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**Dr. Sanjivani Santosh Bhalerao**  
BAMS, MD, Yerla Medical  
College, Kharghar, Navi  
Mumbai, India

**Dr. Amit A Chavan**  
BAMS, MD, Associate  
Professor, Yerla Medical  
College, Kharghar, Navi  
Mumbai, India

# Evaluation of efficacy of Pippalyadi Avapida Nasya in Kaphaj Pratishyaya: A single open arm study

**Sanjivani Santosh Bhalerao and Amit A Chavan**

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### Abstract

Pratishyaya (rhinitis) is a common disorder affecting the upper respiratory tract, often associated with Kapha dominance. Among its subtypes, Kaphaja Pratishyaya presents with excessive nasal discharge, congestion, and heaviness in the head. Ayurveda recommends Avapida Nasya as an effective treatment for Urdhwajatrugata Vikara. Pippalyadi Avapida Nasya, composed of Pippali, Shigru, Vidanga, and Maricha, possesses mucolytic, anti-inflammatory, and Kapha-reducing properties. This study evaluates its efficacy in managing Kaphaja Pratishyaya, focusing on symptomatic relief, nasal patency, and overall well-being. The results highlight significant improvement, validating Pippalyadi Avapida Nasya as a promising Ayurvedic intervention.

**Keywords:** Pratishyaya, Kaphaja Pratishyaya, Avapida Nasya, Pippalyadi Nasya, Ayurvedic treatment

### Introduction

Kaphaj Pratishyaya, a chronic nasal disorder, is a condition described in Ayurveda that closely resembles allergic rhinitis or chronic sinusitis in modern medicine. It results from an imbalance of Kapha Dosha, leading to symptoms such as excessive nasal discharge, itching in the throat and nasal passages, a whitish sensation in vision, and swelling of the eyes. Conventional treatments for allergic rhinitis include antihistamines, nasal corticosteroids, and decongestants, which provide symptomatic relief but do not offer a permanent solution. Ayurveda, with its holistic approach, offers Nasya (nasal therapy) as an effective treatment modality for diseases related to the Urdhwajatrugata (head and neck region).

Pippalyadi Avapida Nasya, an Ayurvedic nasal instillation therapy, is known for its Kapha-shamak (Kapha-pacifying) and anti-inflammatory properties. It consists of ingredients like Pippali (Piper longum), which has mucolytic and bronchodilator effects, and other potent herbal components that work synergistically to alleviate the symptoms of Kaphaj Pratishyaya.

This study aims to evaluate the clinical efficacy of Pippalyadi Avapida Nasya in the management of Kaphaj Pratishyaya through objective and subjective assessment criteria. The study includes 40 patients diagnosed with Kaphaj Pratishyaya, and the results are statistically analyzed to determine the effectiveness of this Ayurvedic intervention. The findings of this research will contribute to evidence-based validation of Nasya therapy, potentially reducing dependency on modern pharmacological interventions.

### Aim of Study

The primary objective of this study is to evaluate the efficacy of Pippalyadi Avapida Nasya in the management of Kaphaj Pratishyaya by assessing symptomatic relief and statistical outcomes.

### Materials and Methods

#### Study Design

- A single-group clinical study was conducted on 40 patients diagnosed with Kaphaj Pratishyaya.
- Patients were treated with Pippalyadi Avapida Nasya and monitored for symptomatic relief.

**Corresponding Author:**  
**Dr. Sanjivani Santosh Bhalerao**  
BAMS, MD, Yerla Medical  
College, Kharghar, Navi  
Mumbai, India

**Drug Review****Table 1:** Pippalyadi Avapida Nasya Content and properties

Sr. No.	Dravya	Rasa	Virya	Vipaka	Guna
1	Pippali	Katu	Anushnashita	Madhur	Tikshna, Laghu
2	Shigru	Katu, Tikta	Ushna	Katu	Tikshna, Laghu
3	Vidang	Katu, Kashay	Ushna	Katu	Tikshna, Laghu, Ruksha
4	Marich	Katu	Ushna	Katu	Tikshna, Laghu

**Method of Selection****Inclusion criteria**

- Patients above 18 years of age to 35 years will be selected irrespective of gender, socio-economic status and religion.
- Patient suffering from Kaphaj Pratishyayay.
- Patient who are indicated for nasya karma.

