



Research Article

RANDOMISED CONTROL TRIAL OF SHUNTHYADI TAIL NASYA IN BHRUSHAKSHAVA WITH SPECIAL REFERENCE TO ALLERGIC RHINITIS

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ABSTRACT

The incidence of Upper respiratory tract infection is very high in India and very common problem related to that is *Bhrushakshava* or allergic rhinitis. In modern medical science, anti-histaminics, decongestants, and local steroid are available. But these drugs can help in the initial stage. The modern medical treatment modalities for allergic rhinitis are expensive and not free from side effects. Moreover, no effective drug for allergy is available in the modern science. Hence, we felt the need to derive a treatment protocol that would help in to relieve the symptoms, remove the pathology and promote immunity. The main treatment for *Bhrushakshava* is *Nasya*. So *Shunthyadi tail Nasya*, which is best among all the *Nasya* was selected.

INTRODUCTION

Allergic diseases are common and they have increased in frequency over the last few decades. The nose is the site of most allergic symptoms and illnesses than any other organ due to its effective filtering action for allergen. Rhinitis is defined by a combination of two or more nasal symptoms: Running nose, nasal obstruction, itching and sneezing. Allergic rhinitis occurs when these symptoms are the result of IgE mediated inflammation following exposure to allergens. Management involves allergen avoidance, use of antihistamines, topical steroids and allergen immunotherapy involves the step-wise incremental injection of increasing subcutaneous doses of allergen, in order to suppress symptoms on subsequent re exposure to that allergen^[1]. Improper management of this stage, resistance to antibiotics, excessive use of air conditions, sedentary life styles lead to many other diseases. *Bhrushakshava* is compared to the acute phase of allergic rhinitis symptoms, and the *Dosha Dushti* offers a treatment plan to alleviate the acute symptoms. One of the most typical clinical manifestations in a general visit is *Kshavathu*.

The term *Bhrushakshava* itself denotes repeated sneezing. Specific causes of *Bhrushakshava* was due to *Vayu* aggravation, excessive use of *Teekshna/* pungent substances in diet (chilly powder, *Sarshapa*, *Maricha* etc.) or inhalation of *Katu/acrid*, *Teekshna* substances or gazing at sun or irritating nasal cartilage/mucosa with thread, hey etc. along with other *Vata* vitiating factors. This vitiated *Vayu* irritates the nasal cartilage, deviates its path, proceeds to *Shrungataka marma* and while returning from there induces too much of sneezing. This is called "*Bhrushakshava*".^[2]

The contemporary approach will not be a complete cure or satisfactory to patients always, so classical medicine is economically cost effective and rectifies to break pathogenesis with better relief of clinical features and gradually preventing complication. The main method for removing *Doshas* from *Urdhva jatru* is *Nasya*. When the *Doshas* are in *Utkatavastha*, it is given. *Nasya* treatment, one of the *Panchakarmas* stated in Ayurveda, involves administering the drug through the nostrils. In *Urdhwajatrugata Pradesh*, vitiated *Doshas* are removed through the nose using the *Shodhan* form of *Nasya*.^[3] Allergic rhinitis is a common disorder, which is usually characterized by spasmodic attacks of severe sneezing and rhinorrhea. Feature of allergic rhinitis are similar to *Bhrushakshava*. The fundamental goals of treatment are to shorten the duration of rhinitis symptoms, and increase disease-free periods while the secondary

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goals would be to lessen the frequency and severity of recurrences. Hence in this study *Shunthyadi tail Nasya* is selected^[4] which is *Ushna, Snigdha, Katu rasa, Srotoshodhak, Abhishyandahara, Shothahara*, immune-stimulatory, antioxidant, *Vatakaphagna*. Also possess anti-inflammatory, antioxidant, immune-modulatory and anti-asthmatic and also mast cell stabilizer. which help in reliving the symptoms of *Bhrushakshava*.

AIMS AND OBJECTIVES

1. To study the efficacy of *Shunthyadi Tail Nasya* in *Bhrushaksava* with special reference to allergic rhinitis.
2. To assess the effect of *Shunthyadi Tail Nasya* in *Bhrushakshava* (allergic rhinitis).
3. To study whether the *Shunthyadi Tail Nasya* is more effective in treatment of *Bhrushakshava* (allergic rhinitis) and its complication.

