



## An exploratory description of *pīnas Roga* (Allergic Rhinitis) Described in Sri Lankan Traditional Medicine

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### Abstract

*Pīnasa* is a most common disease and can be seen in every age category in the Sri Lankan society. *Pīnasa* is the term used in *Deshīya Chikitsa* (traditional medicine) found to be similar to *Apīnasa* in Ayurvedic medicine and Allergic Rhinitis on the basis of symptoms of modern medicine. Most of the people suffer physically and mentally from this disease. But till now there are no any specific treatments found in other medical fields for *Pīnasa*. For this present study, one of the stubborn diseases *Pīnasa* has been selected, which is well known for its recurrence and chronicity. Recurrence occurs when the *Doshās* are not evacuated from the body completely and such *Doshās* in their latent stage give rise to the same disease, whenever the etiological factors are favorable. This study is preliminary based on to search literature about the *Pīnasroga* and basic treatments described in Sri Lankan Traditional Medicine. The number of types of *Pīnas* are variable and there are 15, 18 and 19 according to this study and *Hisagallum* (apply paste on head), *Dhūma* (smoking), and *Karnapūrna* (ear drop) are the special treatment methods use in traditional medicine. Apart from these methods, *Kashāya* (decoctions), *Chūrma* (powders), *Guli* (tablets), *Kenda* (kanji), *Ālepa* (paste), *Nasya* (snuffing) and *Anjana* (Collyrium) are mentioned. Traditional physicians use many traditional oils for the treatment and among the decoctions *Vajrakānthikashāya* known as the best decoction for the *Pīnasroga*. Use of classical yoga exercises and prohibited of use warm water is the specially indicated for the *Pīnasroga* in traditional medicine in Sri Lanka.

**Key words:** *Pīnasa*, Allergic Rhinitis, *Deshīya Chikitsa*, Indigenous Medicine

### Introduction

According to Āyurveda, if somebody feels dryness, wetness or burning sensation on nostrils sometimes, it is unable to sense any odor or taste, apparently he is a person who is suffering from *Apīnasa*, caused by *Vata* and *Kapha*, and it seems very similar to “*Pratishya*” Symptoms<sup>1</sup>. This disease is correlation with Allergic Rhinitis in Modern Medicine<sup>2</sup>. Allergic Rhinitis is clinically defined as a symptomatic disorder of the nose induced by an IgE -mediated inflammation after allergen exposure of the membranes lining the

nose. Nasal irritation, sneezing and watery rhinorrhoe are the most troublesome symptoms of Allergic Rhinitis, but many people are suffering from itching of the eyes and soft palate and occasionally even itching of the ears. In Sri Lankan traditional medicine *Pīnasais* the term use for Allergic rhinitis. During studying present scenario, *Pīnasais* such a disease, which hardly leaves any person of any age group. Our social set up has changed in such a way that people don't hesitate to invite the disease by adopting almost all the means of food and behavior which now a days has become a status symbol so nobody can avoid them. All of them are the main causative factors behind the manifestation of *Pīnasa*. So such unhealthy pattern of life is definitely going to victimize the person and also it becomes inevitable to stop recurrence. So, such type of negligence pushes the disease to recurrence and then to chronic stage. According to Monierwilliams dictionary, *Pīnasa* means *Apīnasa* (dryness of the nose)<sup>3</sup>. But there is no clear definition on *Pīnasroga* according to the traditional medicine literature in Sri Lanka. This study is preliminary based on to search literature about the *Pīnasroga* in Sri Lanka, and to introduce *Deshīyapīnasprabedha* (types of *Pīnasroga*) and basic treatments described in Sri Lankan traditional medicine.

## Observation & Results

The information collected from *DeshīyaChikithsa* Literature (Sri Lankan traditional medicine) there are various classifications of *Pīnasroga*. The literature mentioned 15, 18 and 19 types of *pīnasroga*. According to *ParaniPīnas Veda Potha* (ancient medicine book of *Pīnasa*), there are 15 types of *Pīnasroga* and other traditional medicine physicians are told that there are 18 types of *Pīnasroga*. Some practitioners residing in the coastal area in Sri Lanka are mentioned that there are 19 types of *Pīnasroga*. Table 1 is mentioned the names of the types of *Pīnasroga*.

