

An Appraisal Review on Different Samana Aushadhis on Pratishyaya In Children - Management of Pratishyaya With Samana Aushadhis

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Abstract

Introduction: Pratishyaya (Allergic Rhinitis) is a commonly encountered symptom when it comes to pediatric clinical practice. The prevalence of allergic diseases including Rhinitis, Allergies are rising worldwide affecting about 10-20% of the population. Allergic rhinitis is an IgE-mediated disorder triggered by exposure of nasal mucosa to allergens, leading to rhinorrhea, itching, and sneezing as well as sleep disturbance in Children. Prolonged delaying of treatment leads to asthma and loss of smell and taste sensation.

Aims and Objective: The present work aims at the efficient management of Pratishyaya (Allergic Rhinitis) through Shamanaoushadas in the ayurveda treatment protocol

Materials and methodology: The Ayurvedic correlation and treatment principles were adapted from the texts such as Arka Prakasha, Susruta Samhita, Ashtanga hridaya, Sahasrayogam, Kashyapa Samhita, Sharangadhara samhita, Bhaishajya ratnavali, etc. The published evidence in the form of articles, and dissertation works was thoroughly screened, and information was gathered and well-reflected.

Discussion: Pratishyaya or Allergic rhinitis is one of the most common ailments seen in school-going children & the prevalence rate is high in developing countries leading to the intake of steroidal medication further leads to certain complications, These shamanaoushadis contains anti-allergic, anti-microbial, anti-oxidant and anti-inflammatory properties, also according to classics they contain properties that are Vishahara, Dipana-pachana, tridhoshagna in nature. Environmental factors such as dust & smoke pollution results in ignition toward a high prevalence rate thereby making allergic rhinitis a major burning issue in current society.

Conclusion: Shamanaoushadis is much more applicable than shodhana oushadis in children. They are cost-effective, much more palatable, and can be easily administered to children. Further study of these formulations helps to perceive limitations and their efficacy in children.

Need for the study: Daily use of shodhana therapy is difficult to be administered in children, therefore the relevance of shamanaoushadis is much higher. Even though there are many articles on single combination drugs, but it's difficult to cure children by simply administering on practical level. As different acharys have mentioned formulations that can be used practically and that are easily available, combinations of shamanaoushadis are much more relevant in daily practice.

Result: Shamanaoushadis could be used in both acute & chronic stages of Pratishyaya (Allergic Rhinitis). Dooshivisha is one of the main pathological factors the manifestation of Prtishyaya (Allergic Rhinitis). Use The use these combinations of formulationson easily reduces the symptoms.

Keywords: Pratishyaya (Allergic Rhinitis), Samana Aushadhis.

Introduction

Pratishyaya (allergic rhinitis) is one of the most common and frequently observed ailments in school-going children (1). The prevalence of allergic diseases including Rhinitis, Allergies are rising worldwide affecting about 10-20% of the population being one of top ten reasons for visit to primary care physicians. Though it often adversely affects the quality of life; In India, allergic rhinitis is often regarded as a trivial disease & patient fall to attribute the ill health to its symptoms (2). Environmental factors play an influential role in the development and worsening of allergic rhinitis (AR) in childhood. Indoor air pollution, such as house dust mites and second-hand smoke, can significantly increase the onset of allergic rhinitis, while pet dander may affect the worsening of allergic rhinitis symptoms in children. Furthermore, traffic related air pollution and pollen are outdoor air pollutants that can affect immune competency and airway responsiveness, increasing the risk of allergic rhinitis in children. More extreme and frequent weather changes also contribute to worsening of allergic rhinitis.(3) In Susruta Samhita (4) and Kashyapa Samhita (5), a separate chapter is mentioned for the treatment of Pratishyaya. Pratishyaya is characterized by Kshavathu (sneezing), Nasa Avarodha (nasal obstruction), Nasa Srava (nasal discharge), Talu Osth Shosha (dryness of throat, palate, and lips), Shankha Nistoda (pain at temporal region), Swaropaghata (hoarseness of voice), Shiro Gauravam (heaviness of head), Gala, Osth, Talu, Nasa and Netra Kandu (itching of throat, lips, palate, nose, and eyes). The recurrence of this disease can be attributed to a lower level of immunity in children due to asampurna bala (lack of strength and endurance of the body). If left untreated, the disease can lead to many complications like Kasa, Swas, and Rajayakshma (6).