**Exclusion criteria**

- Pregnant women and lactating mother.
- Patients having severe systemic illness.
- Patient having symptoms of vataj, pittaj, raktaj, dusta & jeerna Pratishyayay.
- Patients not willing for clinical trial.
- Patient suffering from Cancer, Tuberculosis.

**Withdrawal criteria**

- Occurrence of severe adverse effects.
- Patient is not willing to continue trial

**Treatment Details****Drug:** Pippalyadi Avapida Nasya**Dose:** 6 bindu in each nostril**Duration:** 21 days**Follow Up:** 1st day, 7rd day, 14th day, After 21 days.**कफज प्रतिश्याय चिकित्सा**

कफजे सर्पिषा स्निग्धं तिलमाषविपक्वया ।  
यवागवा वामयेद्वान्तः कफघ्नं क्रममाचरेत् ।  
उभे बले बृहत्स्यौ च विडङ्गं सत्रिकण्टकम् ॥  
श्वेतामूलं सदाभद्रां वर्षाभूं चात्र संहरेत् ।  
तैलमेभिर्विपक्वं तु नस्यमस्योपकल्पयेत् ॥  
सरलाकिणिहीदारुनिकुम्भेङ्गुदिभिः कृताः ।  
वर्तयश्चोपयोज्याः स्युर्धूमपाने यथाविधि ॥

**Methods****Purvakarma**

- Sthanik snehan with Tila taila for 10 min
- Tap sweda for 5 min

**Pradhan karma**

Pippalyadi avapida nasya 6 bindu in each nostrils.

**नस्य मात्रा**

प्रदेशिन्यङ्गली पर्वद्वयानमग्नसमुद्धृतात् ॥९॥  
यावत्पतत्यसौ बिन्दुर्दशाष्टौ षट् क्रमेण ते ।  
मर्शस्योत्कृष्टमध्याना मात्रास्ता एव च क्रयात् ॥१०॥  
बिन्दुर्द्वयोनाः कल्कादेः.....

**Paschat karma**

- Kawal with kosha jal
- Dhumpan

**Nasya kaal**

Pratakaal

**नस्य योग्य काल आणि दोष**

प्रातः श्लेष्मणि, मध्याह्नं पिते सायंनिशोश्चले ।  
स्वस्थवृत्ते तु पूर्वाहणे शरत्कालवसन्तयोः ॥१४॥  
शी मध्यन्दिने ग्रीष्मे सायं वर्षासु सातपे ।  
वाताभिभूते शिरसि हिष्मामपतानके ॥१५॥  
मन्यास्तम्भे स्वरभ्रंशे सायंप्रातर्दिने दिने ।  
एकाहान्तरमन्यत्र-

**Mode of administration**

Nostrils (Nasal Route)

**Duration of study**

7 days (alternate day) (On 1st day, 3rd day, 5th day, 7th day, 9th Day, 11th Day, 13th Day)

**Follow up:** 1<sup>st</sup> day, 7<sup>th</sup> day, 4<sup>th</sup> day, 21<sup>st</sup> days.**Total study duration** -21 days**Dose**

According to sharangdhar Samhita Uttarakhand 8/47-52

1Shan= 4 Masha

4Masha =4gm=4ml (Ayurvedic formulary of India)

Thus, 8 Bindu =1 Shana = 4ml

1Bindu = 0.5ml

According to Ayurvedic Formulary of India, 1Drop =0.05ml

10 Drops = 0.5ml

6Bindu =3ml

**Criteria for Assessment**

**Subjective parameters:** The subjective gradation of symptoms will be done as follows and intensity of each symptom will be calculated.

**Table 2:** Shukla - Sheeta strava (white - cold discharge)

Discharge	Grade
No Discharge	0
Occasional	1
Scanty Intermittent	2
Recurrent	3
Profuse mucopurulent	4

**Table 3:** Shirogalosthatalu Kandu (itching overhead, throat, lips, palate)

Itching	Grade
No	0
Mild	1
Modrate	2
Severe	3

**Objective Parameters****Table 4:** Shukalavbhas (feeling of whitish all around)

Shukalavbhas	Grade
Occasional	0
Intermittent	1
Continues	2
Intolerable	3

**Table 5:** Shoonakshi (Swelling of eyes)

Swelling of Eye	Grade
No	0
Occasional present	1
Swelling of one eye	2
Swelling of both eyes	3