**Table 1: Names of the types of *Pīnasroga*.**

15 types of <i>Pīnasroga</i>	18 types of <i>Pīnasroga</i>	19 types of <i>Pīnasroga</i>
1. <i>Ksheenavāyupīnasa</i>	1. <i>Grahanipīnasa</i>	1. <i>Grahanipīnasa</i>
2. <i>Pūthigandhapīnasa</i>	2. <i>Layapīnasa</i>	2. <i>LayaPīnasa</i>
3. <i>Vātapīnasa</i>	3. <i>Molagandhapīnasa</i>	3. <i>MolakandaPīnasa</i>
4. <i>Kola pīnasa</i>	4. <i>Kandamālapīnasa</i>	4. <i>Kandamālapīnasa</i>
5. <i>Raktapīnasa</i>	5. <i>SeleshmajwaraPīnasa</i>	5. <i>SeleshmajwaraPīnasa</i>
6. <i>Pratisyāyapīnasa</i>	6. <i>Pith pīnasa</i>	6. <i>Pith pīnasa</i>
7. <i>Iraththadipīnasa</i>	7. <i>Sempīnasa</i>	7. <i>Vanapīnasa</i>
8. <i>Mānsapīnasa</i>	8. <i>Tālupīnasa</i>	8. <i>Nāgapīnasa</i>
9. <i>Arbudapīnasa</i>	9. <i>Arbudapīnasa</i>	9. <i>Sem Pith pīnasa</i>

10. Karappudipīnasa	10. Gal pīnasa	10. Gal pīnasa
11. Kandamālapīnasa	11. Sūlankandapīnasa	11. Sūlakandapīnasa
12. Jvarapīnasa	12. Sannipāthapīnasa	12. Sannipīnasa
13. Nāgapīnasa	13. Karuppuvatthilpīnasa	13. Gulmapīnasa
14. Sotupīnasa	14. Sotupīnasa	15. Sotupīnasa
15. Krimipīnasa	15. Panupīnasa	15. Panupīnasa
	16. Pāndupīnasa	16. Pāndupīnasa
	17. Aramanapīnasa	17. Aramanapīnasa
	18. Kiththarapīnasa	18. Dushtapīnasa
		19. Vātapīnasa

The signs and symptoms of the types of *Pīnas* are different to each type. Table 2 is showing the signs and symptoms of the types of *Pīnas*.

**Table 2: Signs and symptoms of the types of *Pīnasroga***

<b>Types of <i>Pīnas</i></b>	<b>Signs and symptom</b>
<i>KsheenavāyuPīnasa</i>	Feel like pulling upward inside the nose, Dryness of the nostrils, Bad smell coming from the mouth and nose
<i>PūtīgandhaPīnasa</i>	Unpleasant smell coming from the nose, Throbbing sensation inside the nose, Nasal sound is prominent when talking, Dryness of nose and head, Headache, Nasal discharge looks like sesame oil, Severe pain of the head when expose to rain or mist
<i>RaktaPīnasa</i>	Frequent running nose, Burning sensation, Cough and chest pain
<i>SūlaPīnasa</i>	Increased of sneezing at night [not prominent in the day time], Nasal discharge comes to mouth, Always blowing the nose
<i>PratisyāPīnasa</i>	Watery nasal discharge, Nasal pain and nasal blockage, Swollen, Red eyes, Itching throat, Appearing acne on nose, Phlegm which comes to mouth mixed with blood, Breath through the mouth, Ear locks and

