



The efficacy of herbal tea as a preventive measure for allergic rhinitis

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Abstract

Allergic rhinitis is an atopic disease. Atopic allergy is a type –I hypersensitivity reaction which produces IgE antibodies to allergens like pollen, dust, etc. In Ayurveda direct reference of allergic rhinitis is not available, but concept of allergy is scientifically explained under '*Asatmaja vyadhi*' while its effects are explained in context of hereditary, *Viruddhahara*, *Dushi visha* and *Ritu sandhi*. Various types of *Pratishyaya* are explained clearly in all *Samhita*'s. However, symptoms of *Vataja pratishyaya* like *Tanu nasa srava* (rhinorrhea), *Shirah shoola* (headache), *Kshavathu* (sneezing) more related with symptoms of allergic rhinitis. In the present study, patients of allergic rhinitis are evaluated on the basis of general evaluation scale consisting parameters like nasal obstruction, sneezing, itching nose etc. In the clinical study 30 patients were selected in age between 16-60 years irrespective of their sex, religion, occupation and habitat etc. They were treated with herbal tea for 14 days in their tea time 5g of tea bag. All of them were completed the treatment accurately and the follow up study continued up to two weeks after the treatment. According to analysis, it can be concluded that, the herbal tea has been shown reducing the symptoms of allergic rhinitis like nasal obstruction, sneezing, itching. While assessing the total effect of therapy, complete remission was observed in 16.7% (n=5), marked improvement was 33.3% (n=10) and moderate improvement was 50% (n=15). During follow-up period recurrences were observed in the symptoms of running nose. Therefore it is most suitable as a preventive measure to control and cure the disease.

Keywords: allergic rhinitis, herbal tea, *Pratishyaya*

Introduction

Allergic rhinitis is an upper airway inflammatory disease characterized by main symptoms of rhinorrhea, sneezing, and nasal obstruction. In addition, non-nasal symptoms such as itching of the throat, palate and conjunctival symptoms can occur in individuals with allergic rhinitis with exposure to their relevant allergens. Allergic rhinitis is not usually harmful, but the symptoms can be irritating and affect in the quality of life. The common symptoms of allergic rhinitis including, sneezing, runny nose, itchy nose, blocked nose as well as many people also have itchy sensation in eyes or throat.

Ayurveda, one of the world oldest approaches to the medicine is mostly enshrined the benefits of the present and future lives for the sake of curing disease and preserving healthy living. Allergic Rhinitis from an Ayurvedic perspective is caused due to the *ama* (toxins) present in the body and due to *Ojas kshaya* (low immunity). Accumulated *ama* aggravates the levels of *Kapha* in the body, giving rise to different symptoms of allergies. Ayurveda believes in balancing the three *dosha* present in the human body, allergic rhinitis is co-related to *Pratishya* condition in Ayurveda and having same symptoms of *pinasa roga*.

Worldwide prevalence of allergic rhinitis is estimated as 9% to 42%, however it is hard to count due to inconsistency of population sampling methods that are employed in different countries. In Sri Lanka it is 12% - 35%. Till today there is no such remedy scientifically evaluated for allergic rhinitis as preventive measure. Therefore, aim of the study was to

Assess the efficacy of *Thulasi panta kashaya yoga* as herbal tea for allergic rhinitis in the basis of prevention.

Methodology

The study population were selected in the Out Patient Department of *Gampaha Wickramarachchi Ayurveda Hospital* at the Yakkala, Sri Lanka were selected randomly irrespective of their sex, religion, occupation, and habitat etc.

Inclusion Criteria

- Patients having signs and symptoms of allergic rhinitis between the ages of 16 to 60 years were selected for the study.
- Patients who were under allopathic treatment were excluded

Exclusion Criteria

- Patients below 16 years and above 60 years of age
- Those who were having history of Diabetes Mellitus, Hypertension any chronic debilitating disease, Psychiatric disorders and any other nasal pathology were excluded from the study.
- Pregnant and lactation mothers were excluded.
- Patients who were under any treatment which can alter the results were excluded.

Total 30 patients were randomly selected in either sex and treated with herbal tea for two weeks duration.