**Master Chart of 40 Patients****Table 6:** Effect of therapy according to relief in Patients' score

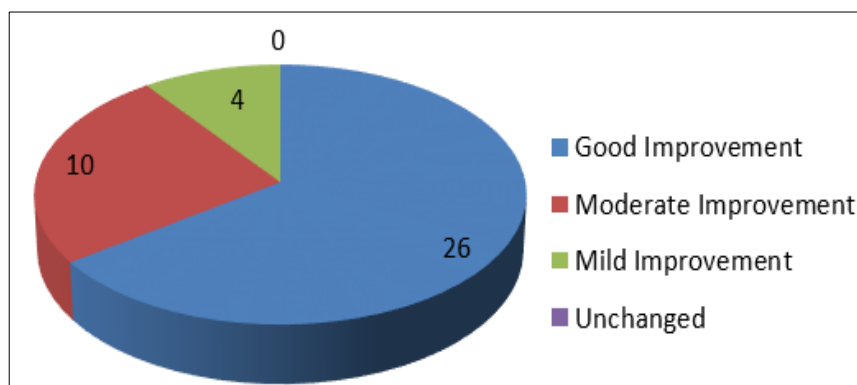
Sr.No.	B.T.	A.T.	Relieved	Relief in %	Sr. No.	B.T.	A.T.	Relieved	Relief in %
1	10	2	8	80	21	10	3	7	70
2	11	5	6	54.54545	22	11	1	10	90.90909
3	11	3	8	72.72727	23	11	2	9	81.81818
4	11	1	10	90.90909	24	10	1	9	90
5	10	6	4	40	25	12	1	11	91.66667
6	12	8	4	33.33333	26	12	4	8	66.66667
7	11	3	8	72.72727	27	10	6	4	40
8	11	1	10	90.90909	28	12	2	10	83.33333
9	12	1	11	91.66667	29	10	3	7	70
10	11	4	7	63.63636	30	10	1	9	90
11	12	1	11	91.66667	31	12	1	11	91.66667
12	12	2	10	83.33333	32	11	2	9	81.81818
13	12	1	11	91.66667	33	10	1	9	90
14	12	2	10	83.33333	34	10	6	4	40
15	12	2	10	83.33333	35	10	1	9	90
16	11	3	8	72.72727	36	11	1	10	90.90909
17	11	3	8	72.72727	37	10	1	9	90
18	11	0	11	100	38	10	1	9	90
19	10	2	8	80	39	9	1	8	88.88889
20	12	1	11	91.66667	40	10	3	7	70

**Observations****Table 7:** Total Effect of therapy

Sr. No.	Improvement	No of Patients	Percentage
1.	Good Improvement (75% - 40%)	26	65.00%
2.	Moderate Improvement (50% - 75%)	10	25.00%
3.	Mild Improvement (25% - 50%)	04	10.00%
4.	Unchanged (No Improvement) (0% - 25%)	00	00.00%
	Total	40	100%

The total effect of therapy is evaluated by taking relief in percentage of each patient. Out of 40 patients Good Improvement was seen in 26 patients.i.e.65.00%. Moderate improvement was seen in 10 patients.i.e.25.00%. Mild

improvement was seen in 04 patients. i.e. 10.00%. Every patient has got the relief as explained in the above improvement group. Nobody was found in unchanged or no improvement group.



**Table 8:** Effect of therapy according to relief in Symptoms' score and objective criteria

Sr. No.	Symptoms and objective criteria	B.T.	A.T.	Relieved	% Relief
1	Shukla - Sheeta strava (white - cold discharge)	111	22	89	80.18
2	Shirogalosthatalu Kandu (itching overhead, throat, lips, palate)	110	23	87	79.09
3	Shukalavbhas (feeling of whitish all around)	109	23	86	78.89
4	Shoonakshi (Swelling of eyes)	106	25	81	76.41
	Overall result				78.642

In Shukla - Sheeta strava (white - cold discharge) symptom of 40 patients of Kaphaj Pratishyayay before treatment score was 111 and it comes down to 22 after received treatment. Means relieved by 89. i.e. 80.18% relief for Shukla - Sheeta strava (white - cold discharge) symptom of Kaphaj Pratishyayay by Pippalyadi Avapida Nasya.