Allergic rhinitis is an IgE mediated disorder triggered by exposure of nasal mucosa to allergens, leading to rhinorrhea, itching, and sneezing as well as sleep disturbance, which is easily observed and reported by parents. However, congestion, the most common symptom of allergic rhinitis, may be more difficult to elicit from young children (7-8). The Allergic Rhinitis in Schoolchildren Consensus Group found that the condition impaired school performance (9).

Shorter breastfeeding, using antibiotics in the first year, and home dampness-related exposures, had significant associations with increased prevalence of the studied diseases. Location, type, building area, decoration materials, and construction period of the residence, also involve in manifestation of diseases. Current parental smoking and pet-keeping, Incense-burning, and using mosquito coils also results with risk of rhinitis symptoms. Families with children being diagnosed allergic rhinitis likely change their lifestyle behaviours. Avoidance behaviours and reverse causation in parental smoking, pet-keeping, and dietary habits for childhood rhinitis should be carefully considered (10).

In children with coexisting allergic rhinitis and asthma, exacerbation of allergic rhinitis leads to acute episodes of asthma, whereas treatment of rhinitis improves asthma control (11). Typical complaints include intermittent nasal congestion, itching, sneezing, clear rhinorrhea and conjunctival irritation. Symptoms increase with longer and higher levels of exposure to the responsible allergen. Patients may experience headaches, wheezing, and coughing, and may lose their sense of smell and taste. Nasal congestion is often more severe at night, causing mouth-breathing and snoring, which interferes with sleep, and arouses irritability (12).

Need of The Study

- To review more Shamanaoushada combinations in Pratishyaya (Allergic Rhinitis) among pediatric population.
- Need to compile formulations that are easily available & much more palatable in pediatric daily practice
- To fulfill the research gap of easily administrable combinations in Pratishyaya (Rhinitis).

Methodology

Aims & Objectives

To Critically analyze and receive Shamanaoushadi and its action in the management of Pratishyaya (Allergic Rhinitis).

Bharangi Arka (13)

Bharangi is a drug with katu-tikta rasa, ushnaveerya, and katuvipaka and has the property of pacifying Pratishyaya. Arka kalpana has the properties of laghutwa and sukshmatha. Hence Bharangi Arka is chosen as the internal medicine in Pratishyaya (Allergic Rhinitis). It is made sure that the action of Bharangi Arka is not compromised at any level and is taken as per aristayoga according to the age and stage of the disease. Bharangi root Arka, is selected for its fast action and palatability. Being a single drug formulation, the cost of manufacturing would be comparatively lesser. It also has an improvised shelf life when compared to other formulations as it is in distilled form.

Table 1: Chemical composition of ingredients of Bharangi Arkam

Sn.	Name	Latin Name	Family	Karma	Chemical Constituents	Phyto Chemical Action
1	Bharangi	Clerodendron serratum	Verbenaceae	Swasahara Kasahara Jwaragna Pachana Sothahara	Flavonoids, phenolics and saponins, Flavonoid Glycosides, Phenylethanoid Glycosides, Steroids and Steroid glycosides,	Anti-Pyretic, Anti-asthmatic, Anti-allergic, Anti-inflammatory, Anti-oxidant, Anti-hypertensive, Anti-cancerous, Anti-microbial, memory enhancing and neuroprotective

The above table shows the properties of drug Bharangi as kasa-swasa hara, jwaraghna, pachana and sodhahara. It is also found to be anti-allergic, anti-inflammatory, anti-microbial, anti-asthmatic and anti-pyretic in nature which makes it an ideal drug choice.