MATERIAL AND METHODS

Patient for the study were selected from among the patients attending the OPD/IPD of the *shalakya* tantra department. The proposed study was based on clinical observation and narration of patient. Study is carried out Open Label, Randomized Controlled Trial.

Pharmaceutical preparation of *Shunthyadi tail* was carried out as per the classical reference of *Ashtang Hrudaya uttarantra* 20/18.^[5]

Inclusion Criteria

- Patient suffering from allergic rhinitis.
- Patients of age >18 years to 60 years will be selected irrespective of their gender, caste, religion, socio-economic or educational status.
- Patients who are ready to accept the treatment will be selected.

Exclusion criteria

- Recurrent sinusitis
- Formation of nasal polyp, tumour etc.
- Bronchial asthma
- Highly deviated nasal septum
- Infectious diseases like T.B. and other systemic disorders which interfere in the course of treatment.

Investigation

1. Complete blood count with ESR.

Table 1: Groups of Management

Grouping	1. Trial group	2. Control group
Name of formulation	<i>Shunthyadi tail Nasya</i>	<i>Pradhaman Nasya (Katphala churna)</i>
Dose	6 drops in each nostril	1-3 <i>Mucchuti</i> (500- 1000mg) morning
Duration	1 month	1 month
Number of patients	35	35
Follow up	On 7 th day, 14 th day, 21 th day, 28 th day	On 7 th day, 14 th day, 21 th day, 28 th day.

Criteria of assessment

Assessment is done on the basis of improvement in the clinical condition of the patient i.e. relief in signs and symptoms. Assessment criteria were based on the subjective parameters.

1. *Kshavathu* (sneezing)
2. *Nasastrav* (nasal discharge)
3. *Nasarodha* (nasal obstruction)

Table 2: Subjective Parameters Symptoms Score

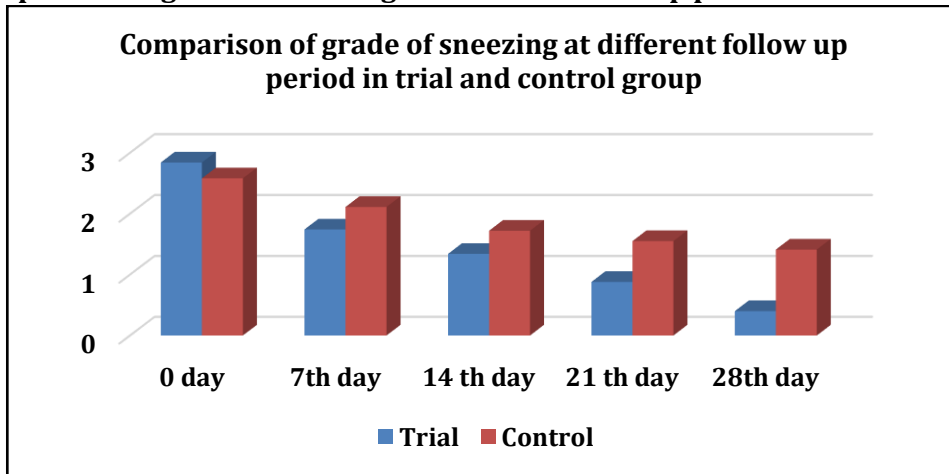
Gradation	Symptoms		
	<i>Kshavathu</i> (Sneezing)	<i>Nasastrav</i> (Nasal Discharge)	<i>3.Nasarodha</i> (Nasal Obstruction)
0	No sneezing	No discharge	No obstruction
1	No occasional <5/day	Occasional	Partially, occasionally and unilateral
2	5-10times/day	Frequent	Partially, occasionally and bilateral
3	10-15times/day	Continuous heavy	Complete, frequently and unilateral

OBSERVATIONS AND RESULTS

Table 3: Comparison of Grades of Sneezing at different follow up period in Trial and Control group

Follow up period	Trial Group			Control Group		
	Mean	SD	Medin	Mean	SD	Median
Day-0	2.84	0.56	2	2.58	0.65	3
Day-7	1.74	0.61	2	2.11	1.00	2
Day-14	1.34	0.48	1	1.72	2.15	1
Day-21	0.88	0.58	1	1.55	3.37	1
Day-28	0.40	0.60	0	1.41	4.62	0
F-value	212.63			169.88		
p-value	<0.0001 HS			<0.0001 HS		