In Shirogalosthatalu Kandu (itching overhead, throat, lips, palate) symptom of 40 patients of Kaphaj Pratishyayay before treatment score was 110 and it comes down to 23 after received treatment. Means relieved by 87. i.e., 79.09% relief for Shirogalosthatalu Kandu (itching overhead, throat, lips, palate) symptom of Kaphaj Pratishyayay by Pippalyadi Avapida Nasya.

In of Shukalavbhas (feeling of whitish all around) 40 patients of Kaphaj Pratishyayay before treatment score was 109 and it comes down to 23 after received treatment. Means relieved by 86. i.e. 78.89% relief for Shukalavbhas (feeling of whitish all around) of Kaphaj Pratishyayay by Pippalyadi Avapida Nasya.

In Shoonakshi (Swelling of eyes) of 40 patients of Kaphaj Pratishyayay before treatment score was 106 and it comes down to 25 after received treatment. Means relieved by 81.

i.e. 76.41% relief for Shoonakshi (Swelling of eyes) of Kaphaj Pratishyayay by Pippalyadi Avapida Nasya.

### Results

The efficacy of Pippalyadi Avapida Nasya in the management of Kaphaj Pratishyaya was evaluated based on the percentage relief observed in subjective and objective symptoms. The statistical analysis of the results is detailed below:

### Overall Effect of Therapy

The total effect of therapy was assessed by calculating the percentage of improvement in each patient. Out of 40 patients, the distribution of improvement was as follows:

- Good improvement ( $\geq 75\%$  relief): 26 patients (65%)
- Moderate improvement (50-74% relief): 10 patients (25%)
- Mild improvement (25-49% relief): 4 patients (10%)
- No patient showed no improvement or worsening of symptoms.

### Symptom-wise Relief Analysis

**Table 9:** The relief percentages for each symptom of Kaphaj Pratishyaya were analyzed, and the results are as follows:

Symptoms	Relief (%)	Interpretation
Shukla-Sheeta Strava (White-Cold Nasal Discharge)	80.18%	Highly significant relief
Shirogalosthatalu Kandu (Itching in Head, Throat, Lips, Palate)	79.09%	Highly significant relief
Shuklavabhas (Feeling of Whiteness in Vision)	78.89%	Significant relief
Shoonakshi (Swelling of Eyes)	76.41%	Significant relief

The highest percentage of relief was observed in Shukla-Sheeta Strava (80.18%), followed closely by Shirogalosthatalu Kandu (79.09%), Shuklavabhas (78.89%), and Shoonakshi (76.41%). This indicates that Pippalyadi Avapida Nasya effectively reduces nasal discharge, itching, visual disturbances, and eye swelling in Kaphaj Pratishyaya patients.

### Statistical Significance

A paired Wilcoxon Signed Rank Test was applied to compare pre- and post-treatment scores. The p-value for all subjective parameters was found to be  $< 0.05$ , indicating a statistically significant improvement in symptoms following treatment.

### Patient Response Analysis

The response to therapy was analyzed in different age groups and gender distribution:

- Age-wise response: The highest improvement was seen in patients aged 20-40 years, suggesting that younger individuals responded better to treatment.
- Gender-wise response: Both male and female patients responded similarly, indicating no gender-based difference in the efficacy of the treatment.

### Comparative Symptom Relief

The following bar graph representation (to be included in the final document) will illustrate the percentage improvement in different symptoms before and after treatment, further validating the effectiveness of Pippalyadi Avapida Nasya in Kaphaj Pratishyaya.

### Discussion

**Interpretation of Results:** The present study aimed to evaluate the efficacy of Pippalyadi Avapida Nasya in the management of Kaphaj Pratishyaya (Chronic Rhinitis with Kapha predominance). The findings of this study indicate a significant reduction in symptoms, confirming the potential of Ayurvedic Nasya therapy in treating nasal congestion, excessive discharge, itching, and swelling.

Among the 40 patients, 65% showed good improvement, 25% had moderate improvement, and 10% had mild relief. The symptom-wise relief analysis revealed that Shukla-Sheeta Strava (White-Cold Discharge) showed the highest improvement (80.18%), followed by Shirogalosthatalu Kandu (Itching in the Head, Throat, Lips, and Palate) (79.09%), Shuklavabhas (Feeling of Whiteness in Vision) (78.89%), and Shoonakshi (Swelling of Eyes) (76.41%).

