



A REVIEW ARTICLE ON APEENASA AND ITS MANAGEMENT IN AYURVEDA

Preeja Vijayakumar¹, Deeraj B C²

¹Final Year PG Scholar, Department of Shalakyia Tantra, SDM college of Ayurveda and Hospital, Hassan, Karnataka, India.

²Associate Professor SDM College of Ayurveda and Hospital, Hassan , Karnataka, India.

ABSTRACT

Apeenasa is a condition in which voitaiated vata and kapha dosha casues nasaavaroddha with either shoshana or prakledana ,nasa dhoomayana and gandha rasa ajnanatha with some of the clinical features of vatakaphaja pratishaya.

KEYWORDS- Apeenasa, Nasaroga , Rhinitis, sneezing

INTRODUCTION

Apeenasa is clarified beneath the Nasaroga in Ayurvedic classics. Apeenasa may be a condition characterized by Anaha within the Nasa (nasalblockage), related with Shoshana (dryness) or Prakledana (stickynasaldischarge) with a feeling of smoke coming out of the nose and inability to perceive the smellor taste. It 'll too have other symptoms similar to that of Pratishyaya. The condition can be correlated to Chronic allergic rhinitis for better understanding according to modern science.

Rhinitis is the inflammation of the nasal mucus membrane. Recurrentattacks of acute rhinitis in the presence of predisposing factors leads to chronic rhinitis in which there is long standing inflammation of the nasal mucosa, often producing excessive mucus secretions.

Historical Review

The reference with respect to Apeenasa is not found in Vedic texts. But Nasa is described as one of the Indriya in Yajurveda, Atharvaveda and Bhagavadgeeta. The depiction of Apeenasa has been given in all the classical textswritten during Samhita period.

➤ Charaka has given the description of Apeenasa in 26th chapter (TrimarmeeyaChikitsaAdhyaya) of Chikitsasthana¹.

- In Susrutha Samhita, the disease is explained in 22nd chapter (Nasagataroga vijnaneeya) of Uttaratantra².
- Madhavakara has explained about Apeenasa in 58th (Nasaroganidana)chapter.
- Apeenasa is also explained in 4th chapter of Tritiya Khanda of Gadanigraha,
- Vangasena explained Apeenasa inNasarogadhikara chapter.
- The explanation is found in Bhavaprakasha Madhyama Khanda 65th chapter
- Yogaratnakara explained inNasarogadhikara³.
- Bhavaprakasha and Yogaratnakara have replaced Apeenasa with Peenasa in Which the clinical features are similar to Apeenasa. The commentator of Bhavaprakasha clearly explains that, Peenasa and Apeenasa can be used as synonymous.
- Chakrapanidatta has explained the Chikitsa of Apeenasa in NasarogaChikitsadhyaya⁴.
- The disease Apeenasa s mentioned in Ashtanga Hridaya uttaratantra 19thChapter⁵.
- In Astanga Sangraha description on Apeenasa is given in uttaratantra 23rdChapter⁶.
- The disease Apeenasa isn't specified in Kashyapa Samhita and Bhela Samhita.

Table No. 01. Classification of Nasa Roga.

Sl.	Nameofroga	C.S. ⁷	S.S. ⁸	Y.R. ⁹	Sha.sam. ¹⁰	A.H ¹¹ & A.S ¹²
01.	Apeenasa	+	+	Peenasa	+	+
02.	Puti nasya	+	+	+	Puti nasa	Putinasa
03.	Nasapaka	+	+	+	Ghranapaka	Ghranapaka
04.	Shonitapitta	+	+	4types	-	---
05.	Pooyashonita	+	+	+	Puti rakta	Puyarakta
06.	Kshavathu	+	+	+	Kshava	+
07.	Bhramshathu	+	+	+	+	---
08.	Dipta	+	+	Dipti	Diptaka	Dipti
09.	Nasanaha	+	+	Pratinaha	Nasanaha	+
10.	Parisrava	+	+	+	Puyasrava	Nasasrava
11.	Nasashosha	+	+	+	+	+
12.	Nasarsha	+	4types	4types	+	+
13.	Nasashopha	+	4types	4types	--	--
14.	Nasarbuda	+	7types	4types	+	+
15.	Pratishyaya	+	5types	5types	5types	5types



16.	Dushtapeenasa	-	-	-	+	+
17.	Putaka	-	-	-	-	+
	Total no	31	31	34	18	18

Nidana Panchaka

The detailed study of Nidana Panchaka is helpful in understanding the disease and for planning the treatment.

