



## STUDY ON ROLE OF PREVENTIVE MEASURES IN EAR DISEASES COMPARATIVE ANALYSIS OF AYURVEDA AND MODERN PERSPECTIVES.

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**ABSTRACT** Preventive healthcare (alternately preventive medicine or prophylaxis) consists of measures taken for disease prevention as opposed to disease treatment. Among the prominent existing *Ayurvedic* literature, *susruta samhita uttara sthana* exclusively deals with diseases related to *Shalakyta tantra* i.e, diseases occurring above clavicular region. *Charak Samhita*, *Vagbhata's Astanga Sangraha* and *Astanga Hridaya*, *Madhava Nidana* and other *Ayurvedic* treatises also contains knowledge of *Shalakyta Tantra* and preventive measures. The branch of *Swasthavritta* exclusively deals with preventive aspect of diseases. Preventive healthcare is especially important given the worldwide rise in prevalence of chronic diseases and deaths from the diseases. Thus, an attempt is made to study importance of preventive aspect of diseases of ear/ *karnarogas* mentioned in *ayurvedic* classics and its co-relation with modern science.

**KEYWORDS** : Ayurveda, shalakyta, karnarogas, preventive.

**INTRODUCTION:**

*Ayurveda* aims to protect the health of the healthy, promote strength and immunity in the healthy and to alleviate disorders in the diseased. It deals with *urdhwajatrugata rogas* under special branch of medicine called *shalakyta tantra*. *Karnagata rogas* or ear diseases comes under this branch of *Ayurveda*. Among the existing literature in *Susruta Samhita Uttara Sthana* we get clear description of *karnagata rogas*. *Charak Samhita chikitsa sthana* has also explained about ear diseases. *Vagbhata* has also explained about ear diseases in *Astanga Sangraha* and *Astanga Hridaya*.

**AIM AND OBJECTIVE:**

Comparative literary study was carried out on preventive aspect of ear diseases according to both *ayurvedic* and modern science.

**METHODOLOGY:**

Manual and electronic search was done on *Charak Samhita*, *Susruta Samhita* and *Astanga Hridaya*.

A humble effort has been made to give probable scientific explanation on preventive measures of ear diseases.

**DISCUSSION:**

PREVENTIVE MEASURES OF EAR DISEASES IN AYURVEDA			
<b>MEDICATED DHUMPANA</b> Procedure of medicated smoke inhalation. Removes <i>kapha</i> /excessive secretion from mouth just after meal. There are 8 <i>dhumapana kala</i> . Among them 2 are helpful in prevention of <i>urdhwajatrugata rogas</i> caused by <i>vata</i> and <i>kapha</i> . <i>Dhumapana</i> daily helps in prevention of loss of functions of the ear and other diseases.	<b>KARNA ROGAS</b> <i>Karna kandu, karna gootha, karna paka, karna pratinaha, karna pratinaha, karna vidradi, karna sopha.</i>	<b>DRUGS</b> <i>Guggulu, agaru, hingu, rasanjana</i> etc.	Can also be practiced as <i>DINACHARYA</i> .
<b>KARNA PURANA</b> Administration of medicated oils. Person doesn't suffer from <i>vataja karnarogas</i> , <i>badhirya</i> etc., if administered daily. Mode of action is that it comes under local levels of drug administration and drug is absorbed through mucus membrane of auditory canal, thus there will be provision of adequate concentration of administered drug at this site of its action, providing therapeutic effects.	<b>KARNA ROGAS</b> <i>Vataja karnarogas, badhirya, karna shoola, karna nada, karna ksweda</i>	<b>DRUGS</b> <i>Ghrita, ksheera sarpi, swaras of arka, tulasi, vasa, lasina, adraka, tila taila</i> etc.	Can also be practiced as <i>Dinacharya</i> .
<b>KARNA PRAKSHALANA</b> Ear syringing with lukewarm water or medicated decoctions.	<b>KARNA ROGAS</b> <i>Karna kandu, karna gootha, karna sopha</i>	<b>DRUGS</b> <i>Triphala</i> decoction, <i>araghwadadi kashaya</i>	
<b>KARNA MALA NIRHARAN/PRAMARJANA</b> Cleaning ear with cotton tipped <i>shalaka</i> , ear probe, foreign body remover etc., instruments.	<b>KARNA ROGAS</b> <i>Karna kandu, karna gootha, karna paka</i>		
<b>SHIRO ABHYANGA</b> Head massage using herbal oils.	<b>KARNA ROGAS</b> <i>Vataja karna rogas, Karna nada, karna ksweda, karna shoola, badhirya.</i>		Can also be practiced as <i>DINACHARYA</i> .
<b>SNANAM</b> It is bathing. The temperature mechanism is maintained and blood circulation is kept intact. Warm water for head bath will adversely affect the hair, eyes, ears etc., hygiene.			Practiced as <i>DINACHARYA</i> .
<b>KAVALA AND GANDUSA</b> Medicines applied in the mouth in liquid and semi-solid form. In <i>kaval</i> , medicine is filled in the mouth in liquid form to such an extent that we can shake it. Maintaining proper hygiene of mouth is necessary as it has link to ears through eustachian tube.			Practiced as <i>DINACHARYA</i> .