Sirisharishta (14)

The majority of sirisharista drugs are classified as lekhanaya varga, shirovirechana varga, and eladi gana. Also, the drugs in sirisharishta have tridosahara, kaphavatashamaka, jwaraghna, vedanasthapana, vishaghna, shothahara, Kasahara,

swasahara, krimighna, deepana, and hridya properties. They also possess anti-allergic, anti-inflammatory, anti-asthmatic, and anti-pyretic properties. Some of them are also antihistaminic, expectorant, and antitubercular. Management of allergic conditions can also be related to dooshivisha chikitsa, where Sirisha is the drug of choice, which can be considered the reason why Sirisharishta relieves almost all manifest clinical features of Pratishtyaya. The drug combination here, because of its arista form, helps to increase agni while reducing ama, thereby enhancing the nutritional value of the children. The medication was also well tolerated by children in terms of palatability. It can be used for short-term administration because of its quick action, low cost, ease of administration, and lack of bad taste.

Table 2: Chemical composition of ingredients of Sirisarishta

Sn.	Name	LatinName	Family	Karma	Chemical Constituent	Phyto Chemical Action
1	Sirisha	Albezzia lebeck	Fabaceae	Tridosahara, Visagna shothahara Shirovirechana, vamaka, Rasa shodhaka, Kasaswasa Pratishtyayahara	Flavonoids, triterpenoids, oleinoic acid, albigenin	Antiallergic, analgesic, Anti- inflammatory, Antioxidant, Anti- spermatogenic, Anti-asthmatic, Anti-bronchitic, Antihistaminic, Antitubercular
2	Pippali	Piper longum	Piper longum	Vatakapha shamaka Kasaswasahara, Medhya Hikkanigrahana, Karshyahara, Krimigna	steroids, glycoside, piperine, piperlongumine	Appetizer, Digestant, Carminative, Aphrodisiac, Stimulant, Diuretic, Vermifuge, Antiallergic, Anti-inflammatory, Antitubercular, Expectorant.
3	Priyangu	Callicarpa macrophylla	Verbenacea	Tridosahara, Vedanastapana, Rakthashodhaka, Deepana, Mutravirechaniya, jwaraghna, Vishaghna.	Crategolic acid, beta sitosterol, luteolin	Anti-inflammatory
4	Kushta	Saussurea lappa	Asteraceae	Kapha vata shamaka Vedasthapana, Varnya, Deepana, Swasahara, jwaraghna, Vishaghna.	Costeon, costulolide, cytosterol	Hypolipidemic, Antiseptic, Anti-bacterial, Insecticidal, Hypotensive, Spasmolytic, Bronchodilator, Bronchoconstrictor, Broncho-spasmolytic, Anti-inflammatory
5	Ela	Eletteria cardamomum	Zingiberaceae	Tridosahara, Rochana Dahaprashamana, Chardinigrahana, Hridya, Balya.	Borneol, camphene, heptane	Aromatic, Stimulant, Carminative, Stomachic, Diuretic, Virustat.
6	Nilini	Indigofera tinctoria	Papilionaceae	Kaphavatasamaka, Vishagna, Krimihara Lekhana, Hrdya, Shodhahara, Rechana	Apigenin, indigotin, kaempferon	Hypoglycemic, Antifungal, Antitumor, Hepatoprotective, Anticonvulsant, CNS- depressant, Allergenic, Antipyretic.
7	Haridra	Curcuma longa	Zingiberacea	Kaphavata shamaka Shodhahara, Hikkanigrahana, Rakthaprasadakar	Curcumine, epiprocurcuminol, eugenol	Hepato-protective, Antiallergic, Anticancer Immunostimulant, Antitumor, Antioxidant