Nidana

The term Nidana refers to all the factors which cause initiation and progress of the disease. In the treatment of a disease exact

understanding of Nidana and avoidance of such nidanas constitute an important role. Reference regarding the specific Nidana of Apeenasa has not been mentioned in the classics; hence the causative factors mentioned for Samanya Nasaroga can be considered for the same.

Table No. 02. Aharaja Nidana of Apeenasa

Sl.	Aharaja (dietary)	C.S.	S.S.	Y.R.	A.H&A.S
01.	Ajeerna	+	-	-	--
02.	Atyambupana		-	+	+
03.	Sheeta Ambu pana	+	-	-	--
04.	Peetana Anyena Varina	-	-	+	+

Table No. 03. Viharaja Nidana of Apeenasa

SL.	Viharaja (behavioural)	C.S.	S.S.	Y.R.	A.H&A.S
01.	Ati Nariprasanga	+	+	-	--
02.	Ati Swapna	+	-	+	+
03.	Ratri Jagarana	+	-	+	+
04.	Mutra Pureesha Vegadharana	+	+	+	--
05.	Chardi Nigraha	-	-	+	+
06.	Bashpa Nigraha	-	-	+	+
07.	Bashpa	+	-	-	--
08.	Atapa Sevana	-	+	-	--
09.	Rajah Sevana	+	+	+	+
10.	Dhuma Sevana	+	+	-	--
11.	Shitam ati pratapa		+	-	--
12.	Avashyaya	+	-	+	+
13.	Ati jala krida	-	-	-	--
14.	Ati Bhashana	+	-	+	+
15.	Shirasobhitapa	+	+	-	--
16.	Anilasevana	-	-	+	+
17.	Neecha Upadhana	-	-	+	+
18.	Atyuccha Upadhana	-	-	+	+

Table No. 04. Manasika Nidana of Apeenasa

SL.	Manasika	C.S.	S.S.	Y.R.	A.H&A.S
01.	Ati Krodha	+	-	-	--

Table No. 05. Kalaja Nidana of Apeenasa.

SL.	Kalaja	C.S.	S.S.	Y.R.	A.H&A.S
01.	Ritu Viparyaya	+	-	-	--

Atyambu Pana, Atisheeta Jalapana, Ambukrida, Avashyaya causes increase in Sheeta Guna. Diwaswapna causes increase in Snigdha Guna and exposure to Dhooma causes immediate increase in Kapha Dosha¹³. These factors act as Kapha Prakopaka Nidana and increase Kleda in the Srotas. Atyambu Pana also causes Amavridhi which in turn leads Mandagni and Ajeerna.

Sandharana causes Viloma Gati of Vata. Ratri Jagarana and Atibhashana increase Rukshal Guna. Due to Atisheeta there

will be Sheeta Guna Vriddhi hence leading to Vata Prakopa. Vyavaya causes Dhatu and Indriya Kshaya, thus causing Vata Prakopa due to which there will be Parushata, Sankocha, and Shosha in the Srotas.

The Nidanas like Atyambupana, Ajeerna, Ati Sheeta, Neecha and Atyuccha Upadhana, Vegadharana etc acts as Utpadaka Hetu and leads to accumulation of Vata and Kapha Doshain the body. Raja, Peetana Anyena Varina, Avashyaya etc. acts as Vyanjaka Hetu and triggers the disease



Nidanarthakara Roga

Acharya Charaka in the context of Pratishtyaya has stated that, in the presence of Pratishtyaya if the person continues Ahita Ahara, it causes Apeenasa¹⁴. In this context, Prathishyaya is considered as Nidanarthakara Roga for Apeenasa.

The process of manifestation of disease is called Samprapti (pathogenesis). It includes various stages as disease progresses. The detailed knowledge of pathogenesis is very necessary to find the extent of Dosha and Dushya vitiation, involvement of Avayava, Srotas and prognosis of the disease.

