



Review Article

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GENERAL REVIEWS ON *URDHWAJATRUGATA VIKARAS* AND DRUGS RECOMMENDED FOR THEIR MANAGEMENT

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Abstract

This review article explores all holistic approaches in the management of Ear, nose and throat disorder, providing deep analysis about diagnosis, prevention and treatment of ENT disorder. Ayurveda medicines play vital role towards the management of these disorders and *Rasa Aushadhi* is one of the category that offers unique response in the management of such types of condition. The management of ENT diseases comes under the heading of *Shalakya tantra* that involves disease which occurs above part of clavicle bone. *Kriyakalpa* procedures like *Anjana*, *Bidalaka* and oral medications like *Shirashoolavajra ras*, *Sutasekar ras*, *Saptamruta lauha* and *Laxmivilas ras*, etc. provides appreciable therapeutic responses in various *Urdhwajatrugata vikaras*. Present article summarizes general views on the management of ENT diseases focussing the role of *Rasa Aushadhi* and other medicines recommended for the treatment of *Urdhwajatrugata vikaras*.

Key-Words: *Ayurveda, Urdhwajatrugata vikaras, ENT, Rasa Aushadhi, Shalakya tantra*

Introduction

Shalakya Tantra deals with those organs located above the *Jatru* and ENT branch of modern science can be correlated to the *Shalakya Tantra*. This branch works around the health restoration of ear, nose and throat. The ear, nose and throat constitute vital interconnected organs in our body. Disruptions in these organs affect daily life and may lead medical emergencies. Pharyngitis, infective rhinitis, infection in ear, myopia and cataract, etc. are major diseases of this category. ENT disorders occurs mainly due to the factors such as malnutrition, unhealthy eating habits, poor hygiene and weakened immunity, etc [1-4].

In the Ayurvedic medical system, *Rasa shastra* dedicated to the preparation of *Rasa aushadis*, these formulations undergo specific processing methods like *Sodhana* and *Marana* to eliminate toxic effects, ensuring their safe and therapeutic application. These medicines also contribute in the management of ENT diseases. *Shirashoolavajra ras*, *Laxmivilas ras*, *Kaphaketu ras* and *Sutasekar ras*, etc. are drugs of this category that can be used for the management of various *Urdhwajatrugata vikaras* [4-6].

Disorder related with *Urdhwajatrugata vikaras* are as follows:

➤ *Shiropaga*

- Migraine
- Cluster Headache
- Stress Headache
- Trigeminal Neuralgia

➤ *Karnaroga*

- Deafness
- Tinnitus
- Infection

➤ *Nasaroga*

- Allergic Rhinitis
- Sinusitis
- Epistaxis

- Nasal allergy

Symptoms of ENT problems:

- ✚ Difficulty in breathing
- ✚ Trouble in swallowing
- ✚ Discharge from the nose
- ✚ Problem in hearing
- ✚ Ringing sound in the ears
- ✚ Pain in the ears
- ✚ Swelling in the neck region

Ayurveda Treatment for ENT disorders:

Certain *Kriyakalpa* procedures as mentioned in **Figure 1**, indicated for the management of ENT disorders. *Anjana*, *Bidalaka*, *Aschyotana* and *Karnapurana*, etc. are major approaches of Ayurveda that helps in the management of ENT disorders [6-8].

Treatment for ear disorder	<ul style="list-style-type: none"> • <i>Karnapurana</i> • <i>Karnadhoopana</i> • <i>Karnaprakshaalana</i>
Treatment for Eye disorder	<ul style="list-style-type: none"> • <i>Netra pariseka</i> • <i>Anjana</i> • <i>Aschyotana</i> • <i>Netra Kriyakalpa</i>
Nose disorder	<ul style="list-style-type: none"> • <i>Dhoomapana</i> • <i>Nasya</i>

Figure 1: Ayurveda approaches for ENT diseases.

