



AYURVEDIC PERSPECTIVE ON ENT DISEASES AND THEIR MANAGEMENT W.S.R. TO PREVENTIVE ROLE OF *SWASTHAVRITTA*

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Abstract

Shalakyatantra is a branch that deals with diseases of body parts belonging from the above of neck region. *Shalakyatantra* specifies diagnosis, causes and treatment of diseases of nose, ear, throat and eye. Rhinitis, tonsillitis, sinusitis and laryngitis, etc. are major diseases of this branch as per the modern science. Similarly *Timir*, *Drushti Roga*, *Netra Roga*, *Jivha Roga*, *Oshta Roga*, *Gand Roga* and *Talu Roga*, etc. are some diseases described in *Shalakyatantra*. *Shiro Abhyangam*, *Mukh Abhyangam*, *Swedanam*, *Shirodhara*, *Nasya* and *Dhoopanam*, etc. are major approaches used for the management of common ENT disorders. The concepts of *Swasthavritta* also provide preventive effects against the management of ENT disorders. Considering this present article describes a general overview on ENT disorders and their management with special reference to the role of concept of *Swasthavritta*.

Key-Words: *Ayurveda, Shalakyatantra, ENT, Netra, Swasthavritta, Karna*

Introduction

The *Shalakyatantra* deals with the *Urdhvanga chikitsa* which mainly involves consideration of diseases of specific body parts such as; ear, nose and throat (**Figure 1**). The ENT disorders in Ayurveda are mainly classified under the heading of following categories:

- ✓ *Mukharoga*
- ✓ *Karnaroga*
- ✓ *Nasaroga*
- ✓ *Netraroga*

Shalakya tantra suggested different approaches for the management of these diseases which includes some surgical as well as parasurgical approaches along with utilization of topical and oral medicines. *Sukhasana, Trikonasana, Bhujangasana, Padmasana* and *Dhanurasana*, etc. are some *Yoga Asana* which can be used to restore health of ear, nose and throat [1-4].

Eye Disease	• Cataract, Glaucoma and Eye infection
Ear disorders	• Hearing Loss and Chronic Otitis Media
Nasal disorders	• Nasal Polyp, Rhinitis and Nasal Congestion

Figure 1: Major diseases of ENT category

The etiological factors such as; seasonal conditions, allergens, infection, environmental conditions, genetic factors, poor hygiene and injury, etc. may causes disease of ear, nose and throat which includes *Linganash, Sarvakshi roga, Timir, Netra Roga, Oshta roga, Drushti roga Jivha roga* and *Talu roga*, etc. *Shalakya Tantra* described uses of rhinoplasty, auroplasty, hinoplasty and auraplasty, etc. for the management of various diseases belonging from ENT region. This branch also suggested some preventive measures for restricting pathogenesis of ENT diseases, these measures includes concept of *Dincharya, Nishacharya, Ritucharya, Ahara, Vihara* and *Vyayam*, etc. These all measures come under the umbrella of *Swasthwarita*; so Ayurveda concept of *Swasthwarita* play vital role towards the management of ENT disorders [3-6].

Role of Swasthwarita:

One should follow the daily regimen for normal health restoration, there daily regimen of *Swasthwarita* concept works towards the prevention of

Urdhwajatrugatvikar. The major regimens of *Swasthwarita* concept that helps to prevent ENT disorders are as follows:

- ✓ *Nasya*
- ✓ *Kawal*
- ✓ *Gandoosh*
- ✓ *Abhyanga*
- ✓ *Shirobhyanga*
- ✓ *Ritucharya*
- ✓ *Aahar*
- ✓ *Vihar*
- ✓ *Yoga*, etc.

Nasya cures diseases of shoulder, head and nasal area. *Nasya dravyas* instills through nasal cavity affects nerve ending, CNS and channels of nasal circulation, etc. therefore helps to keeps good health of nose and respiratory tract [6-8].

Kawal and *Gandoosh* are approaches of good hygiene that significantly prevent chances of *Mukharoga* (oral disease) by keeping oral cavity free from noxious elements and microbial infections. It also prevents throat disorders and improves smell of mouth thus get rid of foul smell. *Kavala* strengthen the cheek muscles and boost activity of nerve of facial region.

