

1. PRATIŚYĀYA (RHINITIS)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śuṅṭhī (Zingiber officinale)	Cūrṇa	3 gm BD	Honey	D.V. Vol. II, P.V. Sharma, Page-333
2.	Marica (Piper nigrum)	Cūrṇa	3 gm BD	Curd and Jaggery	B.R. Nāsāroga Adhikāra

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Citraka harītakī	Avaleha	12 gm BD	Water/ Milk	B.R. Nāsāroga

					cikitsā
2.	Śr̥ṅgyādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Hikkā Śwāsa Cikitsā
3.	Vyoṣādi Vaṭī	Vaṭī	1 gm, BD	-	S.S.Ma. K. 7/ 22-23
4.	Kaphaketu Rasa	Vaṭī	250 mg BD	Ārdraka swarasa	B.R. Jwara Cikitsā
5.	Lakṣmīvilāsa Rasa	Vaṭī	250 mg BD	Honey	B.R. Rājaya- kṣmā Cikitsā
6.	Aṇu Taila	Taila (Nasyā rtha)	2 drops	-	S.Y.Pa. P./5

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śālī rice	

Pulses	Kulattha, green gram (mudga)	
Fruits & vegetables	Paravala, drum stick (śigru), radish, garlic	
Others	Hot freshly prepared food, jaggery, powder of roasted cereals (sattu), harītakī, ṣaḍaṅgayūṣa, ṣaḍabindu taila, cyavanaprāśa	
Life style	Lightening, drinking of clarified butter (ghṛta), sudation, therapeutic emesis (vamana), snuffing (avapīḍana nasya)	Use of excessive cold water for drinking and bathing, excessive worry (atyadhika cintā), intake of alcohol, dry food, suppression of natural urges, day sleeping, sleeping on the ground.

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.

3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.