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AYURVEDIC MANAGEMENT OF *BADHIRYA* W.S.R SENSORINEURAL HEARING LOSS - A CASE STUDY

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ABSTRACT

Badhirya Is one among the karnaroga It is defined as a partial or complete inability to hear. According to acharyas when vitiated vata dosha/kaphanubandha vata dosa obstructing the shabdavaha srotas. Sensory neural hearing loss means when there is a problem in the sensory apparatus Cochlea Hearing loss caused by damage to the inner ear or the nerve from the ear to the brain. Or any cause of hearing loss due to a pathology of the cochlea, auditory nerve, or central nervous system. Sensorineural hearing loss is permanent. In adults, causes include ageing and prolonged exposure to loud noise. In children and infants, causes include congenital abnormalities or infections.

KEYWORD: SENSORINEURAL, HEARING LOSS, BADHIRYA, KARNAPOORANA.

INTRODUCTION

Sensorineural hearing loss (SNHL) occurs when there is damage to the inner ear (cochlea) or to the nerve pathways from the inner ear to the brain. This type of hearing loss can be caused by aging, genetics, exposure to loud noise, infections, head trauma, or certain medications. SNHL often leads to difficulty hearing faint sounds, understanding speech, and distinguishing between sounds in noisy environments. Treatment options may include hearing aids, cochlear implants, or other assistive devices, depending on the severity and underlying cause of the hearing loss.

In the earlier times it was very difficult to detect hearing loss in children. However, with advanced medical science and technology hearing loss in children can be detected at an early stage.

Badhirya Is one among the karnaroga It is defined as a partial or complete inability to hear. According to acharyas when vitiated vata dosa/kaphanubandha vata dosa obstructing the shabdavaha srotas it results in hearing difficulty called "BADHIRYA. [1]". Most of the symptoms of badhirya are seen in DEAFNESS, so can be correlated with it.

Deafness is one of the common and most prevalent to all. Over 5% of the population has hearing impairment. Since this becomes increasingly prevalent with age, it is greater then 130 per 1000 population in those aged 65 or over.

There are two types of hearing loss

- 1) Conductive hearing loss
- 2) Sensorineural hearing loss.

Sensorineural hearing loss (SNHL) is the most common type and accounts for the majority of all hearing loss. The treatment that are told in classics are *Ghrutapana*, *Snehana*, *Swedana*, *karnapurana*. [2] *Snehana* is the principal line of treatment for controlling *Vata dosha*.

Karnapoorana is a type of Bahya snehana, thus it the best treatment for Vata nigraha. Hence the study has been taken with Nagaradi taila karnapurana mentioned in Yoga Ratnakar^[3] and Ksheerabala taila karnapurana mentioned in Sahasrayoga 4 which is safe, devoid of complications, cost effective.

MATERIALS AND METHODS

This is a case report of 65 years old woman who approached Shalakya Tantra ENT OPD of Govt Ayurveda College, Bengaluru. with complaining of reduced hearing since 2 years.

Associated with ringing sensation in bilateral ears since. 6 months. She was chosen for study.

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CASE REPORT

Name- Chandramma Age- 65 years Sex- female

Chief Complaints

Complaining of reduced hearing since 2 years.

Associated Complaints

Ringing sensation in bilateral ear since 6 months.

History of Past illness

Patient was diagnosed with bilateral SNHL since 6 months.

Family History

Nothing contributing.

Past Medical History

Diabetic since 3 years under medication and Hypertensive since 2 months.

Personal History

BP -140/90mmhg
R.R -18/min
Temperature - 98.4F
Appetite - Good
Sleep - Disturbed
Bowel - once a day
Micturition - 5/6 times day
Tongue - pallor

CLINICAL FINDINGS

Addiction - Tea, Coffee.

Ear examination Torch light – Normal

Otoscopic

	Right ear	Left ear	
EAC	Clear	Clear	
T.M	Intact	Intact	
Cone of light	visible	Visible	

MANAGEMENT AND TREATMENT

Treatment started. (4/12/23 to 5/2/24)

Karnapurana with *bilwadi taila* for 7 days 2 sitting of *Karna poorana* with 14 days gap with *ghritapana*. And internally Cap KBT 200 1 bd for 1 month (30th day to 60th day)

KARNAPOORANA (Instillation of medicated liquids into the ears) It is also a type of bahya sneha. Acharya Charaka and Vagbhata advocate that karnapoorana should.

