

Scope of Clinical Practice of ENT Disorders in Ayurveda

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INTRODUCTION

- ❑ Shalaky tantra is one among Ashtanga Ayurveda, dealing with the study of diseases occurring above the jatru, which includes shiras, karna, nasa, netra and mukha and their management.
- ❑ Shalaky tantra mainly deals with the preservation and restoration of the health of indriyas.
- ❑ In fact, this branch involves head, eye and dental diseases also. By definition, it deals with disorders of organs above the clavicle or collar bone (Urdhwa jatrugata roga).
- ❑ As these are vital organs (uttamaanga), the branch is also called uttamanga chikitsa.
- In our classics, detail explanation of sense organs is explained. It contains detailed explanation of 76 types of eye diseases
- Ear Disorders - 28
- Nose Disorders - 31
- Head Disorders - 11 and
- Disorders of mouth including throat, dental-67 etc.

SHIRO ROGAS

- ❖ Ayurveda has given prime importance to Shirah, considering it as one of the three principal vital organs of the body where the Prana or life resides.

- ❑ The chief complaint regarding Shiroroga is Sirahshoola or Headache which is an almost universal human experience.
- ❑ Sushruta and Sharangadhara have described 11 types of Shiroroga and
- ❑ Vagbhatta has described 19 types of Shiroroga
- ❑ The treatment of shirorogas consists of
 - Snehapana with chatuh-sneha to be taken in
 - Uttamamatra, Kayavirecana, Shirovirecana, Nadisweda, Niruha and Anuvasanavasti, Upanaha, Lepa, Shirobasti, Raktamokshana and Dahana Karma.
- ✓ The important systemic medications are pathyadi kwath, dashmool kwath, varunadi kwath, dashmool ghrita, ashwandhadi ghrita, pathyadi guggulu. Etc.
- ✓ The nidana parivarjana is important along with the treatment hence cultivating regular sleeping and eating habits, not skipping meals, avoiding prolonged fasting, limiting caffeine consumption to less than two beverages per day, avoiding bright or flashing lights help in controlling the headaches like migraine etc.

The various therapies which are beneficial in shiro rogas are as follows:

- ✓ Shiro Abhyanga
- ✓ Shiro Pichu
- ✓ Shiro Lepa

NASA ROGA

- ❑ Today nose may be considered as the most abused organ in the body as it has to face the pollutants and clean, warm and moisten the air before it is sent to the lungs.
- ❑ In nasa roga adhikara, detailed description is given pertaining to symptomatology, pathogenesis and management of diseases pertaining to nose.
- Pratisyaya is an important disease which considerably attracted the ancient physicians, which is quite evident from the detail description available in all the ancient samhitas.
- ❑ Ayurveda has suggested various treatments for pratisyaya like
 - ❖ Nasya, Rasayana, Ghritapana, Mamsa Rasa Sevana etc.
 - ❖ Shiro Virechana or Nasya is considered to be the best treatment for urdhvajatrugata vikaras and is the treatment of choice in nasagatarogas (Nasal disorders).

- ❖ Rasayana therapy increases immunity, builds up resistance and decreases the inflammation.
- ❖ The line of treatment includes oushadha (pathya, shamana, shodhana) shastra and anushastra.
- During pregnancy many women complain of congested nose due to increased blood flow.
- Sinusitis is the inflammation of para-nasal sinuses because of infection due to cold or allergic episode.
- Apart from infection, there may be some other factors, which can hamper drainage of sinuses like,
 - ❖ structural abnormality of the nose,
 - ❖ turbinate hypertrophy, polyps,
 - ❖ adenoids, third molar tooth infection, nasal trauma or foreign bodies.

The treatment of nasal discharge - mahalakshmvilasa rasa, tribhuvanakirti rasa, etc.

- ✓ Steam inhalation is very helpful as it removes the trapped secretion from the sinuses and reduces mucosal edema and congestion.
- ✓ Regular consumption of thalesapatradilehya, vyaghryadilehya, mridweekadilehya etc. builds immunity and resistance.
- ✓ Other procedures like;
 - Nasa Pichu
 - Dhoomapana
 - Nasapana or Jalanethi

KARNA ROGAS

- The disorders of ear can be divided into external ear, middle ear and inner ear disorders.
- ❑ Line of treatment depends on cause of deafness starting from wax to retro-cochlear lesions.
- ❑ The nasya karma with dhanavaantri taila, kseerabalatailaets helps in sensory neural deafness along with rasayana chikitsa with dashamoolaharitamulehya, brihat chagalyadya ghrita, ashwagandha avaleha etc.

- Internally, the medicines like kseerabala capsule, dashamoolarishta, sarivativati can be given.
- Other procedures like;
- Karna dhoopanam
- Karnapooranam
- Karna avachooranam
- Karna Pichu

- **MUKHA ROGAS**

The oral cavity can be a mirror image of other areas of the body and many systemic illnesses are manifested in the soft tissues of oral mucosa of the mouth.

- Gandusha and Kavala–

- Tilataila gandusha
- Triphala gandusha

Gandusha with salt water with tankana bhasma and medicated gargle prepared from decoction of yashti, haritaki, triphala kwatha or khadira arishta is beneficial.

IMPORTANCE OF RASAYANA IN ENT DISORDERS

Rasayanas possess medhya, brumhana, tarpana action which restores the normal functioning and corrects the pathologies of urdhwa jatrugata angas.

Simple Tips for Common Problems

- If there is impacted wax in the ear, use drops of garlic or warm coconut oil to dissolve the wax and remove it slowly.
- Garlic and onion regularly used in the food help to prevent common colds and coughs.
- Milk boiled with pepper, turmeric and yashti help to relieve sore throat.
- Ginger tea relieves nasal congestion effectively.
- Fumes from burnt turmeric or guggulu helps to relieve running nose and nasal congestion. Fumes can also be held for the ears to relieve ear pain.

- ❑ Tea prepared with tulsi, pepper and ginger helps to relieve nasal congestion, sneezing, feverish feeling and tiredness associated with viral infection.
- ❑ Yashtimadhu and vacha rubbed with honey is given for children in cough and cold.

CONCLUSION

- Hence a common person should understand the necessity of early consultation with the doctor regarding ENT complaints as they can affect the related organs.
- Common cold or ear pain is better not neglected as trivial.
- Ayurveda offers better solutions in management of ENT disorders and hence unnecessary surgical interventions can be avoided.
- Use of dhoomapana in routine practice removes the vitiated doshas from the urdhva jatru.
- Sleeping in supine position facilitates the smooth function of the sense organs.
- Routine practice of moordhni taila prevents the aakalavalipalita, strengthens the sense organs, brightens the face and prevents shira and kesha vikaras.
- Use of shirastrana, chhatradharana prevents the exposure of the uttamanga directly to heat, cold and rain.
- Thus patya apatya, dinacharya, rutucharya, sadvrittapalana etc. are very helpful in preventing the manifestation of ENT disorders.