INTRODUCTION
Pratishyaya is major health problem in childhood age. The long term complication of disease may involve Badhirya, Andhata and Ghrananasa. Modern medical science resembles Allergic Rhinitis as Vataja Pratishyaya. The common sign & symptoms of disease involve; obstacle of nasal passage, itching on nose & eye, throat irritation, continuous sneezing & sometimes fever. As per Ayurveda there are various factors which lead to the allergic rhinitis such as; Kapha dosha, Mandagni, Virudh aahara, dust, animal contact, environmental factors, adverse drug reaction, autoimmune responses and infections. As per traditional science of medicine Pratishaya may be sub classified as; Vataja pratishyaya (Sneezing & Nasal congestion), Kaphaja pratishayha (Breathlessness), Kaphaja-Vataja pratishyaya (Nasal discharge), Vataja -Kaphaja Pratishyaya (Headache) and Kaphaja - Raktaja pratishyaya (Nasal itching). As per traditional science of medicine Ama may also leads Allergic rhinitis; Ama disturbed Rasa and Rakta Dhatu leads to the Pratishyaya.

The modern view elaborate pathogenesis of Allergic rhinitis in children as inflammatory responses of inner lining of nose may be due to the allergens. Weak immunity also considered as responsible factor for Allergic rhinitis.

Ayurveda suggest line of treatment for the management of which encompasses use of Nasya (to control Vata Dosha) along with medicines & Shodhan therapy for Rasa-Rakta which results enhanced systemic strength (Bala) and Vyadhi shuddhi.1-6

Katphaladi Kwatha and Anu Taila Nasya for Vataja pratishyaya
Nasya is Shodhana procedure mainly utilized for Uttamanga Shuddhi. Research investigations proved efficacy of various Ayurvedic approaches for the management of Vataja Pratishyaya including use of Katphaladi Kwatha and Anu tail nasya. Katphaladi Kwatha and Anu tail nasya offers significant relief in symptoms of Vataja Pratishyaya due to their Suksham and Vyavayi guna. Anutaila possess capacity to cover minute channels of tract and its inflammatory effect on nasal mucosa. Katphaladi Kwatha having properties hence to their Agni vitiation. It also boosts Agni and thus helps to retain the Samyaka Dhatu Parinama which is essential for immunity. Katphaladi Kwatha having anti-inflammatory property & antibacterial activity therefore prevents chancs of infections & recurrence of the Vataja Pratishyaya. An investigational study proved that Katphaladi Kwatha and Anu Tail possess Vataja Pratishyaya Shamana property, Anu Tail specifically relief symptoms like; Kshavathu, Nasavarodha, Tanusrava, Gandhahani and Kandu while
Katphaladi Kwatha relieve nasal congestion, Kasa, Swarbhedana and Shirahshoolaa (Headache). [8-9]

**Vidangadi Taila Nasya & Vidaryadi Ghrita for Vataja pratishyaya**

Literature proved role of Vidangadi Taila Nasya & Vidaryadi Ghrita in the management of Vataja pratishyaya. Vidangadi taila nasya perform Shodhana while Vidaryadi ghrita used as Shamaanoushadi. Vidangadi Taila consisted of Vayuvidanga, Saindava, Madhuka, Devadaruu, Trikathueach. Vidaryadi Ghrita made up of Vidari, Panchangula, Vrschikali, Devadaruu, Madgaparni, Kapikachhu, Shatavari, Jivaka, Jivanti, Rshabaka, Lagunpanchamula, Sariva. Formulations offers relief in symptoms associated with the disease such as; Jwaras, Kasa, Swasa, Pratishyaya and Trikaprushta Graha. The Vidangadi Taila Nasya & Vidaryadi Ghrita help to balance Vata and Pitta, control Kandu (itching) relieve Shula (pain) and open up nasal passages. [8-9]

**Panchakarma for Vataja pratishyaya**

Panchakarma may be used as Shodhana Chikitsaa which offers relief in chronic condition of Vataja pratishyaya. Vamana Panchakarma helps to clear Shrotas and opening of nasal passage. It detoxifies toxins and improves circulation thus relieve symptoms of disease. The literature also proved efficacy of Virechana in Vataja pratishyaya if administrated followed by Vamana, this control Ama maintain Tridoshic balances, improve digestion and boost strength of respiratory tract.

**Ayurveda formulation for Vataja pratishyaya**

Anand bhaivara rasa, Narada lakshmi vilas rasa, shrignarabharaka rasa, tribhuvan kirti rasa, Mayur shringa bhasma, Abhraka bhasma, Lavangadi pills, Marichayadi and Sitopaladli choormaa.

**Diet regimen for children suffered with Vataja pratishyaya**

Ayurveda suggested use of light food, lukewarm water, Kapha nashaka, Saindhav salt, legumes and soups etc to control disease condition while heavy food, congestive food, fermented food, cold food, sour food, non vegetarian food, sweets, banana, yogurt, ice creams, cakes and fast foods must be avoided.

**Dincharya for Vataja pratishyaya**

- Should rise early in the morning to avoid any problem of constipation
- Should remain clean and maintain hygiene to prevent chances of infections.
- Protection from possible allergens.
- Use of mask when exposure to the heavy polluter environmental condition.
- Should use warm water for bath & very cold water must be avoided.
- Continuous exposure to the sunrays must be avoided.
- Steam inhalation regularly.
- Virudha-Ahara must be avoided.

- Food stuff which possesses Kaphha dosha should not be used.
- Rest after work to calm down breathing.
- Habit of late night sleep must be avoided.
- Various types of Yoga should be involve in daily life routine to control disease prognosis such as; Ardha Chandrasana, Veerabhadrasana, Salamba sarvangasana, Setu bandhasana. [10-12]

**CONCLUSIONS**

Ayurveda described that Vataja pratishyaya is a pathological conditions & many children are affected by this problem throughout the world. Ayurveda mentioned various therapeutic approaches for disease control including balancing of Vata & Kapha Dosha, removal of constipation and protection from allergens.

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