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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, Karndhoopan, 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.

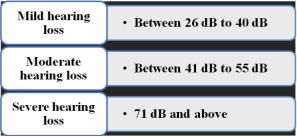


Figure 1: Degree or intensity of hearing loss.

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 Shabdvaha 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-Vyadhivata Chikitisa 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
- 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: Krisha

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, Ghatiyantra, 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 Snehan. This method improves blood circulation, thereby nourishing the nerve endings.

Oral administration of drugs like Sarivadi Vati, Brahmi and Laxmivilas Ras, Vati, 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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