

MANAGEMENT OF BADHIRYA BY AYURVEDIC NEURO THERAPY: A CASE STUDY

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ABSTRACT

The term "*Badhirya*" originates from "*Badha*," word which referred to obstruction. *Acharya Sushruta* presented many *Karna Roga*, with *Badhirya* being one of them, characterized by *Srota-avarodha*. This blockage of channels arises due to the aggravation of *Vata-Kapha dosha*. Sensory neuro hearing loss, which is caused by damage to the inner ear or the nerve connecting the ear to the brain, is closely related to *Badhirya*. This type of hearing loss can be congenital or acquired. In the case presented, the patient had congenital hearing loss, being unable to hear since birth. Treatment was administered using *Karnadhoopan* of substances like *Gaughrit*, *Nimba*, *Haridra*, *Jatamansi*, *Lodhra* and camphor for their antibacterial effects on deep-seated organs. Additionally, medicines such as *Sarivadi Vati*, *Brahmi Vati* and *Laxmivilas Ras* were prescribed. Study observed remarkable effect of therapy and improvement in symptoms.

KEYWORDS: *Ayurveda, Karn Badhirya, Ear, Karnadhoopan, Abhyanga, Karn Swedan.*

INTRODUCTION

Neurosensory hearing loss occurs due to issues with the nerve pathway from the inner ear to brain. This is the most common type of hearing loss, varying in severity based on the degree of damage to the inner ear as depicted in **Figure 1**.

Mild hearing loss	• Between 26 dB to 40 dB
Moderate hearing loss	• Between 41 dB to 55 dB
Severe hearing loss	• 71 dB and above

Figure 1: Degree or intensity of hearing loss.

Hearing ability is crucial for the development of speech and language skills in children. Detecting hearing loss early is challenging, but it is essential for effective communication management. Symptoms of hearing loss may include sudden loss of hearing, ear fullness and tinnitus. In Ayurveda, hearing loss is correlated with

'*Karn Badhirya*,' which is caused by the *Sang* of *Shabdavaha Srotas* by *Kapha* and *Vata doshas*. This condition can be treated with *Vatahara Chikitsa*. Ayurvedic neurotherapy treatments include *Karnadhoopan*, *Swedan*, *Agnikarma* and oral medicines. These therapies aim to improve the condition effectively.

Pathogenesis

Acharya Sushruta mentions that vitiated *Kevala Vayu* or *Kaphaanubandha* initiates the pathology of *Badhirya* by obstructing the *Shabdavaha Srotas*. *Kapha* accompanies *Vata* may triggers the *Samprapti* of *Badhirya*. The etiological factors favoring the vitiation of *Vata* and *Kapha*, *Vata* becomes covered, hindered, or obstructed by *Kapha*. This obstruction hampers the *Gati* of *Vata*, thereby decreasing its activities which finally results *Shabda-Agrahana*.

Management

Sushruta has outlined the *Vata-Vyadhiyata Chikitsa* treatment protocol for *Badhirya*. *Acharya* has noted that *Taila* is effective for conditions like *Mandashruto* and *Ashavarano* and is considered the best for treating *Urdavjatrugadapaham*. The drugs possessing *Vatahara*,

Balya, Rasayana, Medhya, Brinhana, Vrishya and *Nadibaladayaka* properties helps in disrupting pathogenesis of *Badhirya*. Drugs exhibiting stimulant, anti-inflammatory and antioxidant properties can also impart beneficial effects.

Nidan panchak

- Excessive exposure to water, improper ear cleaning practices, inappropriate behavior, and infections.
- Staying in damp places
- Swimming
- Scratching the ear

CASE REPORT

Patient visited to the Ayurvedic Neuro Hospital & Research Centre in Kota for ENT therapy, presenting with the primary complaint of hearing loss in both ears. The shape and size of the bilateral pinna were normal, with no swelling, redness, vesicles, or scars observed. The patient was admitted to the inpatient department (IPD) for a 5-day Ayurvedic ENT therapy regimen, based on *Vata Vyadhi Chikitsa*. This therapy aims to regenerate and repair damaged cells, which has been shown to improve hearing. "Bera test" showed bilateral profound hearing loss.

Clinical finding

- Patient is not able to hear since birth.
- When patient tries to speak he complaint of pain in throat.
- Bera test" showed bilateral profound hearing loss.

History

- Patient not cried during delivery
- No case of hearing loss in family

Rog-Pariksha

1. *Nadi*: 75/min
2. *Mala*: *Prakruta*
3. *Mutra*: 5-6times
4. *Jivha*: *Alpa*
5. *Shabda*: *Rookshan*
6. *Netra*: *Prakruta*
7. *Akriti*: *Krishha*

Therapeutic intervention

The patient was admitted to the inpatient department (IPD) for a 7-day Ayurvedic neuro-therapy regimen. The treatment plan included the use of Neurocure oil, followed by *Abhyanga, Ghatyantra, Karnadhoopan* and *Karnaswedan*, all conducted over a period of 5 days.

Suggested advises

- **Nidanparivarjan**: Patient was advised to avoid cold, cough, sour food and frozen eatables. Additionally, the patient was instructed to avoid spicy food, exposure to cold wind and excessive exercise, etc.
- **Recommended diet**: Vegetables, fruits and sprouts, etc. During the *Karnapooran* procedure, the patient

was advised to consume *Laghu Supachaya* and *Ushna Ahara* along with *Ghrit Pan*.

Follow Up & Outcome of therapy

Study show that after completing the full therapy and following up for a month, patients with *Karnabadhirya* (Hearing loss) exhibited normal results in the Brainstem Evoked Response Audiometry (BERA) test.

DISCUSSION

The patient having sensory neuro hearing loss was treated using ENT therapy and medicines as outlined in the *Chikitsa Sutra* of *Badhirya* to eliminate *Sroto Dushti*. The ENT therapy developed by Dr. Manoj Kumar Sharma, included *Karnapooran* to nourish the ear through *Sthanik Snehana*. This method improves blood circulation, thereby nourishing the nerve endings.

Oral administration of drugs like *Sarivadi Vati, Brahmi Vati*, and *Laxmivilas Ras*, known for their *Vatakaphajahara* (*Vata* and *Kapha* alleviating) properties, was also employed, as these are specifically indicated for *Karnaroga*. ENT therapy, combined with the local application of Neuro Cure Oil, proved beneficial in nourishing the nerve endings of *Shabdvaha Srotas*.

Karnapooran is one of the fundamental treatments for *Badhirya*. *Sarivadi Vati* helps to remove *Srotavarodha* and facilitates *Vatanulomana*, it is considered the best *Rasayana* for *Shravendriya Vikara*. The study observed significant improvement in symptoms after the completion of therapy.

CONCLUSION

Congenital hearing loss is a type of hearing loss that is present at birth. In childhood, hearing loss can be a debilitating condition that affects mental, physical, and social health. Adhering to recommended *Pathya* and avoiding *Apathya* alongside Ayurvedic treatment has shown improvement in sensory neuro hearing loss. Oral administration of *Sarivadi Vati, Brahmi Vati*, and *Laxmivilas Ras* has provided excellent results in managing congenital sensory neural hearing loss. The Ayurvedic neuro-therapy based on *Vata Vyadhi Chikitsa Siddhant* can be effectively implemented in managing *Badhirya*.

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