Graph 1: Comparison of grade of sneezing at different follow up period in trial and control group

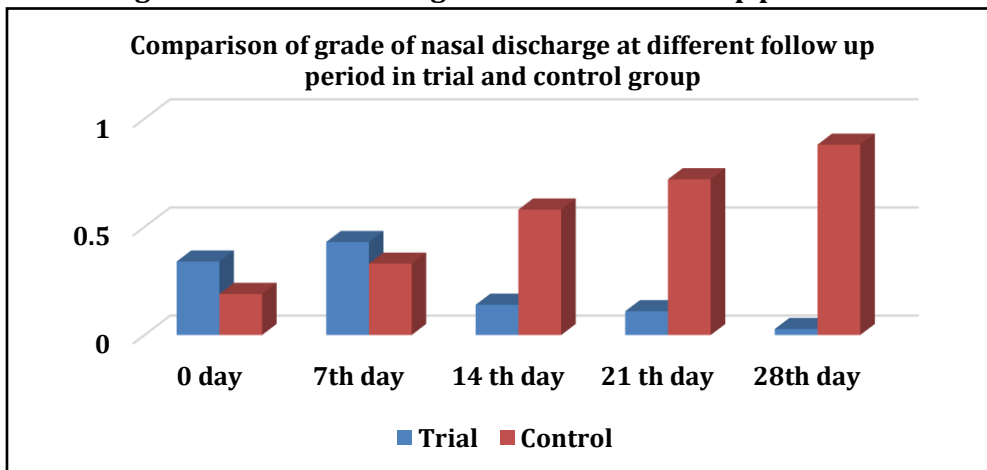


There was highly significant reduction in grade of sneezing at different follow up period in trial and control group.

Table 4: Comparison of Grades of Nasal Discharge at different follow up period in Trial and Control group

Follow up period	Trial Group			Control Group		
	Mean	SD	Median	Mean	SD	Median
Day-0	0.34	0.48	0	0.19	0.40	0
Day-7	0.43	0.50	0	0.33	1.19	0
Day-14	0.14	0.35	0	0.58	2.33	0
Day-21	0.11	0.32	0	0.72	3.49	0
Day-28	0.028	0.17	0	0.88	4.65	0
F-value	8.50			0.3844		
p-value	<0.0001 HS			0.9194, HS		

Graph 2: Comparison of grade of nasal discharge at different follow up period in trial and control group

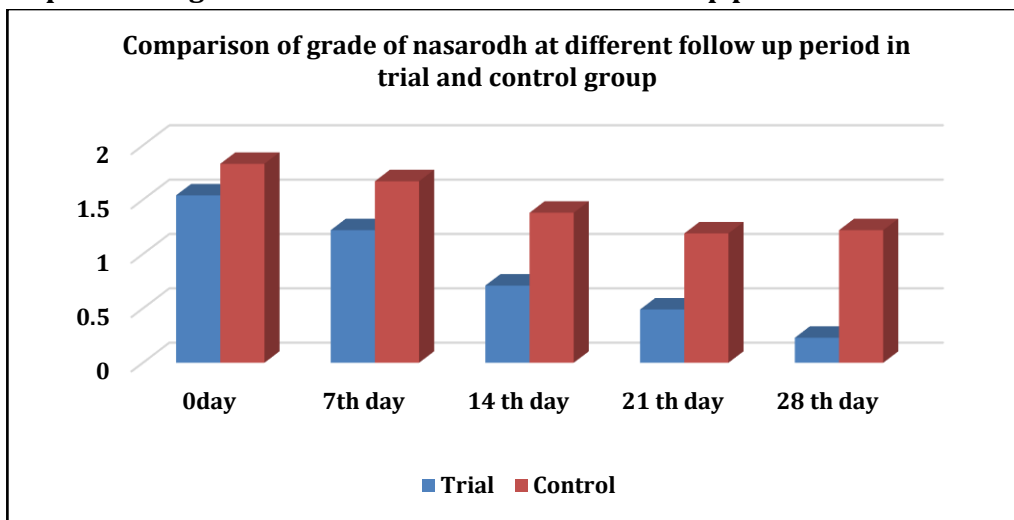


There was highly significant reduction in grade of nasal discharge at different follow up period in trial and control group.