Role of Medicines and *Rasa Ausadhi* in ENT problems:

Some *Rasa ausadhi* which prescribed for ENT disorder includes *Ekangveer ras*, *Sameer pannag rasa*, *Mahavaatvidvansan rasa* and *Yograj guggulu*, etc. The drugs

possessing *Madhura* and *Kasaya ras*, *Sita virya*, *Grahi* and *Snigdha Guna* along with *Lekhana karma* considered useful for the management of ENT disorders. Herbs having anti-oxidant, anti-bacterial, anti-inflammatory and anti-microbial properties can be used to manage diseases of ear, nose and throat. Herb act as natural pain killer used as analgesic for various ENT problems.

Guggul, *Sarivadi Vati*, *Arogyavardhini*, *Indu Vati*, *Tankan Shudh*, *Shirshool Vajra Rasa*, *Kaphketu Ras*, *Ekangveer Ras*, *Sutshekhar*, *Kamdugdha*, *Laghu Malini Vasant*, *Shawakuthar Ras*, *Maha Vatvidhwas Ras* and *Bolbadh Ras* are important drugs recommended for the management of ENT disorders in Ayurveda.

Rasaushadhis offer advantages of high bio-availability, quick action with a minimal dosage and high efficacy therefore provides rapid response in ENT problems. These drugs reach the target site within a short duration of time. The particles enter the *Srotos* penetrate deeper tissues and eliminates the toxic substances. *Rasaushadhis* provides strength to the organ and improves physiology of sense organs [5-7].

✚ *Ras Candrika vati* for *Pinasa*

✚ *Parvati ras* for *Timira*

✚ *Bhairav ras* for *Karna rogas*

✚ *Kharpara bhasma* along with *Vamsalochana* cures the diseases of *Kasa* and *Swasa*.

✚ *Sudha souviranjan* and *Masa* of *Karpura* is used as *Anjana* in *Timira*.

✚ ***Ekangveer ras*** helps to strengthen muscles and nerves of body. This helps to treat hemiplegia and brachial neuralgia, etc. ***Ekangveer rasa*** stimulates inactive nerves of ears and relieves excessive pain in various ear, nose and throat disorders.

✚ ***Sameerpanag ras*** used in the treatment for ENT problems, this helps to relieve excessive congestion of respiratory tract and help to aid with various nasal problems.

✚ ***Mahavaatvidvansan rasa*** is very effective for treating aches, pains and neuralgia.

✚ ***Eranda*** used in the treatment for ENT disorders that is very powerful anti-oxidant herb, it fight against toxins and prevent infections of these organs of the body. This

herb helps in natural healing of injuries of ear, nose and throat and other organs of body.

- ✚ **Shallaki** is also beneficial remedy for sufferers of regular nasal bleeds. It is considered good for mouth and throat related disorders.
- ✚ **Ashwagandha** used for ENT problems since it is very useful herb for stress and prevent chances of headache and migraine. It helps to improve immunity and fight against serious infections of ear, throat and nose.
- ✚ **Yograj guggul** reduces pain and inflammation, it boosts immunity and to expel out toxins that are causing infections of ear, throat and nose.
- ✚ *Shirashoolavajra rasa* is effective in treating *Ardhavabhedaka*
- ✚ *Kasisadi Anjana* is effective in *Puyalasa*
- ✚ *Saptamruta loha* and *Gandhaka kalpa* offer *Dristiprasadaka* property
- ✚ *Malla sindur ras* cure *Kasa*, *Swasa rogas* and *Dusta pratisyaya*, etc.
- ✚ *Rasa mankiya ras* considered useful for *Swasa* and *Kasa*, etc [7-10].

Conclusion

Ayurvedic remedies play a crucial role in addressing disorders, particularly in the management of conditions related to the ear, nose, and throat (ENT). Among the various categories of Ayurvedic medicines, *Rasa Aushadhi* stands out for its unique effectiveness in managing such conditions. The treatment of ENT diseases falls under the purview of *Shalaky Tantra*, which deals with ailments occurring above the clavicle bone. Procedures like *Anjana* and *Bidalaka*, along with oral medications such as *Shirashoolavajra ras*, *Sutasekar ras*, *Saptamruta lauha*, and *Laxmivilas ras*, among others, exhibit notable therapeutic responses in addressing various *Urdhwajatrugata vikaras*. The *Rasa Aushadhis* helps in treating *Urdhwajatrugata vikaras* since these nano-particles offers advantages over other formulations like; quick action, palatability, high efficacy and requirement of minimal dosage.

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