Abhyanga maintain positive health since as massage therapy it fasten the process of circulation and relieves symptoms of shoulder stiffness and pain; also resist prevalence of migraine and other diseases. *Abhyanga* on *Shira* and *Shravan* with *Taila* nourishes internal tissues and provides strength to the muscles of that particular organs thus prevent any diseases associated with the inappropriate functioning of these organs.

Shirobhyanga specially indicated for *Urdhwajatrugatvikar* that eliminates diseases of head region and helps to rejuvenates *Indriyas*, induces sleep therefore relaxes eye and cure dryness of eye and other diseases related to the head and eye.

Karnapurana is therapeutic regimen rather than *Swasthwarita* concept that prevents diseases of Ear. It helps to relieves ailments of *Hanu*, *Manya*, *Shira* and *Karna*. Oil instillation in ear mainly cures *Vataj Karnaroga* like *Karnashoola*.

Ritucharya means consideration of seasonal regimen, the specific conducts that suppose to follow as per the specific *Ritu* are comes under the heading of concept of *Ritucharya*. This concept greatly helps to prevent disease of ear. One should not expose his/her ear to cold wind to prevent ear problems, similarly excessive consumption of cold stuff may triggers respiratory, throat and nasal problems. The neonates can become sufferer of ear ache if exposed to cold wave in winter season. Therefore consideration of these specific things related to the *Ritucharya* helps to prevent some *Urdhwajatrugatvikar* [7-9].

Aahar is concept of Ayurveda related to the dietary regimen that advices diet which is to be taken or avoided. The diet should be consumed as per the *Doshik* balance of individual, the balance diet enhances immune power that prevent chances of microbial infections especially throat or respiratory infection. Person with *Kapha* predominance should avoided diet that vitiates *Kaphadosha* to prevent problems of cough and cold. Similarly dietary materials which are too cold in nature can cause earache and nasal congestion. Excessive cold, sweet, salty and sour diet must be avoided.

Vihar is another concept of Ayurveda that involves some disciplinary conducts required for the management of diseases including ENT disorders. Ayurveda described importance of good hygiene to prevent occurrence of infectious diseases especially respiratory, ear and eye infections, etc. One should remain away from the infected person especially in case of eye infection like conjunctivitis that can be spread one to another very rapidly. Similarly throat or respiratory infection communicate one to another therefore personal hygiene and social distancing are prerequisite to avoid consequences of throat infection. Cleaning, washing and gargling and maintenance of overall hygiene are major conducts that helps to prevent diseases of ear, nose, throat and oral region.

Yogasan like *Suryanamaskar* and breathing exercise (*Pranayam* and *Anulom Vilom*) can be practiced to improve the strength of respiratory system and boost up immunity, etc. *Yogasan* increase sense organ strength and their strength against common diseases. *Yogasan* improves circulation and exhale out toxins therefore helps to keep normal health status respiratory tract and oral cavity.

Rasayan therapy as rejuvenator approach strengthens body and improves disease resistance power. In this regards herbs such as *Guduchi*, *Shankhapushpi*, *Haritaki*, *Bibhitak*, *Yashtimdhu*, *Punarnava*, *Vacha*, *Pippali*, *Haridra* and *Jyotishmati*, etc. improve quality of *Dhatu*s, clears *Strotas* and improves *Oja* thus prevent general prevalence of infectious diseases. Administration of processed gold as *Suvarnaprashan* also facilitates protection against pathogens that can affect throat and respiratory tract [8-11].

Conclusion

Shalakya Tantra is branch that addresses ailments affecting the body parts situated above the neck region. It focuses on the treatment of conditions related to the nose, ears, throat, and eyes. Modern science recognizes major disorders within this branch, such as rhinitis, tonsillitis, sinusitis, and laryngitis, etc. Within *Shalakya Tantra*, various diseases are discussed, including *Timira*, *Drishti Roga*, *Netra Roga*, *Gand Roga*, *Jivha Roga*, *Oshta Roga* and *Talu Roga*. Common approaches used for managing ENT disorders include *Shiro Abhyangam*, *Mukh Abhyangam*, *Swedanam*, *Shirodhara*, *Nasya* and *Dhoopanam*. The principles of *Swasthavritta* play a significant role in preventing and managing ENT disorders. Key regimens within this concept that aid in preventing ENT disorders include *Nasya*, *Kawal*, *Gandoosh*, *Abhyanga*, *Ritucharya*, *Aahar*, *Vihar* and *Yoga*, etc.

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