Samprapti of Apeenasa can be understood by studying it under two headings,

- Samanya Samprapti of Nasaroga
- Vishista Samprapti of Apeenasa

Samanya Samprapti of Nasaroga

Due to the Nidana Sevana the Doshas initiated by the Prakopa of Vata Dosha causes various Nasarogas.

Vishista Samprapti of Apeenasa

According to Susrutha, Vata and Kapha attain Prakopa and leads to Apeenasa¹⁵. Acharya Gadadhara's opinion on Apeenasa as compiled by Vijaya Rakshita is apeenasa is a condition due to vitiation of Pitta and Kapha.

Acharya Susrutha, Madhavakara, Yogaratnakara and Bhavaprakasha have followed Charaka's view.

Sanchaya Avastha

Excessive use of Dosha Prakopaka Nidana causes accumulation of Dosha in its own place. This is known as Chayavastha. The indulgence in various Nidanas mentioned earlier lead to the accumulation of Vata and Kapha Dosha.

Some specific Nidanas like exposure to Raja, Dhooma etc may cause Khavaigunya in the Nasa which may become the site of localization of Prakopita Dosha in the later stage of Samprapti.

Prakopa Avastha

Further indulgence in the Nidana leads to the Prakopa of Vata and Kapha Dosha. Here, Vata is vitiated with its Ruksha, Sheeta, Khara properties and Kapha gets vitiated with its Snigdha, Sheeta, shlakshna, Mritsna properties.

Prasara Avastha

In this stage Prakopita Dosha is carried all over the body by Vata.

Sthanasamshraya Avastha

In this stage, the Prakopita Dosha gets lodged at the site of Khavaigunya, which is caused by the specific Nidanas. In Apeenasa, as Khavaigunya occurs in the Nasa, the vitiated Vata and Kapha gets localized in this site. The premonitory symptoms of the disease will be seen in this stage.

Vyakti Avastha

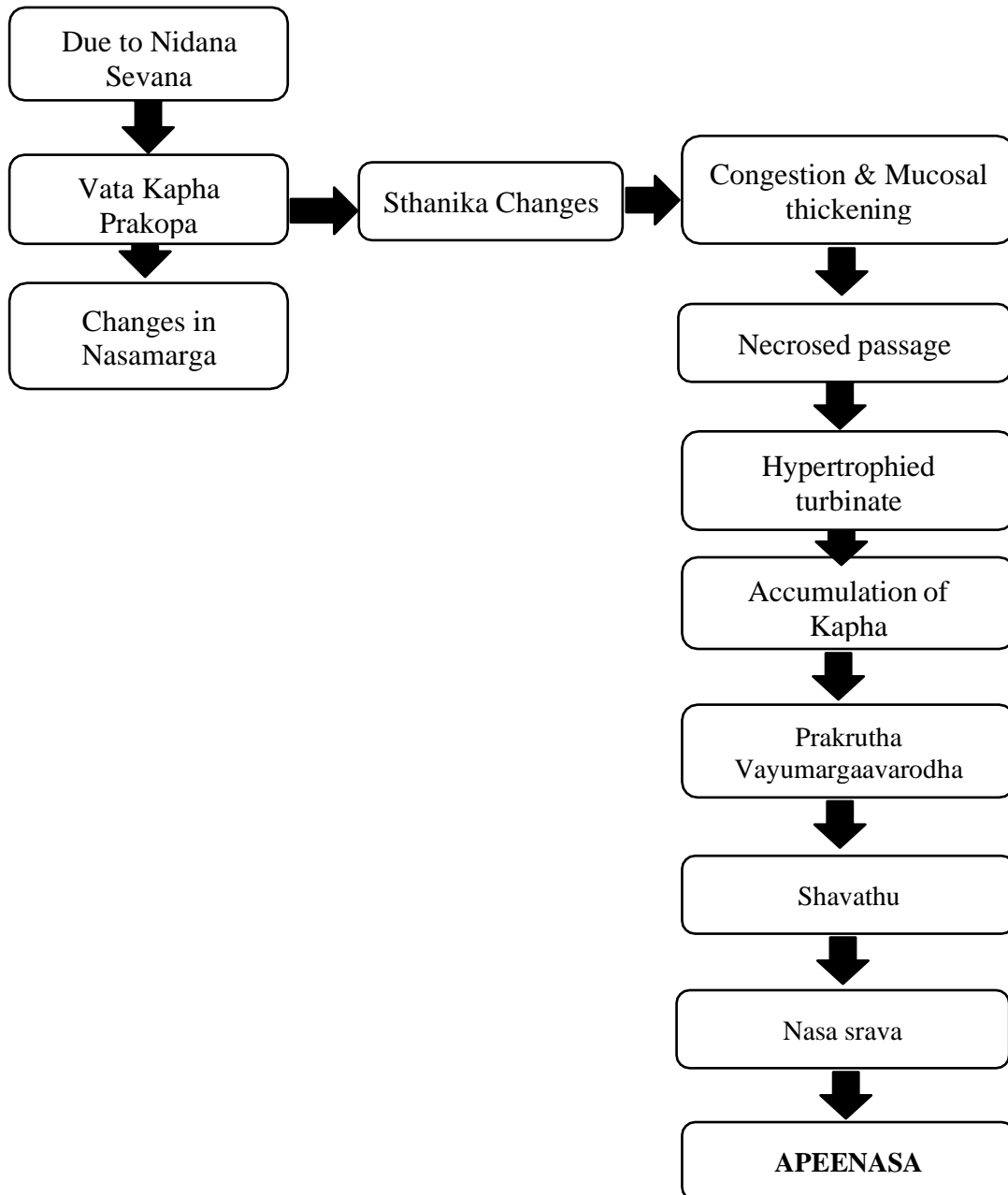
The complete manifestation of the signs and symptoms of the disease is seen in this stage. Apeenasa manifest completely in this stage.