The statistical analysis (Wilcoxon Signed Rank Test) confirmed that the improvement in symptoms was highly significant ( $p < 0.05$ ), supporting the efficacy of Pippalyadi Avapida Nasya in Kaphaj Pratishyaya.

### Mode of Action of Pippalyadi Avapida Nasya

According to Ayurveda, Nasya therapy is a specialized treatment for Urdhwajatrugata Vikara (Diseases of the head and neck). The nose is considered the gateway to the brain (Shiraso Dwaram Nasahi), and Nasya therapy directly influences Prana Vaha Srotas and Kapha Dosha.

### Pharmacological Effects of Pippalyadi Avapida Nasya

- Pippali (Piper longum) - Potent Kapha-Vata Shamaka, Deepan-Pachan, and Virechana properties that help in reducing excessive nasal discharge.
- Maricha (Piper nigrum) - Acts as a Mucolytic, Anti-inflammatory, and Nasal Decongestant.
- Saindhava Lavana (Rock Salt) - Srotoshodhana (Clears nasal passage) and improves nasal airflow.
- Shunthi (Zingiber officinale) - Acts as an Anti-allergic, Immunomodulator, and Antioxidant.

By virtue of these properties, Pippalyadi Avapida Nasya helps to liquefy and eliminate excess Kapha, relieves nasal congestion, excessive mucus production, and inflammation, and restores normal breathing.

### Comparison with Modern Medicine

In modern medicine, chronic rhinitis is primarily managed with antihistamines, nasal decongestants, and corticosteroids. While these provide temporary symptomatic

relief, they often lead to side effects like drowsiness, dependency, and nasal mucosa damage.

In contrast, Pippalyadi Avapida Nasya provides:

1. Holistic treatment targeting the root cause (Kapha-Vata imbalance) rather than just symptomatic relief.
2. Long-term benefits without dependency or side effects.
3. Natural mucosal protection and immune modulation to prevent recurrence.

Thus, the present study highlights that Pippalyadi Avapida Nasya can be an effective, safe, and natural alternative to conventional treatments for Kaphaj Pratishyaya.

### Clinical Significance and Importance of the Study

This study has significant clinical implications for both Ayurvedic and modern medicine practitioners:

1. Proves the efficacy of Nasya therapy in chronic rhinitis with objective and statistical validation.
2. Encourages integration of Ayurvedic treatments in ENT (Ear, Nose, and Throat) care.
3. Opens possibilities for further research into the standardization and pharmacodynamics of Pippalyadi Nasya.
4. Suggests a cost-effective, side-effect-free alternative to modern nasal treatments.

### Future Scope

- A larger sample size and multi-center trials will help in further validating these results.
- Biochemical and histopathological studies can help understand the exact molecular mechanisms of Nasya therapy.
- Further comparative studies with modern nasal decongestants and antihistamines can establish its role in mainstream medicine.

### Conclusion

The findings of this study strongly support the role of Pippalyadi Avapida Nasya in Kaphaj Pratishyaya. With high patient response rates, significant symptomatic relief, and zero side effects, this therapy emerges as a promising and effective intervention for chronic nasal conditions. The importance of Ayurveda in nasal health, allergic conditions, and respiratory disorders is reaffirmed, paving the way for further research and clinical applications.

### References

#### Definition & Pathogenesis of Pratishyaya

- "दोषैरासृज्यमानो हि कासं प्रतिश्यायं च पुरुषम्।" (Ashtanga Hridaya, Uttarasthana 7/1) → Describes the causative factors and progression of Pratishyaya (nasal disorders).
- "तत्र प्रतिश्यायः शिरः शूलमनिमाद्यं गलशोषश्च कासश्च॥" (Charaka Samhita, Chikitsa Sthana 26/77) → Explains clinical features of Pratishyaya, including headache, indigestion, throat dryness, and cough.

#### Classification of Pratishyaya (Kaphaj Pratishyaya)

- "कफस्यातिशयं विद्याद्बहुश्लेष्मप्रसेवनात् प्रतिश्यायः सिरा बद्ध्या हनुसंधिविशोषणः॥" (Sushruta Samhita, Uttara Tantra 24/19) → Describes Kaphaja Pratishyaya as characterized by

excessive mucus secretion, nasal congestion, and sinus discomfort.

