

## MANAGEMENT OF PAIN OF OCULAR AND ENT ORIGIN THROUGH AYURVED

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### ABSTRACT

Ayurved is an ancient system of medicine deals with the herbal drugs. It is considered as the upaveda of atharvaveda. Ayurveda management is divided into 8 branches known as Astanga Ayurved and shalakya tantra is one among them which deals with diseases of eye, ear, nose, throat and head. The word shalakya is derived from 'salaka' that means probe. The main aspect of Shalakya Tantra is described in ancient text like Charak Samhita, Sushrut Samhita and Astanga Hridaya. About 76 diseases of eyes, 18 diseases of nose, 25 diseases of ear, 76 diseases of oral cavity, 11 diseases of head described under this. In almost all diseases in Shalakya pain is the main symptoms. Ayurved explains the origin of pain is mainly due to vata dosha in association with other doshas. The most common Ayurvedic therapies offered for management of pain in shalakya disease are Kriyakalpa, shirodhara,

abhyanga, nasya, karna purana, gandusa, kavala and some vata shamak and valyakar chikitsa.

**KEYWORDS:** Shalakya Tantra, Ayurved, ocular and ENT pain, Kriyakalpa.

### INTRODUCTION

There are many causes for ocular pain and pain related to ENT disorders from infection to accident. In some cases it gets better by its own but in others treatment is needed. The management of such conditions by modern medicines without any adverse effect is still a challenge and Ayurved medicine can be a better solution because of its fewer side effect.

Ayurved says the place of kapha is above the shoulder. Kapha dosaha is predominant in early ages of life. Hence most of the eye and ENT diseases occurs in this age group. In Ayurved eye diseases like abhishyand, adhimanth, nasal diseases like dushta pratishyaya, peenasa, ear diseases like karnasoola, vadhira, oral cavity diseases have been described in details with its etiology and treatment. Sushrut Samhita Uttar tantra contributed many chapters on eye, nose and ear diseases with its treatment whereas in nidan sthan and chikitsa sthan oral cavity diseases are mentioned. Formulations like swaras, arka, prakshalana, taila have also been prescribed.

Ayurved mentioned the topical use of kriyakalpas as major procedure for management of eye diseases. For most of the ENT diseases, sodhana chikitsa is must. One of the Soshana chikitsa is Nasya karma i.e instillation of medicated oil into the nostrils in drops. Nasya is the best treatment for all urdhwajatrugata roga as it is mentioned in Charaka Samhita that NASA HI SHIRASO DWARA. In Karna roga karna purana with medicated oil and swarasa is mentioned. In Mukha roga Kavala and Gandusha is indicated which gives strength to teeth, gum and jaw and also it prevents tooth decaying.

## OCULAR PAIN AND ITS MANAGEMENT

Eye pain is mainly ocular pain and orbital pain. The cause for both the conditions are different. Ocular Pain is the eye pain coming from the pain sensitive outer structures of the surface of the eye. Conjunctivitis is the most common cause for ocular pain. Diseases like Blepharitis, chalazion etc also causes ocular pain. Orbital pain is a deep, dull aching pain behind or in the eye is another type of eye pain. This pain is caused by several eye diseases like glaucoma, iritis etc.

Eye is the most important organ- “SARVENDRIYANAM NAYANAM PRADHANAM” i.e eyes are very important among all the sense organs. Good vision is mandatory for social and intellectual development of a person.

## Management

The Ayurvedic texts adopts the topical use of treatment which is called KRIYAKALPA. As siravedh is main treatment of shalya tantra, kriyakalpa is the main therapeutic process for eye diseases in shalakya tantra. Kriya means the therapeutic procedure and kalpa means specific formulations. There are six kriyakalpa mentioned by Sushrut in Sushrut Uttartantra are:- tarpana, putapakaa, seka, aschotana, anjana |

Sharangdhar included another 2:- pindi and bidalaka.