	Hearing loss
<i>ArbudaPīnasa</i>	Phlegm and blood comes from the nose, Headache and sore throat, Premature hair, <i>Pitta</i> Symptoms will pass to the head, Anosmia
<i>SotuPīnasa</i>	Cough and sneezing, Foul smell from the nose
<i>NāgaPīnasa</i>	Warm headed, Earache, Discharge from the nose and ears, Cold, Fever, Sneezing, Breathing difficulties, Body Pain
<i>KandamālaPīnasa</i>	Eye Redness, Pain in the neck and pain in cheeks, Heaviness of face, Nasal discharge, Always sweating
<i>JvaraPīnasa</i>	Fever and Headache, Difficulty in Hearing, Frequent Nasal Discharge, Excessive Sneezing, Eye Redness
<i>Pith Pīnasa</i>	Warm headed and Hearing difficulties.
<i>Sem Pith Pinasa</i>	Phlegm tend to increased, Feeling cold, Heaviness of the face
<i>LayaPīnasa</i>	Bad smell from the mouth, Internal damages in lungs, Ribs are clearly visible, Breathing difficulties
<i>MolakandaPīnasa</i>	Bad smell coming from the nose and Pus comes through the nose
<i>AramanaPīnasa</i>	Ulcerations inside the nose and cheeks, Phlegm is always present, Pain in the eye brows
<i>GrahaniPīnasa</i>	Blood and pus coming through the nose, Feels like a nail in the nose, Headache
<i>SanniPīnasa</i>	Pain and giddiness of the head, Red eyes, Ear pain, Fever, Blood and pus coming from the nose
<i>PānduPīnasa</i>	Head ache, abdominal discomfort, Stomach ache, Sneezing, Nasal discharge and excessive salivation.
<i>PanuPīnasa</i>	Abdominal discomfort, Excessive salivation, Vomiting, Blood and pus coming from nose
<i>Gal Pīnasa</i>	Pain in the eye brows, Dryness of the nose, Hearing disturbances and Warm of the head

The treatment schedule for the *PīnasRoga* has little different to each type. Table 3 shows the treatments prescribed for some *PīnasRoga*

**Table 3: Treatments prescribed for some *PīnasRoga***

<b>Types of Pīnas</b>	<b>Treatment schedule</b>
<i>LayaPīnasa</i>	<i>Kashāya</i> - for 7 days , <i>Hisagallum</i> –for 3 days in the morning, afternoon bath using tap water ( <i>Snāna</i> ), Oil application, <i>Snāna</i> , <i>Dhūma</i> - for 7 days
<i>KandamālaPīnasa</i>	<i>HisaGalwum</i> , <i>Snāna</i> , <i>Dhūma</i>
<i>AramanaPīnasa</i>	<i>HisaGalwum</i> , <i>Snāna</i> , <i>Dhūma</i> and <i>Ālēpa</i>
<i>DushtaPīnasa</i>	<i>Kashāya</i> and <i>Chūrna</i> , <i>Nasya</i> and <i>Dhūma</i> – for one week , <i>Snāna</i>
<i>VanaPīnasa</i>	<i>Dhūma</i> - for one week, <i>Hisagallum</i> - for 3 days , <i>Snāna</i> , Oil application– for 3 days
<i>VātaPīnasa</i>	Oil Application - for 7 days , <i>Snāna</i>
<i>Pith Pīnasa</i>	<i>HisaGallum</i> , <i>Snāna</i> , <i>Dhūma</i> - for one week
<i>Sem Pit Pīnasa</i>	<i>Hisagallum</i> - for 3 days , <i>Snāna</i> , <i>Dhūma</i> - for one week, Oil application, <i>Snāna</i> , <i>Nasya</i>
<i>PanuPīnasa</i>	<i>Dhūma</i> , <i>HisaGalwum</i> - for 3 days , <i>Snāna</i> , Oil application, <i>Snāna</i> , <i>KarnaPūrna</i>
<i>HotuPīnasa</i>	<i>Dhūma</i> , <i>Hisagallum</i> - for 3 days , <i>Snāna</i> , Oil application
<i>SūlakandaPīnasa</i>	<i>Dhūma</i> , <i>Hisagalwum</i> - for 3 days , <i>Snāna</i> , Oil application all over the body, <i>Karnapūrana</i> and <i>Nasya</i>
<i>Gal Pīnasa</i>	<i>Dhūma</i> , <i>Hisagallum</i> , Applying oil on head, <i>Karnapūrana</i>
<i>ArbudaPīnasa</i>	<i>Kashāya</i> , <i>Chūrna</i> , <i>Guli</i> , <i>Dhūma</i> , <i>Ālepa</i> and <i>Nasya</i>
<i>SanniPīnasa</i>	<i>Dhūma</i> , <i>Hisagallum</i> - for 3 days , <i>Snāna</i> , Body and oil application on head
<i>Pāndupīnasa</i>	<i>Dhūma</i> , <i>Hisagallum</i> - for 3 times a day, Oil application- for 7 days , <i>Snāna</i> , <i>Nasya</i> – using oil

