



## APPROACHING SENSORY NEURAL HEARING LOSS THROUGH AYURVEDA - A SINGLE CASE REPORT

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## ABSTRACT

**Objectives:** Sensory Neural Hearing Loss (SNHL) is caused by damage to the structures of the inner ear or the auditory nerve. It is the cause of more than 90 percent of hearing loss in adults. It can interfere with your ability to communicate if not properly managed. SNHL has no permanent cure, in modern medication it is managed by application of Hearing aid or surgical intervention like cochlear implant depending upon the condition. Thus, here we are aiming for the management of SNHL without surgical intervention and improving the condition through the application of Ayurveda. **Methods:** A 60- year old elderly male adult approached OPD of SJIIM Bengaluru, complaining of decreased hearing in both the ears along with tinnitus since 2months. He was taken in for treatment after assessment. **Result:** After 6 months of treatment there was relief from tinnitus and improvement in hearing. **Conclusion:** There will be halt in the progression of the disease as well as improvement in hearing by following the Ayurvedic protocol, which will in return also improve the quality of life.

**Keywords:** Sensory Neural Hearing Loss, *Badhirya*, *Karnapurana*.

## INTRODUCTION

Hearing loss is a common problem caused by noise, aging, disease and heredity. People with hearing loss may find it hard to have conversations with friends and family. Approximately one in three people between the ages of 60 and 74 has hearing loss<sup>1</sup>. Sensory Neural Hearing loss results from lesions of the cochlea, 8<sup>th</sup> nerve or central auditory pathways. It can be congenital or acquired. It occurs due to damage to the inner ear by causing wear and tear on the hairs or nerve cells in the cochlea that send sound signals to the brain. When these hairs or nerve cells are damaged or missing, electrical signals aren't transmitted as efficiently, and hearing loss occurs. Common symptoms associated with Sensory Neural Hearing loss are dizziness, tinnitus, trouble hearing high pitched sounds or trouble hearing sounds when there's background noise, muffled sounds and voices.

Types of SNHL are:-

- a) Bilateral Sensorineural Hearing Loss
- b) Unilateral Sensorineural Hearing Loss
- c) Asymmetrical Sensorineural Hearing Loss<sup>2</sup>

The most common options for this condition are hearing aids and cochlear implants for compensating hearing loss; research is now going on the field of gene therapy for hearing loss<sup>3</sup>. Thus, it is not giving satisfactory result for patients, thus there is a need for a treatment protocol for the improvement of the condition as well as maintaining its progression. Here comes the role of Ayurveda. Main principal of Ayurveda being "prevention better than cure"<sup>4</sup>, we can implement Ayurveda protocol in our daily life thus improving and restricting the progression as well as preventing the condition from occurring. Most of the symptoms are similar to *Badhirya*, thus we can manage it according to its treatment line.

### Materials and Methods

**Case Description:** Date: 2/06/2020, Age: 60 years, Sex: Male, Occupation: Clerk in Government Office, Place: Bengaluru

**Chief complaints:** Patient complaints of decrease of hearing in both the ears, Along with tinnitus since 3 month.

**History of present Illness:** Patient was apparently normal before 3 months; gradually he started experiencing ringing type of sound in both the ears along with difficulty in hearing sound, thus he approached an ENT physician and he was advised to use hearing aid, but the patient wanted to try Ayurveda thus he approached our OPD.

**History of Past illness:** No known complaints of DM/HTN.

**Family History:** Nothing Specific

**Personal History:** Appetite: Good, Sleep: Sound, Bowel: Once a day, Micturition: 4-6 times a day, Diet: Mixed

**Ashta Stana Pareeksha:** Nadi: 70min, Mutra: 4-5times/day, Mala: Prakrutha, Jihwa: Alpa lipta, Shabda: Prakrutha, Akriti: Krishna

**Examination:** As shown in the table no: 1

**General Examination:** Respiratory system: No wheezing on auscultation, CVS: No murmurs on auscultation, Per abdomen: on, palpitation nothing specific. Pulse rate: 70/ min, BP- 130/78 mm/hg, Weight- 68kg, Height: 172cm

**Investigations:** Pure Tone Audiometry was performed as shown in figure.1.

**Diagnosis:** *Badhirya*, Moderately Severe Sensory Neural Hearing Loss.

### Treatment

The patient was administered with Ayurvedic treatment for a period of 6 months as shown in table no.2 and was advised to follow *pathya* and avoid *apathya*, which is shown in table no.3.