Bheda Avastha

If the disease is neglected in this stage, it becomes chronic and may lead to various complications.

Samprapthi of Apeenasa

Figure No. 01.



Samprapti Ghataka

- **Dosha:** There is difference of opinion in Dosha Pradhanatwa of Apeenasa.
- ✓ Vata and Kapha – Charaka
- ✓ Vata and Kapha – Susruta
- ✓ Kapha, Vata and Pitta – Dalhana
- ✓ Kapha and Vata – MadhavaNidana
- Dushya : Rasa
- Adhistana: Nasa
- Vyakta sthana: Nasa
- Rogamarga: Madhyama



Poorvarupa

Purvarupa are the premonitory symptoms of the disease which are observed before the complete manifestation of the disease. No reference is available regarding Poorva Rupa of Apeenasa in the classics. But in the context of Prathishyaya, Acharya Charaka explains that, if Prathishyaya is neglected, it will lead to Apeenasa. Hence, we can consider the Purvarupa of Prathishyaya here.

Acharya Vagbhata, Charaka & Kashyapa have not mentioned the Purvarupa of Prathishyaya. Acharya Sushruta and Videha have mentioned Purvarupa of the Prathishyaya which are as follows –

Table No. 06. Purvarupa of Prathishyaya / Apeenasa.

SL.	Purvarupa of Prathishyaya/Apeenasa	S.S.	V.S	Y.R.
01.	Shirogurutva (Heaviness of the head)	–	+	+
02.	Kshavathu (Sneezing)	+	+	+
03.	Angamarda (Bodyache)	+	–	+
04.	Parihristaromata (Horripilation)	+	–	+
05.	Stambha (Stiffness in nose)	+	–	+
06.	Nasa Dhumrayana	–	+	–
07.	Taluvidarana	–	+	–
08.	Kanthodwamsa	–	+	–
09.	Mukhasrava	–	+	–
10.	Manthana	–	+	–
11.	Shiropurnata	–	–	+

Rupa

Rupa of a disease appears at the stage of Vyaktavastha.

Lakshanas of Apeenas according to various Acharyas are given in the table:

Table No. 07. Rupa of Apeenasa.