<p><b>NASYA</b> Medicines are applied through the nasal cavity.Nasal cavity anatomically leads to structures of the head including ears. Due to anatomical communications, the medicine applied through nasal cavity strengthens the sringatak marma(cavernous sinus) which is the seat of all centers of ear, eye, nose and tongue.In short nasya has action on srotas and cleans the shirosrotas.</p>		<p>DRUGS Sad vindu taila</p>	<p>Practiced as DINACHARYA.</p>
<p><b>TRAYOUPASTAMBHA/TRIPODS OF LIFE</b> Includes <i>ahara, swapna</i> and <i>bramhacharya</i> which sustain and maintain life if followed properly.</p>			
<p><b>YOGA</b> Various yoga postures/<i>asanas</i> improve blood flow to the cochlea and prevent neurotransmitter damage.Helpful in preventing progressive hearing loss.<i>Greeva chalan, skandh chalan,bhramari pranayam, kumbhak</i> etc .,are beneficial.</p>	<p><i>KARNA ROGAS</i> <i>Badhirya</i></p>		
<p><b>RASAYANA</b> Anti-ageing therapies ,herbs with anti-ageing properties with high nutritional value are beneficial.</p>		<p>DRUGS <i>Amalaki, paribhadra bala</i> etc.</p>	

**SOME PATHYA- APATHYA OF EAR DISEASES**

**PATHYA**

- 1/ Oral intake of cow ghee with lukewarm milk , especially at night.
- 2/Regular usage of *rasayan yogas* like *chyavanprash, triphala churna with tila taila, ghrta or madhu* etc.
- 3/Avoiding excessive exercise or strain.
- 4/Avoiding loud or prolonged or irrelevant talking.
- 5/Avoiding aetiological factors of *pratishaya*.
- 6/ Advised to take *mamsa rasa* in meals.
- 7/ Advised to take *vatahara, kaphahara ghrtas* at night.
- 8/ Vegetables like *varthaka, patola, shigru, karavellaka* and food grains like *godhuma, shali, yava, mudga* etc are advised to use.
- 9/ Systemic treatment principles (*deha sodhan*), *abhyanga,snehapana, shirovasti, swedan(nadi sweda pinda sweda), vaman, virechan,nasya, vasti, dhooma* etc.
- 10/ *Karna sodhan*( local treatment principles)- *Karna mala nirharan*( removing wax), *karnaprakshalana*(ear wash), *Karna dhoopana*(fumigation),*Avadhoolan*(dusting the medicated powders),*karnapooran*(instillation of ear drops) and *karna pramarjana*(dry mopping method).

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**APATHYA:**

- 1/Swimming or diving.
- 2/ Scratching the skin of external auditory canal.
- 3/ Oral intake of bulk food items.
- 4/Food habits that cause *pratishaya*(rhinitis)
- 5/ Head injury.
- 6/Improper instrument manipulations.
- 7/Rejecting the head massage.
- 8/Drinking cold water or cold drinks.

**SOME MODERN PREVENTIVE MEASURES:**

- Immunisation of children with all vaccinations .
- Breastfeeding child helps prevent infections and provides them with good nutrition.
- Good nutrition.
- Proper Ventilation for the smoke to dissipate quickly.
- Avoiding smoking inside the house.
- Cleaning the house regularly.
- Avoiding exposure to loud noise and to industrial solvents, as both can damage the ear.
- Avoiding use of Q tips (cotton buds) or any hard object in the ear.
- Avoiding dirty water inside the ear (dirty rivers or swamps) .

**CONCLUSION:**

Vast knowledge of disease prevention is available in nook and corner of *ayurveda*. Subject of *swasthavritta* in *ayurveda* exclusively deals with preventive aspect of diseases for better health and lifestyle. Scientific validation of ancient *ayurvedic* practices is utmost need of the hour in recent times. Evidence based research is very much necessary for global recognition and acceptance in order to cope up with today's world. As we know disease prevention is as much important as opposed to disease treatment , we must not neglect it rather throw some light on importance of disease prevention.

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