The traditional physicians make special oils for *Pīnasroga* namely *Kusarājataila*, *Sambrāditaila*, *Devarājataila*, *Nandanāditaila*, *Visnāditaila*, *Yamakhantakataila*, *Brahma taila*, *Rathnāditaila*, *kāmataila* and they use regularly *Vajrakanthikashāya* as a special decoction. *Pārada* and *rasa aushada* are also used to treat *Pīnasa*. Classical yoga exercises are mentioned specially. *Kāyam* (kind of *Rasam*) and fish, pork, chicken cooked with salt and lime juice are usually given to the *LayaPīnas* patients. Feces of rabbits, hair, *Danduwelbeiti* (kind of wax produce by insect), *Sudulūnupothu* (the outer cover of bulb of *Allumstativum* L.), *Kaneyapani* (kind of honey produce by domestic bee) are also used for preparation of medicine. The traditional physicians are not indicating *Pūrva karma* or *Paschatkarma* for *Nasya karma*. The patients are advised to use water with room temperature to drink and bath during treatments and also luke warm milk is advice to drink and abstain to take hot water to drink and bath and salt and sour on meals.

## Discussion

According to the traditional medicinal literature in Sri Lanka there are various numbers of *Pīnasroga*. The signs and symptoms, types of *Pīnas* are different to each other. But the treatment schedules have some similarities. The treatments for the *Pīnasroga* can be divided into two categories. There are internal treatments and external treatments. The internal treatments include *Kashāya* (decoction), *Chūrna* (powders), *Guli* (pills) and *Kalka* (paste). The external treatments include *Shīrshaabhyanga* (applying oil on head), *Karnapūrana* (ear drops), *Hisagallum* (apply paste on head), *Dhūma* (smoking), *Nasya* (snuffing) and *Anjana* (Collyrium). Apart from these treatments, for the type of *Molakandapīnasa*, the traditional physicians make an incision on head before applying the medicinal paste. Some pastes are prepared using spoiled eggs. Most physicians prescribe *Snāna* that is having a bath in the evening time with room temperature water during the treatments. For *Pīnasroga*, traditional physicians use special oils for the treatment. These oils and *Vajrakanthikashāya* is the most common and regular treatment for the disease. *Rasa aushada* are also used to treat *Pīnasa*. Classical yoga exercises are prescribed for the patients. And for *Nasya karma*, *Pūrva karma* or *Paschatkarma* are not indicated for the patients. The patients also advised to do suitable and don't do unsuitable things especially use of warm water is opinion to abstain.

## Conclusion

In Sri Lankan traditional medicine literature has not mentioned a clear definition for the disease *Pīnasa* and not opined specific etiological factors for the *Pīnasroga*. There are controversial of the number of types of the disease. The Sri Lankan traditional medical field has some specialized generation for some diseases like *Unmada*, fractures and dislocation etc. But for the *Pīnasroga*, couldn't find the physician who descend from

specialized generation. Traditional medical practitioners practice numerous ways and means of prescribing treatments i.e. Evening Bath using tap water (water with room temperature) during the treatments. *Hisahallum* (apply paste on head), *Dhuma* (smoking), *Karnapoorna* (Ear drops) are the special treatment methods used in traditional medicine with specially prepared medicated oils and classical yoga exercises are prescribed to *Pīnasroga*. And also traditional medical practitioners are practicing characteristic treatment pattern and typical advice pattern (suitable and unsuitable).

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