Table 5: Comparison of Grades of Nasarodh (Nasal Obstruction) at different follow up period in Trial and Control group

Follow up period	Trial Group			Control Group		
	Mean	SD	Median	Mean	SD	Median
Day-0	1.54	0.50	2	1.83	0.60	2
Day-7	1.22	0.42	1	1.67	1.04	2
Day-14	0.71	0.51	1	1.38	2.18	1
Day-21	0.49	0.24	0	1.19	3.42	1
Day-28	0.23	0.42	0	1.22	4.62	0
F-value	113.05			104.50		
p-value	<0.0001 HS			<0.0001 HS		

Graph 3: Comparison of grade of Nasarodh at different follow up period in trial and control group

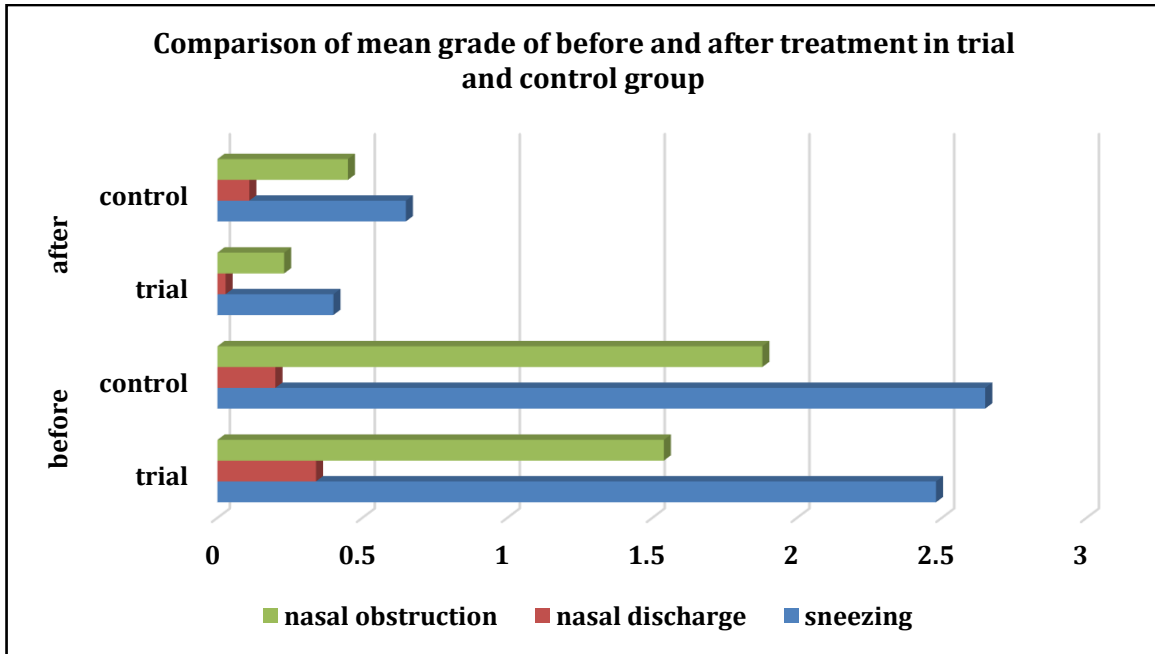


There was highly significant reduction in grade of nasal obstruction at different follow up period in trial and control group.