### Results

After following Ayurvedic Treatment and *Dinacharya* for 6 months patient felt subjectively much improvement, during the first 2 months of treatment tinnitus was reduced to mild and after the completion of 5 months he was completely relieved from tinnitus. The changes in hearing levels are shown in the figure 2. Where PTA in bilateral ear's has come to 48.3 dBHL from 60 dBHL.

## DISCUSSION

Sensory Neural Hearing Loss could be correlated to *Badhirya* according to the signs and symptoms. *Badhirya* occurs due to the *Dushti*/ vitiation of *Vata* and *Kapha Doshas*. According to Vagbhata if the *Karna Nada* is not treated properly or the person who is having *Karna Nada* doesn't follow *Pathya*, it will lead to *Badhirya*<sup>5</sup>. Here the patient is old and is at the age of *VataPrakopa*, which is one of the main reasons for the occurrence of the disease. Treatments mentioned for *Badhirya* in classics are *Vata Vyadhira Chikitsa*, which includes *Snehapana*, *Virechana*, *Nasya* and *Karnapoorana*<sup>6</sup>.

### Probable Mode of Action:

1. *Deepana and Pachana*: was done by giving *Chitrakdi vati* to remove *Ama avastha*.
2. *Snehapana*: *Dhanvantaram Ghritha* is having *sroto sanga hara*, *Balya* as well as *Vata Kaphahara* action<sup>7</sup>.
3. *Virechana*: was given with *Trivrut Lehya*. Natural detoxification will lead to expulsion of *Dooshita Doshas*, thus by clearing the pathway and normalising the direction of *Vata*<sup>8</sup>.
4. *Anutaila Nasya*: *Nasya* will easily spread into *Shira* and after reaching *sringataka marma* it removes the *avarantva* of *Kapha dosha* and it does the nourishment of *Urdhwa jatru pradesha* or the associated sense organs. *Anu taila* is *tridosha hara* in action it does influence on limbic system and circulation and produces the action of excitation<sup>9</sup>.
5. *Karnapoorana*: *Bilwadi taila* is indicated in *Badhirya Chikitsa*. And it has *Vatahara* action. Acoustic nerve gets nourished by *karnapoorana*<sup>10</sup>.
6. *Shiro Pichu*: *Ksheera Bala taila* helps in bringing down the vitiated *Vayu*. Thus, the concentrated oil having *theekshna* and *ushna* property gets absorbed through the scalp skin due to the longer duration of the contact in *Shiro pichu*<sup>11</sup>.
7. *Orally*: a) *Sarivadi vati* is one of the best *Rasayana* drug for *karnendriya* as it does *Srotho shodhana* and *Vata hara* action<sup>12</sup>.  
b) *Dashamoola Rasayana*: It is mentioned in *Prathishyaya hara Chikitsa* thus we can use it for

*Badhirya*. It does *Dhatu poshana* and *Vata Kapha hara* action<sup>13</sup>.

## CONCLUSION

Sensory Neural Loss is one of the main hearing loss which is faced by the people of old age, thus there is no proper treatment protocol for it nor any prevention plan, thus Ayurveda provides it a proper Prevention plan by following *Pathya* and *Dinacharya*. And helping to improve the condition by various treatment like *Nasya*, *Karnapoorana* and internally *Rasayana* therapy, which is evident in this case report.