				Vranaropana, Amapachana, Anulomana		Antihyperlipidemic, Antimicrobial, Antihistaminic, Anti-inflammatory, Antipyretic, Decongestant
8	Daru haridra	Berberis aristate	Berberidaceae	Kaphapittahara, Deepana, Grahi, Rakthashodaka Swedajanana, Jwaraghna, Shothahara, Vedanasthapana	Berberine, quarternary ammonium salt of isoquinoline alkaloid	Stomachic, Tonic, Astringent, Antipyretic.
9	Sunti	Zingiber officinale	Zingiberacea	Kaphavata shamaka, Triptigna, Vatanulomana, Swasakasahara, Jwaragna, Vedanasthapana	A – curcumene, B- D- curcumene, Geraniol	Digestive, GI- stimulant, Carminative, Stomachic, Sialagogue, Antiallergic, Antihistaminic, Anti-inflammatory, Antipyretic, Antiviral, Expectorant
10	Naga kesara	Mesuaferrea	Calophyllaceae	Kaphapittashamak a, Vedanasthapana, Deepana, Pachana, Grahi, Chardi nigrahana, Krimigna, Hridya, Jwaraghna, Balya, Vishaghna.	Mesuol, mammeisin, mesuaferrol	Stomachic, Astringent, Aromatic, Stimulant Carminative, Appetizer, Antiemetic, Tonic, Digestant, Haemostatic, Cardiotonic.
11	Guda			Nava: Agnikara, Kaphakrimikara. Purana Pathya, Anabhishtanti, Agnipushtikara Rogas, Jwaraghna, Vatapithahara, Pandugna		

This formulation is tridoshahara, Vata-kaphashamaka, sothahara, vishagna, shirovirechana, Kasa swasa Pratishtayahara, krimighna, jwaragna, hikka nigrahana, agnivardhaka, anulomana and ama pachana in nature. These are also antipyretic, digestive, antihistaminic, appetizer, anti-inflammatory, anti-viral, expectorant, antimicrobial, decongestant, immunostimulant, antibacterial, bronchodilator, broncho-spasmodic, anti-tubercular, vermifuge, carminative and anti-asthmatic in nature.

Mundopakulyadi kashayam (15)

This is a Kashaya prayoga coming under the shamana oushadha treatment protocol mentioned in the text Arogyakalpadrumam, where mandukaparni, pippali, sunti, and kulattha are used to make Kashaya, which is consumed with honey as Anupana. It is specially indicated for dustapeenasa. The ingredients are jwarahara, amapachana, kasa-swasa hara, vatahara, shirovirechaka, krimihara, and shodhaghna, which in turn helps reduce the symptoms of Pratishtayaya (Allergic Rhinitis). The dosage and timing are decided by the physician according to the age of the child and the stage of the disease.

Table 3: Chemical composition of ingredients of Mundopakulyadi kashayam

Sn.	Name	Latinname	Family	Karma	Chemical Constituent	Phyto ChemicalL Action
1	Munda	Centella asiatica	Apiaceae	Jwarahara, Sodhaghna, Amapachana	Asiaticoside, vellerine, Glycosides, medacassocide Brahmoside, Asiatic acid, Centoic acid, centelloside, Medecassic acid	Febrifuge, Hoarseness in asthma, Bronchitis
2	Upakulya	Piper longum	piperaceae	Vishamajwara pratibandhaka	Vermifuge, Antiallergic, Anti-inflammatory, Antitubercular,Expectorant.	Vermifuge, Antiallergic, Anti-inflammatory, Antitubercular, Expectorant
3	Sundi	Zingiber officinale	Zingiberacea	Kaphavatashamaka, Triptighna, Vatanulomana, Swasakasahara, Jwaragna, Vedanasthapana	Digestive, GI- stimulant, Carminative, Stomachic, Sialagogue, Antiallergic, Antihistaminic, Anti-inflammatory, Antipyretic, Antiviral, Expectorant.	Digestive, GI-stimulant, Carminative, Stomachic, Sialagogue, Antiallergic, Antihistaminic, Antipyretic, Anti-inflammatory, Antiviral, Expectorant.
4	Kulatha	Dolichos Biflorus	Fabaceae	Vatakaphahara, kasaghna, Krimihara, medohara, Sangrahi, Sodhahara	Glycosides, alanine, steroids, saponins, triterpenes, glycosides of steroids	Expectorant, anti-helminthic, anti-microbial, anti-inflammatory, febrifuge
5	Madhu	Apis mellifera	Apiaceae	Vatapittahara, tridoshaghna	Phenols, sapogenin, sparteine, flavanon, maltose, gum, succinic acid, acetic acid, dextrin, formic acid, dextrose, glucose, fructose, sucrose	Anti-inflammatory, antiseptic, Antioxidant, useful in asthma and Cough