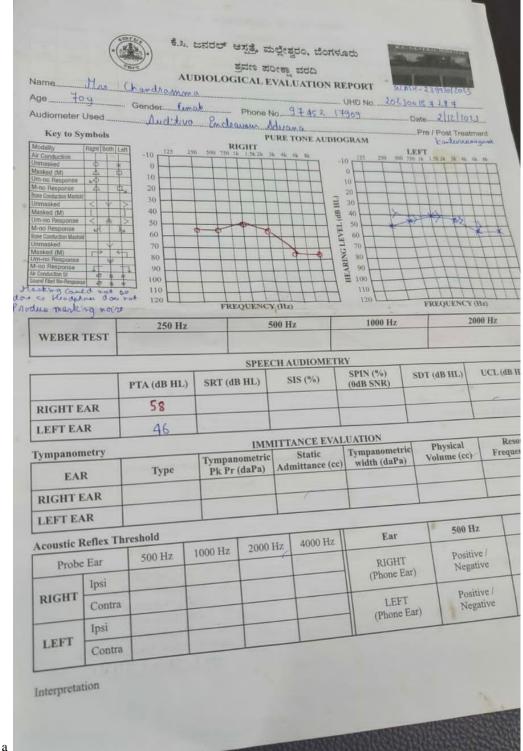
Procedure	Medicine	Dose	duration		Follow up
Karnapoorana	Bilwa taila	Quantity	For 7 days	From 4/12/23	
		sufficient		to 10/12/23	
Ghritapana	Goghrita	12ml bd	14 days	11/12/23 to	
				25/12/23	
2 nd sitting	Bilwa taila	Quantity	For 7 days	26/12/23 to	
karnapoorana		sufficient For 7 days	roi / days	1/1/24	
cap ksheerabala	Ksheerabala	1 bd	1 month	2/1/24 to	
100	100			2/2/24	

RESULT

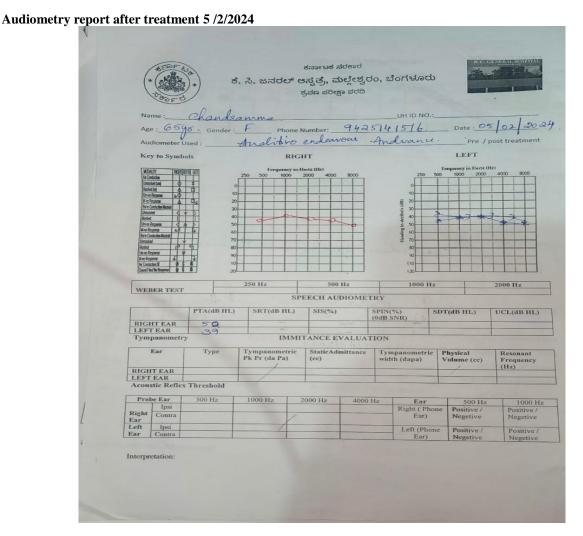
After 2 months of treatment patient got improvement.

Subjective improvement also present like better hearing, reducing ringing sensation.

Audiometry 2/12/2023 before treatment



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DISCUSSION

Badhirya Is one among the karnaroga. It is defined as a partial or complete inability to hear. According to acharyas when vitiated vata dosa/kaphanubandha vata dosa obstructing the shabdavaha srotas it results in hearing difficulty called "BADHIRYA".

The ear normally perceives sounds in the range of 20 to 20,000 vibrations/HZ per second. A person who can't hear sound at an amplitude of 20dB, is said to be hard of hearing.

Modern science has many ways of intervention in managing deafness, includes medicinal and hearing aids. Medicine like Antiviral, Steroids are given, which give good result but administration of steroids for longer duration can lead to weakening of bones, mental problems. Hearing aids are expensive, users are at high risk for earwax build-up and not providing comfort to patients.

Karnapurna is one of the basic treatment mentioned in *Ayurvedic* literature for all *Karnarogas*.

Karnapurna with Bilvadi Taila has VataShamaka propert Karnapurana does the Vata shamana and maintains normal hearing capacity, as quoted by Acharya Charaka "Na karnaroga vatottaha nochchav shrutihi na badiryam syannityam karna tarpanaat." Abhyanga (~gentle massage with lukewarm oil) and Swedana (~sudation) done as Purva karma (~preprocedure) cause vasodilation further absorption facilitate Lukewarm bilwadi taila possess Vata shamana property and removes Aavarana of Kapha. It gets absorbed from external auditory meatus and tympanic membrane, which may reach systemic blood flow. Further, ingredients of bilwadi taila can be easily assimilated through nerve endings. As a combined effect of active principles present in the drug and oil helps in repair and regeneration of damaged hair cells which lead to better hearing.

Go ghrita having qualities like Rasa: Madhura. Guna: Snigdha, Guru. Veerya: Sheeta. Vipaka: Madhura. Karma: Medhya, Agnivardhak. In Bhavaprakasa it is told that ghrita is Rasayana, helps for vatahara acts as rasayana.

Ingredients of *Ksheerabala taila* are best *Vata shamaka* and the oil acts as *Rasayana*, *Indriyaprasadana* (~rejuvenate senses), *Jeevana* (~life), and *Brumhana*, thus restoring of hearing function.

In this case a particular treatment helps to get improvement.

CONCLUSION

The potential of *ayurvedic* treatment can helps to get rid chronic disease like neural disorders especially SNHL. *bilwa taila* helps for helps to ear pain and hearing loss constant ringing sensation. *Go ghrita* helps for *vatashaman. ksheerabala taila vata shamaka* helps to elevate *badhirya*.

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