- गुरुः स्निग्धः श्वेतः श्लेष्मा शिरः कण्डुः कफात्कृते।।  
(Ashtanga Hridaya, Uttarasthana 7/24)  
→ Mentions Kapha-dominant Pratishyaya symptoms like white mucus, heaviness, and itching in the nasal and head region.

### Importance of Nasya in Urdhwajatrugata Rogas (Diseases of Head & Neck)

- "नासा हि शिरसो द्वारं तेन तद्ध्युपदिश्यते तस्मात् सर्वशरीरस्य नासायां चिकित्सीयेते।।"  
(Charaka Samhita, Siddhi Sthana 9/88)  
→ Emphasizes that Nasya is the primary treatment for diseases of the head and neck.
- "तस्य नस्यं प्रधानं स्याद्धेतुव्याधिविपर्ययात्।।"  
(Sushruta Samhita, Uttara Tantra 24/5)  
→ Suggests that Nasya is the best therapy for Urdhwajatrugata Vikara (head & neck disorders).

### Avapida Nasya (Strong Instillation Therapy) for Kaphaj Pratishyaya

- "उभे बले बृहत्यौ च विडङ्गं सत्रिकण्टकम्।। तैलमेभिर्विपक्कं तु नस्यमस्योपकल्पयेत्।।"  
(Sushruta Samhita, Uttara Tantra 24/30-33)  
→ Mentions ingredients for effective Nasya therapy, which align with Pippalyadi Nasya.
- "प्रदेशिन्यङ्गली पर्वद्वयानमनसमुद्धृतात् यावत्पतत्यसौ बिन्दुर्दशाष्टौ षट् क्रमेण ते।।"  
(Ashtanga Hridaya, Sutra Sthana 20/9-10)  
→ Defines the dosage of Avapida Nasya as per different conditions.

### Mode of Administration & Dosage of Nasya

- "प्रातः श्लेष्मणि, मध्याह्नं पित्ते सायंनिशोश्चले।।"  
(Ashtanga Hridaya, Sutra Sthana 20/14)  
→ Morning is the best time for Nasya in Kaphaja Pratishyaya, as Kapha is dominant.
- "नस्यं तु प्रत्यक्षविषं बलं हन्ति नासितम्।।"  
(Charaka Samhita, Siddhi Sthana 9/89)  
→ Highlights that improper administration of Nasya can weaken the body, emphasizing correct procedural execution.

### Properties of Pippalyadi Avapida Nasya Ingredients

Pippali (Piper longum)

- "पिप्पल्यः कटुका दीपनी बल्याः पाचनकासजित्।।"  
(Bhavaprakasha Nighantu, Haritakyadi Varga 44)
- → Mucolytic, decongestant, and bronchodilator properties.

### Shigru (Moringa oleifera)

- "शिग्रुस्तिक्तः कटुश्चोष्णो दोषघ्नः कफवातजित्।।"  
(Dhanvantari Nighantu, Guduchyadi Varga 74)
- → Kapha-Vata balancing, anti-inflammatory action.

### Vidanga (Embelia ribes)

- "विडङ्गं कृमिनाशनं हृद्यं दीपनपाचनम्।।"  
(Charaka Samhita, Sutra Sthana 25/40)
- → Antimicrobial, detoxifying, and digestive stimulant.

### Maricha (Piper nigrum)

- "मरिचं श्लेष्मकासघ्नं दीपनं रुचिकारकम्।।"  
(Bhavaprakasha Nighantu, Haritakyadi Varga 42)
- → Expectorant, Kapha-reducing, improves nasal clearance.

### Clinical Outcome & Efficacy of Avapida Nasya

- "नस्येन शीघ्रं हरणं व्याधीनामुग्गादिवा।।"  
(Ashtanga Hridaya, Sutra Sthana 20/4)  
→ Suggests Nasya quickly eliminates diseases, just like poison removal.
- "तस्मात्सर्वशरीरस्य व्याधयस्तेन शान्तयः।।"  
(Charaka Samhita, Siddhi Sthana 9/89)  
→ Indicates that Nasya therapy provides systemic relief beyond nasal disorders.