SL.	Rupa	C.S.	S.S.	M.N.	A.H&A.S
01.	Anaha	+	+	+	--
02.	Nasadhoomayana	+	+	+	--
03.	Prakledana	+	+	+	+
04.	Shoshana	+	+	+	--
05.	Gandha Ajnanata	+	+	+	--
06.	Rasa Ajnanata	+	+	+	--
07.	Vatakaphaja Prathishyayokta lakshana	+	+	+	--
08.	Gurguraswasa				+
09.	Peenasadika Vedana				+
10.	Singanaka				+
11.	Kandu				
12.	Daha				
13.	Paka				

Almost all the Acharyas have explained that, Apeenasa is a condition where there will be Anaha in the nasa (nasal obstruction), associated with Shoshana (dryness) or Prakledana (sticky nasal discharge) with a feeling as though warm smoke is coming out of it, and inability to perceive the smell or taste of materials. It will also have other symptoms similar to that of Prathishyaya.

Dalhana commenting on the above verse mentions that, Nasanaha occurs due to the Shoshana of Kapha by Pitta; where as Bhavaprakasha considers it as the Shoshana of Kapha by Shwasa. Vijayarakshita, in Madhukosha Commentary of Madhava Nidana, explains the meaning of Nasanaha as Avabaddhatha. According to him, Vata does the Shoshana of

Kapha leading to Nasanaha.

As per Vijayarakshita, Dhoomayana means experiencing “Santapa” and Dalhana commenting on Dhoomayana considers Pitta is responsible for Dhoomayana.

Further Dalhana explains the meaning of Prakledana as Ardhabhava which is due to Kapha and Nasashushkata due to Pitta.

Vijayarakshita, commenting on Rasa Ajnanatha, explains that, the Dosha which is responsible for the commencement of Nasaroga causes the Dushti of Rasana and due to this, the perception of taste is affected. According to him, as there is



Avabaddhata, the person cannot perceive the smell. Further he explains that, ‘Prathishyaya Samana Linga’ can be considered as VataKaphaja Prathishyaya Lakshana.

The clinical features of Vataja Prathishyaya are Nasavarodha, Tanu Srava, Shosha in the Gala, Talu and Oshta, Toda in the Shankha Pradesha and the features of Kaphaja Prathishyaya are Sheeta and Shwetha Varnayukta Kapha Srava in large quantity, Shirogouravata, Shuklavabhasata, Shunakshi, and Kandu in the Kanta, Talu, Oshta and Shira.

Upashaya And Anupashaya

There is no reference regarding Upashaya and Anupashaya of Apeenasa.

Vyavachedaka Nidana

There are a number of other conditions, which can produce symptoms similar to those of Apeenasa, which need to be considered in the differential diagnosis. Few conditions among them are as follows –

Table No. 08. Vyavachedaka Nidana of Apeenasa.

Sl.	Apeenasa	Vataja prathishyaya	Kaphaja prathishyaya	Dushta prathishyaya
01.	Nasanaha	Anaddha, Pihita Nasa	–	Nasanaha
02.	Shoshana in the Nasa	Gala, Talu, Oshta Shosha	–	–
03.	Prakledana	Tanu Srava	Sheeta, Panduvarnayukta Bahu Kapha Srava	Prakledana
04.	Dhoomayana	–	–	–
05.	Gandha Ajnanata	–	–	Gandha rasa Ajnanata
06.	Rasa Ajnanata	–	–	–
07.	Shanka Toda	Shanka Toda	–	–
08.	Kshavatu	Kshavatu	–	–
09.	Swaropaghata	Swaropaghata	–	–
10.	Vaktravairasya	Vaktravairasya	–	–
11.	Kandu in the Kanta, Talu, Oshta and Shiras	–	Kandu in the Kanta, Talu, Osha and Shiras	–
12.	Shiro Gourava	–	Shiro Gourava	–
13.	–	–	–	Durgandhita Shwasa

Upadrava Of Apeenasa

The references regarding the Upadrava of Apeenasa are not available in the classics. But generally Dushta Prathishyaya and Shirorogas are said to be the Upadravas of Nasarogas.