It is jwaragna, amapachana, kasa-swasahara, krimigna, shirovirechana, vatanulomana, shothagna, medohara, and sangrahi by karma. It is also known as an anti-helminthic, antimicrobial, anti-inflammatory, febrifuge, anti-septic, appetizer, digestant, anti-allergic, expectorant, carminative, anti-allergic, anti-histaminic, antiviral, and vermifuge. It is also used in coughing and asthmatic conditions.

Vyoshadi vadakam (16)

Vyoshadi vadaka is probably the most common formulation used for respiratory problems. It uses a combination of herbal drugs that help balance vata and kapha, thereby providing relief from the symptoms of Pratishtyaya (Allergic Rhinitis). It is composed of tikta rasa, katu vipaka, and ushna virya. The most common ingredients used are ushna, tikshna, ruksha, and laghu. They are kapha- vatahara, pittakara, Kasahara, kantya, anulomana, swasahara, amana nashaka, jwarahara, deepana, pachana, rochana, hikka nigrahana, triptighna, balya and rasayana. Because of its vataka preparation, it's more easy, more convenient, and palatable for school-going children.

Table 4: Chemical composition of ingredients of Vyoshadi vatakam

Sn.	Name	Latin Name	Family	Karma	Chemical Constitute	Phyto Chemical Action
1	Pippali	Piper longum	Piperaceae	Vatakapha shamaka Kasaswasahara, Medhya Hikkanigrahana, Karshyahara, Krimigna	Steroids, glycoside, piperine, piperlongumine	Appetizer, Digestant, Carminative, Aphrodisiac, Stimulant, Diuretic, Vermifuge, Antiallergic, Anti- inflammatory, Antitubercular, Expectorant
2	Maricha	Piper nigrum	Piperaceae	Kasagna, krimigna, Kaphanisaraka, jwaraghna, srotosodhaka	Alanine, Arginine, Serine, piperine, Piperonal	Anti- helminthic De- obstructant, used in Asthma, fever,cough, Pharyngodynia
3	Nagara	Zingiber officinale	Zingiberaceae	Kaphavatashamaka, Triptighna, Vatanulomana, Swasakasahara, Jwaragna, VedanastHapana	Zingerone, gingerone, Zingiberol	Digestive,GI stimulant, Carminative, Stomachic, Sialagogue, Antiallergic, Antihistaminic ,Antipyretic, Antiviral, Anti- inflammatory,Expectorant
4	Talisa	Abies spectabilis	pinaceae	Swasahara, kasagna Vatanulomaka, jwaragna	Saponin, steroids Triterpenoids, flavonoids	Thermogenic, Expectorant, Febrifuge, Used in vitiated kapha and vata condition, cough, asthma, bronchitis, fever, hoarseness
5	Chavika	Piperchaba	Piperaceae	Kapha vata hara, Krimihara, svasakasa Hara	Piperine, pripatolin, Piper caeguminin, Sterole,glycoside	Antibacterial, anti- helminthic, expectorant, antihistaminic, antiinflammatory, useful in asthma, bronchitis, anorexia, vitiating condition of kapha and Pitta
6	Tintrinika	Tamarindus Indica	caesalpiniaceae	Pitta samaka, sodhahara, jwaragna	C-glycosides, protein, Piperolinic acid	Anti- inflammatory, anti-fungal, Immunomodulatory
7	Amlavetasasa	Garcinia Pedunculata	Rutaceae	Kaphavata samaka Pitta vardhaka Swasa hara Kasa hara	Citric acid, sulphuric acid, Glucose	Expectorant, coryza, cold, asthma, cough
8	Twak	Cinnamomum Verum	Lauraceae	Kanda sudhikara, Vatanulomanam, Sleshmaharam, Krimignam,used in kandamuga roga,pinasa,kasa,sw asa	Benzyl acetate, Cinemic aldehyde, cinemyl acetate, benzyl benzoate	Anti-allergic, insectisidal, lipolytic, antibacterial, antimicrobial
9	Ela	Elettaria cardamomum	Zingiberaceae	Tridosahara, Rochana Dahaprashamana, Chardinigrahana, Hridya, Balya.	Borneol, camphine, sito Sterol, citral	Aromatic, Stimulant, Carminative, Stomachic, Diuretic, Virustat

