

## Efficacy of Herbal Tea as a preventive measure for Allergic Rhinitis

K.P.P. Peiris<sup>1\*</sup> G.V.P. Samaranayake<sup>1</sup> M.P.R.S. Senadheera<sup>2</sup>

<sup>1</sup>Department of *Shalya Shalakya*, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya;

<sup>2</sup>Gampaha Wickramarachchi Ayurveda Hospital, Yakkala.

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 it's effects are explained in context of hereditary, *Viruddhahara*, *Dushivisha* and *Ritu Sandhi*. Various types of *Pratishyaya* are explained clearly in all *Samhita*'s. However, symptoms of *Vatajapratishyaya* like *Tanunasasrava*, *Shirahshoola*, *Kshavathu* 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 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 the allergic rhinitis like nasal obstruction, sneezing, itching. Therefore for most suitable as a preventive measure.

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**Corresponding author:** drpriyanip@gmail.com