Chikitsa Vivechana

Ahara

Various dietary articles are advocated in Apeenasa –

- Intake of Teekshna, Alpa and Laghu Ahara.
- Intake of Ushna Jala.
- In Apeenasa of recent onset, the combination of Dadhi with Maricha and Guda is said to be beneficial and also food preparation with Gritha, Anna and Godhuma is to be given.
- After intake of food prepared with Vidanga and Godhuma the person suffering from Peenasa should drink Sheetala Jala before going to sleep.
- Ksheera boiled along with Panchamula is given to drink.
- Yusha prepared with Gritha, Guda and Vidanga is used.

Vihara

Patient is advised to stay in Nivatagraha as Vihara which has been advocated in Samanya Nasaroga Chikitsa.

Chikitsa

- Vamana and Virechana are followed after Snehana and Swedana in the patients of Apeenasa.
- Intake of Guda & Maricha along with Dadhi is an effective measure in Apeenasa
- Dhoomapana is to be advised by considering the Dhoomapana Kala.
- Dhooma and Avapida Nasya are advised with Katu Rasa Dravya
- Avapida Nasya is administered with Hingu, Trikatu, Indrayava, Sveta Punarnava and Laksa, seeds of Surabhi, Katphala, Vaca, Kusta, Shigru and Vidanga.
- Sarshapa Taila cooked with above drugs along with cow’s urine is also used for Nasya.
- Nasya is administered with Taila prepared out of Haridra, daruharidra, murva, pippali, jatipatra and danti.
- Kalinga, Hingu, Maricha, Laksa, Tulasi, Katphala,



- Vaca, Kusta, Shigru and Vidangaalong with Cow's urine and Sarshapa taila is used for Nasya and the same can also beused as Avapida Nasya.
- Katphala, Pushkaramula, Srngi, Vyosha, Dhanvayasa and Karavi are powdered and taken along with Adraka Swarasa or the Kashaya of these drugs can be used in Peenasa.
 - Surasadi thaila Nasya -oil prepared with Surasa, Vyosha, Kusta, Katphala, Vidanga & Laksha and Sarshapa Thaila
 - Vyoshadi Churna – Oil cooked with Vyaghri, Danti, Vacha, Sigru, Surasa, Trikatu and Saindhava is put into the nose.
 - Vyoshadi Vati – Trikatu, Chitraka, Talisa, Tinthidika, Amlavetasa, Chavya, Ajaji are taken in equal quantity, Twak, Ela, Patra is taken in 1/4th part each. This Churna and added with Purana Guda and Vati is prepared. This cures Peenasa Roga.

- Chitraka and Haritaka are taken in equal quantity and administered in the form of Churna or Kwatha.
- **Patadi Taila** – The Kalka of Pata, Haridra, Daruharidra, Murva, Pippali and Jati Pallavais boiled along with Taila.
- Shadbindu Ghritha – Bhringaraja Lavanga, Madhuka, Kusta and Nagara are boiledalong with Goghrittha. This cures the Peenasa Roga.
- Kalingadi Avapida – Kalinga, Hingu, Maricha, Laksha Swarasa, Katphala, Kushta, Shigru, Vidanga are used for Avapida Nasya.
- **Pathya and Apathya :**
- Various dietary regimens, conducts, medicaments and the treatment modalities which are Patya (helpful) and Apatya (hazardous) for the patient suffering with Nasaroga are listed below.

Table No. 09. Pathyapathya for Nasaroga / Apeenasa.

SL.	Pathya		Apathya	
01.	Aharaja	Upacharaja	Aharaja	Viharaja
02.	Purana Yava	Snehana	Drava ahara	Snana
03.	Purana Shali	Swedana		Krodha
04.	Kulatta Yusha	Shiroabhyanga		Mala avarodha
05.	Mudga yusha			Mutra avarodha
06.	Gramyamamsarasa			Vata avarodha
07.	Jangala mamsarasa			Sleeping on floor
08.	Vartaka			
09.	Kulatha			
10.	Shigru			
11.	Karkoti			
12.	Bala mulaka			
13.	Lashuna			
14.	Dadhi			
15.	Taptambu			
16.	Varuni			
17.	Trikatu			
18.	Katu, Amla, Lavana Rasayukta, Snigdha, Ushna and Laghu Bhojana			

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