10	Pathra	Cinnamomum Tamala	Lauraceae	Mastaka shodhana, sirovirechana, used in pinasa, aruchi, kasa, swasa	Cinnamic aldehyde, cinnamaldehyde, cinganol	Anti-bacterial, anti-fungal, hypoglycemic, antioxidant, anti-dermatophytic, antimicrobial, antiviral
11	Guda			Nava: Kaphakrimikara Agnikara. Purana: Anabhishyanti, Pathya, Agnipushtikara Roga: Vatapithahara, Jwaragna, Pandugna		

This formulation by nature is kapha-vata shamaka, peenasa kasa-swasa hara, hikka nigrahana, krimigna, kasagna, kaphanisaraka, jwaraghna, srothoshodhaka, vatanulomana, sothahara, mastaka shodhana, and shirovirechana. It is also carminative, anti-allergic, vermifuge, antibacterial, anti-helminthic, antipyretic, anti-histaminic, anti-inflammatory, anti-tubercular, expectorant, antibacterial, antiviral, and antimicrobial in nature. It is also useful in asthma, bronchitis, and anorexia.

Panchamoolam kwatham (17)

This yoga is mentioned in the context of Vathika jwara. The brhat panchamoolas comprises of bilvamoola, agnimanthamoola, shyonakamoola, patalamoola and gambharimoola. On having a closer look at the ingredients, they are deepana, pachana, anulomana, jwarahara and shodhahara in nature. Hence these ingredients in combination would help address the probable amavastha in Vathika Pratishtyaya also. The dosage and frequency of the medicine may be adjusted as per the age and stage of the disease.

Table 5: Chemical composition of ingredients of Panchamoola kwatham

Sn.	Name	LatinName	Family	Karma	Chemical Constitute	Phyto Chemical Action
1	Bilva	Aegle marmelos	Rutaceae	Sodhahara, Vedhanastapaka, Kaphagna, jwaragna, deepana, krimigna	Marmelosin, marmelide, tannic acid, Marmin, fatty acid	Spasmogenic, antiviral, antiemetic, antibacterial, antifungal, anti-helminthic
2	Agnimantha	Clerodendrum Mutiflorum	Verbinaceae	Sodhahara, vedha Sthapana, kaphagna, twakdosahara, anulomana	Clerosterol, clerodin, Cerotic acid	Anti-helminthic, hypoglycemic, effective in reducing edema
3	Syonaka	OroxylumIndicum	Bignoniaceae	Kaphagna, jwaragna, mutrala, sodhahara, vedhanastapana, vatahara, deepana	Lauric, beta sitosterol, palmitic	Diuretic, spasmogenic, antifungal, anti-inflammatory
4	Patala	Stereospermum Chelonoides	Bignoniaceae	Vedhana stapana, Vrana ropana, Sodhahara, hikka	Stereolensin, stearic acid, beta sitosterol	Anti-cancerous, antiviral

				nigrahana, kantya, Jwaragna		
5	Gambari	GmelinaArborea	Verbenaceae	Sheetala, medhya, Kesya, sodha hara, Jwaragna, vedhanastapa na	Beta sitosterol, gmelinol, luteolin	Hypo glyceemic, antiviral