Tarpana Vata dosha -1 day

Pitta dosha -3 days

Kapha dosha -5 days

In Vataja – 1000 vakmatra

Pittaja -800 vakmatra

Kaphaja -600 vakmatra

### **Putapaka**

Snehana:- 200 vakmatra

Lekhana:- 100 vakmatra

Ropana:- 200 vakmatra

### **Aschotana**

Snehana:- 10 drops

Lekhana:- 7 or 8 drops

Ropana:- 12 drops

### **Seka**

Snehana:- 400 vakmatra

Lekhana:- 200 vakmatra

Ropana:- 600 vakmatra

### **Anjana**

Gutika / varti

Rasa

Churna

### **Varti**

Lekhana:- 1 harenu

Prasadana:- 1 ½ harenu

Ropana:- 2 harenu

For pain relief chakradutt has described that the paste of bhumi amalaki with saindhava lavana kept in a copper vessel should be applied to the outer side of eye.

According to Bhavprakash:- Red heat nilanjana dipped 7 times in triphala kwath and then dipped 7 time in stri dugdha. Then make powder of it and apply as anjana in all type of eye diseases.

Saindhav lavana mixed with water can be used for netra swedan which is beneficial in ocular pain and burning eyes.

Snigdha anjana prepared with aanupa mamsa vasa, saindhav lavana, and shunthi is beneficial in ocular pain and itching.

Triphala kwath for netra prakshalana gives relief from ocular pain.

External application of paste of triphala and opium applied on eye lashes gives relief from ocular pain.

### **Ear Pain and Its Management**

Ear the organ of hearing has two function, one is sense of hearing and the other is sense of equilibrium and motion. Ayurved believes most disturbances occurs mainly due to vitiation of Vata associated with Pitta and Kapha.

Earache is a common auditory affliction and caused due to inflammation of middle ear, or due to boils, wax, eczema or neuralgia affect the outer ear.

### **Management**

The treatment varies based on the cause of pain but the pain generally removed by application of local heat. So Karnapuran with warm oil may be beneficial. Karnapuran and karnadhoopan are treatment choice for pain in ear but contraindicated in pain associated with rupture of tympanic membrane. Puran and dhoopan will brings down the pain in ear and improves hearing capacity.

### **Pain In Nose and Its Management**

The common condition for pain in and around nose is sinusitis, occurs due to inflammation of paranasal sinuses. Other symptoms may include headache, poor sense of smell and sore throat.

**Management**

Nasya karma is the treatment choice in this condition which brings out doshas from Shira, clear the srotas, helps in good absorption of the medications given in later stage of treatment. It improves the sense of smell, cures sinusitis, headache etc. Nasya stimulates the paranasal sinuses and releases the Kapha toxin build up.

**Three types of Nasya is indicated**

**Virechana:** irrigation with medicated oils, ghee, or herbal decoction.

**Dhmampana:** filling the nostril with medicated powder, herbs etc to unblock the passage and nourish the tissues.

**Shamana:** warm oil is allowed to flow through the nostrils and face, neck and head are gently massaged. This helps to clear passages.

Anu taila is used as Nasya to relief pain and inflammation of nasal mucosa, sinusitis, headache and several other diseases.

**Pain in Oral Cavity Diseases and Its Management**

Oral cavity diseases continue to be major health problem now a day. The standard modern medicine has had only limited success in prevention of oral cavity diseases and in its treatment. Hence Ayurved medicines are considered to be good alternative to synthetic chemicals. According to Ayurved 65 oral diseases arises in seven anatomic location of mouth. For the treatment of these diseases Ayurved advocates procedures such as Dantdhavan with kasaya, katu, tikta rasa. As it facilitate salivary secretion, controls plaque and having antibacterial activity.

Gandusha is another procedure which prevents tooth decay, dryness of mouth, pain and gives strength to teeth and gum.

Also we can give various drugs like amla, launga, guduchi, neem, til taila etc.

Amla has an antioxidant as well as astringent property and proven to be effective in the treatment of toothache.

Launga, commonly used to relief pain in dental caries.

Guduchi has an anti-inflammatory action and it improves salivary flow.

Neem has antibacterial, anti-inflammatory and analgesic property. It removes plaque.

Til taila gandusha reduces the plaque formation and bacterial activity.

## CONCLUSION

In present day life eye pain is a common symptom among people using mobile phone, laptop and other electronic devices. In spite of advance technology in the field of ophthalmology, conservative management is still a main treatment choice. In modern science, side effect of many medicines are well known. The kriyakalpa, Nasya karma, Karnapuran, Dantdhavan and other Rasayana, vatanashak chikitsa of Ayurved provides safe and effective results. So management through Ayurved procedure is a better option.

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