Table 6: Comparison of mean Grade before and after treatment in Trial and Control Group

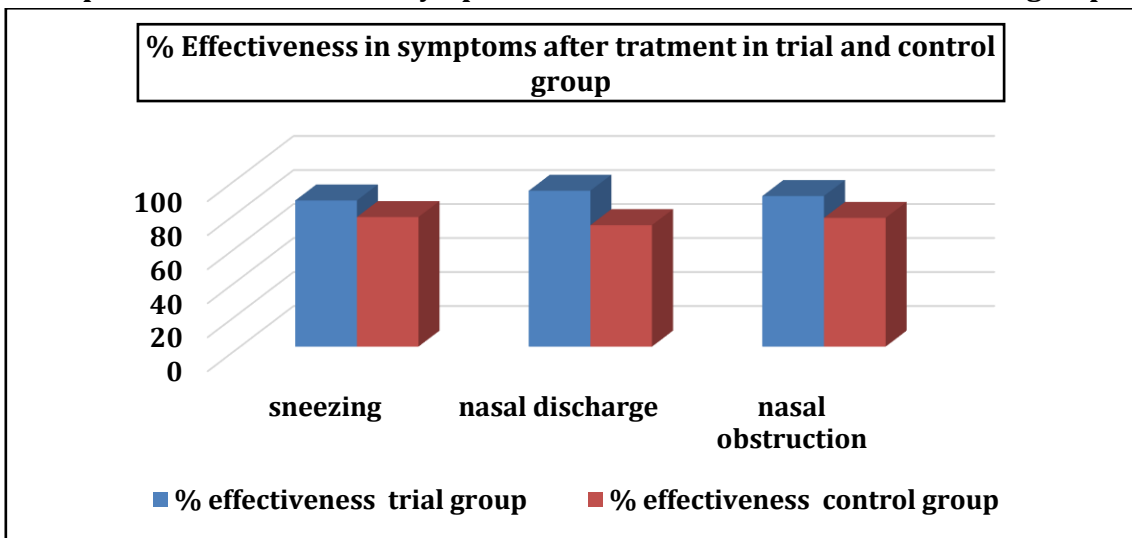
Parameter	Group	Before			After			Z-value	p-value
		Mean	SD	Median	Mean	SD	Median		
Kshavathu	Trial	2.48	0.56	2	0.40	0.60	0	5.377	<0.0001
	Control	2.65	0.48	3	0.65	0.80	0	5.234	<0.0001
Nasastrava	Trial	0.34	0.48	0	0.028	0.16	0	3.317	0.0009
	Control	0.20	0.40	0	0.11	0.32	0	1.134	<0.0001
Nasarodha	Trial	1.54	0.50	2	0.23	0.42	0	5.392	<0.0001
	Control	1.88	0.52	2	0.45	0.56	0	5.257	<0.0001

Graph 4: Comparison of mean grade of before and after treatment in trial and control group



Effect of therapy on symptoms

Graph 5: % effectiveness in symptoms after treatment in trial and control group



This chart shows on sneezing average 85.95% relief was observed in group.

A, while 76.19% in Group B. *Nasasrava* average 91.67% relief was observed in Group A, while 71.42% in Group B. *Nasarodh* 88.57% average relief was observed in Group A, while 75.71% in control group.

Drug Standardization^[6]

Table 7: Physico-chemical parameters of *Shunthyadi tailam*

Test	Result
Description	Brown coloured oil with, pleasant aroma
Refractive Index at 40 D.C.	1.522
Acid value	1.74
Saponification value	191.66
Iodine value	110
Peroxide value	2.85
Wt/ml	0.916

DISCUSSION

In the discussion all these conceptual and clinical works are interpreted with possible reasoning. It also includes probable mode of action of *Shunthyadi tail Nasya* with interpretations according to Ayurvedic and modern lines are discussed. The probable reasons for manifestations of some symptoms after performing *Nasya* are also tried to interpret them in the light of medical science.