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**Table 1: Examination**

Sl.no:	Examination	Findings
1.	Otoscopy	1)EAC: B/L clear, 2) TM: B/L intact
2.	Rinne's test	Positive. AC>BC
3.	Weber's test	Cant consider
4.	Audiometry	B/L Moderately severe Sensory Neural Hearing Loss PTA:- Right ear:- 60dBHL, Left ear:- 56.7dBHL
5.	Tinnitus	Subjective

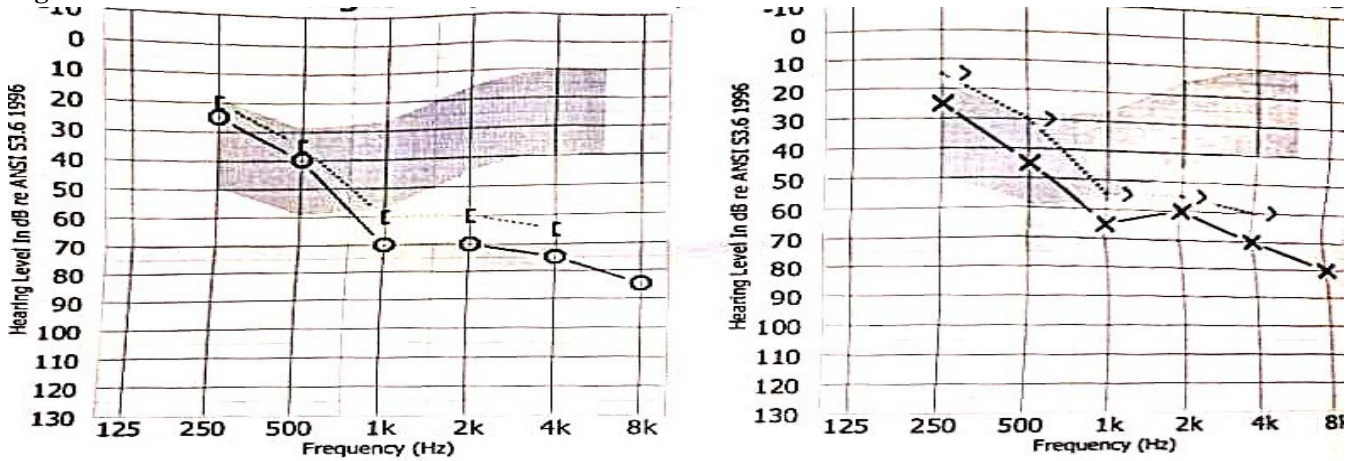
**Table 2: Treatment**

Sl. no.	Treatment	Medicine	Mode of administration	Duration
1.	<i>Deepana and Pachana</i>	<i>Chitrakadi Vati</i>	1 tid before food	3 days
2.	<i>Snehapana</i>	<i>Dhanvantharam Ghrita</i>	➤ 1 <sup>st</sup> day- 10ml before food ➤ 2 <sup>nd</sup> day- 20 ml ➤ 3 <sup>rd</sup> day- 50 ml ➤ 4 <sup>th</sup> day- 70 ml ➤ 5 <sup>th</sup> day- 90 ml ➤ 6 <sup>th</sup> day- 110 ml ➤ 7 <sup>th</sup> day- 130 ml	7 days
3.	<i>Snehana and Swedana</i>	<i>Ksheera bala taila</i>	Patient was advised to do <i>Abhyanga</i> and have hot water bath.	1 day
4.	<i>Virechana</i>	<i>Trivrit lehya</i>	30gm before food	1 day
5.	<i>Pratimarsha Nasya</i>	<i>Anutaila</i>	2 drops to each nostrils in early morning	6 months
6.	<i>Karnapoorana</i>	<i>Bilwadi Taila</i>	1 sitting of 8 drops for 7 days once in 3months.	3 months
7.	<i>Shiro pichu</i>	<i>Ksheera bala taila</i>	1 sitting of 7 days.	7 days
8.	Oraly	1) <i>Sarivadi vati.</i> 2) <i>Dashamoolarasaya na</i>	1 BD after food 1tbsp at night after food	6 months