This formulation is best known for its sodhahara, vedanasthapana, kaphaghna, jwaraghna, krimigna, anulomana, hikka nigrahana properties. It is also antiviral, anti-bacterial, anti-helminthic, diuretic, and anti-inflammatory in nature.

Discussion

With the increased allergic rhinitis rate prevalence in Indian children, so there is a need for samanaoshada as mentioned by acharya in different contexts. Hence this review article was made in order for it to be used in clinical practices Pratishtyaya (Allergic Rhinitis) requires timely and effective management, especially when it comes to pediatric practice, as the condition would set a platform for the manifestation of diseases with more severity. The objectives of the treatment should primarily include deepana, pachana, and nirameekarana. As a next step, treatment should focus on improving the bala and ojus in view of preventing the recurrence of the disease. Most of the shodhana oushadas are contra-indicated in children, the samanoushadhis reviewed in this article have a high palatability rate and are easy to administer, hence further clinical trials are required to prove their efficiency in dealing with Pratishtyaya.

All the formulations have drugs with deepana-pachana action.

Table 6: Dose administration of Samanaoushadhis according to age

Sn.	Medicine	Dose for 5-10 years of age	Dose for 11-16 years of age
1	Bharangi Arka	5ml – 10ml	10ml–20ml
2	<u>Sirisarishta</u>	5ml – 10ml	10ml-20ml
3	<u>Mundopakulyadi kashayam</u>	2.5ml – 5ml	5ml-15ml
4	Vyoshadi vatakam	Frequently 5gm with honey	Frequently 10gm with honey
5	<u>Panchamoola kwatham</u>	2.5ml – 5ml	5ml-15ml

It is the discretion of the physician to choose the formulation most appropriate for the age and condition of the child. Palatability and ease of administration are other aspects to be given importance in this regard. All of the above-mentioned formulations are palatable and easy to administer to children. Acharya Vagbhata said, there is also a greater demand for shamanoushadhis rather than sodhanaoushadhis because they are more convenient for school- aged children and shodhanas are contra-indicated in children under the age of five. Arishtas, Asavas & Arka contains Dipana-Pachana properties, hence stimulating the agni which further stimulates the datvagni leading to the improvement of Datu-poshana, which results in nourishment of datus, causing production of Ojas. This formation & nourishment of Ojas leads to gradual development of Immunity in children.

Conclusion

Chronic allergic rhinitis is the most common pediatric condition in which the mucous membrane gets inflamed. The prevalence rate of occurrence is more in urban areas than in rural areas. As shamana yogas are much more palatable &

can be easily administered, even at the time of travel. All the formulations mention here are Anti-allergic, and anti-inflammatory in nature, hence these medications act to mitigate allergies and their effects. These yogas are also dipanapachana in nature thereby reducing ama and inducing agni, hence helping in the growth and development of children, thus improving the quality of life. They are also tridoshagna in nature, so the equilibrium of dosas is maintained, leading to Arogya lakshana. These formulations contain krimigna properties, therefore, reducing worm infestation in children. Hence each of the yogas mentioned above by acharya should undergo clinical trials to understand their efficacy in children.

Future Scope

Most of the acharyas have mentioned simple formulations in different classics. By the chemical constituents and mode of action, these formulations help in the mitigation of *Pratishyaya (Allergic Rhinitis)*. *Pratishyaya (Allergic Rhinitis)* should be standardized with its dose, time of administration, and efficacy through more clinical trials.

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