, Syama, Tilvaka, Yashtimadhu, Sriparni, Rajani should be cooked Milk should be stored for a while and used as a Nasya, weighing 10 times more than oil.

#### **Pallative Chikitsa of Raktaj Pratishyaya :**

In Raktaja Pratishyaya Krimi are present so urine and bile of cow is used .Also Vidangaadikrimihar medication should be used .

#### **Kaphaja Pratishyaya :**

In Kaphaja Pratishyaya cases Grhitapana should be given then Yavagu prepared with Masha pulse and Tila should be consumed and vama karma should be done.

Oil duly cooked with the two kinds of Bala, the two kinds of Brihati, Vidanga, Tri-kantaka, S'veta roots, Mudgaparni, Bhadra and Varshabhu should be used.

For Dhumapanavartis of sarala, kinihi, Daru, Nikumbha and Ingudi should be used.

#### **Sannipataj Pratishyaya :**

In sannipataj Pratishyaya drugs of bitter and pungent taste siddha grhita should be used. Tikshanadhuma and bitter taste dravya should be consumed. For Nasya karma properly prepared and heated medicinal oil with an addition of Rasanjana, Ativisha, Musta and Bhadradaru should be administered.

#### **Mustadi Kavala :**

Decoction of Musta ,Tejovati, Patha, Katphala, Katuka, Vacha, Sarshapa, Pippalimula, Pipali, Saindhava, Ajamoda, Tuttha, karanja seeds, salt and Bhadradaru should be prescribed.

Also oil siddha from these dravya is useful for shirovirechan.

#### **Das Ksheer Namak Grhita :**

Aquatic flowers, jangala group animal flesh, and vayu-suppressing substances should all be properly boiled in milk combined with water weighing half as much as the milk. In this situation, the liquid ought to be lowered and given time to cool. Then, using an amount of milk ten times its original weight, ghrita should be made from this milk and boiled once more with the dravya sarvagandha group, sugar, Ananta, and red chandana. Grhita prepared in these way and used as Nasya is effective against all types of Pratishyaya.

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