**Table 3: Pathya and Apathya**

Do's	Don'ts
<ul style="list-style-type: none"> <li>➤ Not doing strenuous exercises</li> <li>➤ Not taking head bath</li> <li>➤ Maintaining <i>Brahmacharya</i></li> <li>➤ Not doing excess talking.</li> <li>➤ Intake of <i>Mamsarasa</i>(soup)</li> <li>➤ Indulging ghee and milk in your diet</li> <li>➤ Having good soft bed for sleeping</li> <li>➤ Having correct amount of salt in your diet.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head bath</li> <li>➤ Exercise</li> <li>➤ Sorrow or sadness</li> <li>➤ Doing exertive work</li> <li>➤ Exposure to excessive cold</li> <li>➤ Usage of <i>Ruksha</i> or <i>Kashaya Bhojana</i>.</li> <li>➤ Usage of sharp objects for itching or removing of wax in ear.</li> </ul>

Figure 1: Before treatment



Audiogram Key				
	Unmask.		Mask.	
	R	L	R	L
AC	○	×	△	□
BC	<	>	[	]
HQ				
UQ				

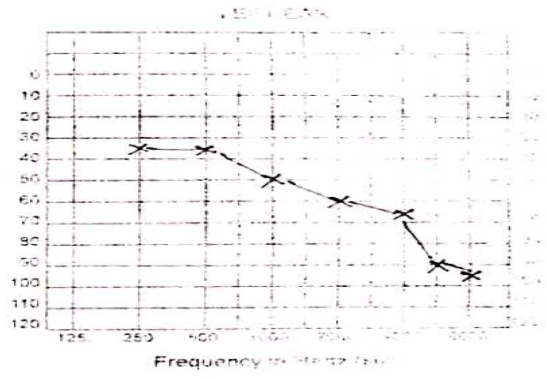
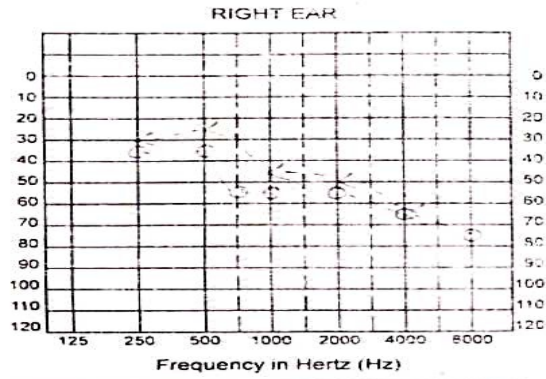
Special Tests	
Tone Decay Test	
Stenger Test	
Weber Test	

PTA	3 Freq.	
	R	L
dB HL	60	56.7

Session Comments:  
**INTERPRETATION:**  
 PURE TONE AUDIOMETRY RESULTS  
 BILATERAL MODERATELY SEVERE SLOPING SENSORINEURAL HEARING LOSS.  
**RECOMMENDATION:**  
 ENT REVIEW  
 HEARING AID USAGE  
 FOLLOW UP

Hearing Wellness Clinic  
 Audiologist

Figure 2: After treatment



P.T.A.	Rt: 42.3 dB HL	Lt: 42.3 dB HL
KEY SYMBOLS		
Modality	Rt	Lt
AIR CONDUCTION		
Unmasked	O	X
No Response	∅	X
Masked	Δ	□
No Response	∇	□
BONE CONDUCTION		
Unmasked	v	v
No Response	w	v
Masked	∩	∩
No Response	∪	∪
Masked	∩	∩
No Response	J	J
SOUND FIELD		S
No Response		S
TUNY FORK TEST	500Hz	1KHz

SPEECH AUDIOMETRY		
P.T.A.		
S.R.T.		
S.D.S.		
M.C.L.		
U.C.L.		
SPECIAL TESTS		
Test	Right	Left

**Source of Support: Nil**  
**Conflict of Interest: None Declared**

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