Brushakshava is a disease where sneezing is the crucial feature, individuals with *Kshavathu* for chronic period develop long standing complication which affect the immune system and respiratory diseases. Poor life style habituates such as physical inactivity, exposure to mist, wind, dust sleep disruption increases are the factor responsible for nasal disorder, symptoms and its severity. *Kshavathu* is mainly induce due to inevitable pollution which is major disease in the present era, lifestyle change, climate variation and mainly due to *Vatakapha* predominating. Inhaling strong smell like chillies, tobacco, exposure to sunrays, inserting threads, grass etc. into the nose and other cause which aggravates *Vata*, when the cartilage of the nose gets scratched, *Vata* getting obstructed, moves upwards to *Shringataka* and getting dislodges from that spot, gives rise to much of sneezing, i.e. *Bhrushakshava*. This is the *Samprapti* explained by *Vagbatacharya*. When the *Vata* residing overhead deviated its pathway reach *Nasasritha Marma* it causes intense sneezing explain by the Acharya Charak. Sushruta explained is of two types *Dosaja* and *Agantuja kshavathu*. *Dosaj kshavathu* is caused due to imbalance in the *Doshas* and which is chronic in origin. The vitiated *Vata* and *Kapha Doshas* get lodged in the nose due to *Sroto-vaigunya* caused by indulgence in the causative factors of *Nasaroga*. The aggravated *Doshas* settled in *Nasa* vitiate the vital points i.e. the *Marmas* and exhibits the symptoms of the disease i.e. sneezing, there will be an alteration in the nasal secretion that leads to nasal blockage. *Agantuja Kshavathu* is due to usage of strong/pungent smelling substances like chilly, mustered, dry ginger, long- pepper, etc. or due to exposure to sunlight for long time or due to inserting thread into nasal region causes trauma to the nasal cartilages and *Sringatak Marma* and causes sneezing. Sushruta and Bhavprakash only described about *Doshaj* and *Agantuja Kshavathu* and explain the treatment accordingly. Sushruta explains the mechanism of sneezing as *Prana* and *Udana Vayu* move in an upward direction towards the head and are thrown via nose with sound and that is known as sneezing^[9].

Mode of action of *Nasya*

A clear description regarding the mode of action of *Nasya karma* is not available in ayurvedic classics. According to Acharya Charaka *Nasa* is the only

gateway to *Shirah*^[7]. So, drug administered through *Nasa* can easily reaches the *Shirah* and eliminate only the morbid *Doshas*. As it is described earlier *Nasa* is the gateway to *Shira*, the drug administered through nostrils reaches *Shringataka Marma*, a *Sira Marma* by the *Nasa Srotas* and spreads in the *Mastishka* i.e. brain taking the routes of *Netra*, *Shrotra*, *Kantha* and extracts out the morbid *Doshas* from *Urdhwa jatrugata* and expels from the *Uttamanga*^[8].

Hence the assimilation and transportation of the *Nasya* drugs take place through this *Marma*, and reaches to local as well as general circulation. The preoperative procedures of *Nasya karma* play a major role in the access of drug into the body.

Probable mode of action of *Shunthyandi Taila*

Shunthyadi taila contains *Shunthi*, *Vidanga*, *Kushta*, *Pippali*, *Draksha* which are *Ushna*, *Katurasa*, *Snigdha*, *Laghu Guna* which help to clear up all the secretion and make *Vata sancharan* proper. Also, it is *Srotoshodhaka*, *Abhishyandahara* (decongestant), *Shothahara* (anti-inflammatory) immunostimulatory, antioxidant, *Kledahara*, *Vedanasthapana* (analgesic) *Kaphashodhaka* and *Vatakaphaghna*. It also stabilizes mast cell and reduces mucous secretion.

CONCLUSION

- On the basis of similarities between the signs, symptoms, complications, prognosis and chronicity, allergic rhinitis can be correlated with as *Bhrushakshava*.
- Peak incidence of the disease is found among the young and middle age group i.e. 20-40 years.
- Ayurvedic treatment protocol has specific utility in the management of *Brushakshava* (allergic rhinitis).
- Properties of drugs included in study (*Shunthi*, *Vidanga*, *Pippali*, *Mrudvika*, *Koshta*) was effective as it had *Katu Tikta Rasatmak*, *Ushna viryatmak*, *Lagu*, *Tikshna* and *Snigdha gunatmak*, *Vatakaphanashak*, and *Srotoshodhan* activity.
- On analyzing before and after treatment effect of therapy on different symptoms in both the group shows highly significant result.
- For better and long-lasting results *Shodhana* therapy used compositely may give more encouraging results. Overall effectiveness in trial group (*Shunthyadi tail Nasya*) was 86.45% and significant changes were seen in sneezing and *Nasastrava*. and null hypothesis is accepted. both the group were equally effective in the management of *Bhrushakshava* in control group (*Pradhaman Nasya*) was 75.00%, hence it is concluded that both the group were equally effective in the management of *Bhrushakshava* and null hypothesis is accepted. For better and long-

lasting results *Shodhana* therapy used compositely may give more encouraging results.

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