

**AYURVEDA BIOLOGY V/S CONTEMPORARY BIOLOGY W.S.R. TO ENT  
MANAGEMENT IN AYURVEDA****Bishnupriya Mohanty<sup>1</sup>, Da Silva<sup>2</sup>, Sangram Keshari Das<sup>3</sup>**<sup>1</sup>MD, PhD, Department of Sanskrit Samhita and Siddhanta<sup>2</sup>BAMS Intern<sup>3</sup>Professor & Head, Dravyaguna Vijnana

Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa. 403103

**Corresponding Author:** [drbishnupriyadas@gmail.com](mailto:drbishnupriyadas@gmail.com)<https://doi.org/10.46607/iamj0910042022>**(Published Online: April 2022)****Open Access**

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**Article Received: 07/03//2022 - Peer Reviewed: 24/03/2022 - Accepted for Publication: 25/03/2022****ABSTRACT**

Diseases of ear, nose, and throat (ENT) often have serious consequences including hearing impairment, and emotional strain that lower the quality of life of people. More people are suffering from upper respiratory infections are among the most common infections, just because of a lack of ENT care. Varieties of microorganisms like Rhinoviruses, Streptococcus spp., enteroviruses, and even bacteria are the leading cause of common cold in all age groups. The nose is the main ecological niche where some of the drug-resistant microorganisms like Staphylococcus aureus reside and cause the diseases of the nose as well as diseases affecting all the organs of the respiratory system. Otitis media is caused by bacteria the leading one being Streptococcus pneumonia. Public need awareness and training on health-related otolaryngology and other ENT-related information to avoid many diseases of the respiratory system hampering the daily life of patients with discomfort. Some of these infections are becoming difficult to control because some of the causing microorganisms have acquired antibiotic resistance and hence the need to develop new drugs with higher efficacy. It has been envisaged that with an increased global population, infections remain the most important cause of disease, especially with upper respiratory infections causing hearing loss to a learning disability. Otitis-media, which is now known to be the most common childhood

infection, leads annually to the death of over 50,000 children under 5 years. In other cases, nasal conditions may be distressing, as in the case of nasal myiasis/maggots in the nose.

Ayurveda principles, medicine, and therapeutic protocols are useful in this wide range of clinical issues and effective to manage public health prevention, protection and promotion too. Few diseases and their medicinal efficacy is discussed with the Tridosha concept. It is to develop confidence in ENT practice even in an emergency, to explore the potentiality of Ayurveda therapeutical procedure, and to establish Ayurveda Treatment is cost-effective even today.

**Keywords:** ENT, Ayurveda Biology, Contemporary Biology, *Tridosha Siddhanta*.

## INTRODUCTION

There will always be turbulence, there will always be bumps, there will always be challenges, there will always be troubles, and there will always be VAISHAMYATA in the process of attaining health. Our complacency can creep in, our comfort and short cut understanding of health in terms of laboratory parameters may invite or drag us into more suffering, lack of achieving complete normalcy may demotivate us, but if we keep going on respecting turbulence as normalcy and sign of health consistently and persistently we can transform our all idea of health available in the medical domain into the next level or next generation as unique one Global medicine (that is called one medicine for One Globe). We hardly understood that all-Ayurveda concept or even harder to speak that yet these all need a different level of clinical practice. Here is a discussion made to unfold ENT diseases with their journey of conversion from *Principle to Practice* with a Global Perspective. The *Utah Sthana* or *Shira Pradesh* is considered to be *Kapha Dosha* dominant.

The *Netra* in *Shira Pradesh* has *Pitta* dominance in them, while the ears have *Vata* dominance.

The balance between *Kapha* and *Pitta* is maintained by the *Vata Dosha*.

The *Shira Pradesh* is considered to be one Governing unit of a complex Human system. The *Netra*, *Ghrana*, *Karna*, *Mukha*, *Kantha* are all said to be interconnected on all grounds of their structure, function, pathology, and clinical aspects.

### Modern Correlation

- The Eustachian tube connects the middle ear cavity with the nasopharynx.

- The nasopharynx connects the nasal cavity to the oropharynx
- The oropharynx connects to the buccal cavity, esophagus, and trachea.

To the above-mentioned anatomy, any disturbance at one site will lead to some complications on the other sites. Like in *Dushta Pinasa*, as *Upadrava* there could be-

1. *Badhira* (a problem with hearing).
2. *Aandhya* (a problem in vision).
3. *Aghrana* (a problem in the perception of odor).
4. *Ghora-Nayana* (chronic eye disorders).

Looking into contemporary science the below example could be discussed; like-

In chronic sinusitis, there will be mucosal thickening of sinuses, which may further lead to Eustachian tube dysfunction. This dysfunction may lead to fluid discharge in the middle ear or negative pressure which further may lead to retraction of the tympanic membrane. This clarifies that all the organs in the head region are connected.

### MANAGEMENT ASPECT:

- *Nasa* (nasal canal) is considered to be the gateway of the head region.
- Hence when the drugs are administered through the nose it works the best.
- In the classics, first *Kaya Shodhana* (body purification) is mentioned, then *Shira Shodhana* in the form of *Nasya* (nasal instillation) is advised.
- *Shirais* considered to be the *Adhithana* of the *Indriya*, hence in *Urdhwa Jatrugata Vyadhi*, internal medications are good but local treatments play a very important role.

### LOCAL TREATMENT MENTIONED:

1. *Nasya* (Nasal Medication)
2. *Dhumapana* (Medicated smoke)
3. *Kavala* (Gargling)
4. *Gandusha* (Type of Gargling with mouth full medicine)
5. *Dhupana* (Fumigation)
6. *Shirodhara* (A variety of Blissful therapy of dropping oil or decoction on the Head)
7. *ShiroAbhyanga* (Head Massage)
8. *Tarpana* and *Putapaka* (Type of nourishment therapy)

These are the golden modalities in case of diseases of the head and ENT. It's just not applying for medicine locally but also to get their benefit to the target cell far distant from the area of their application. Therefore, all modalities should be explored along with oral medication as internal medication. The routine oral route of medication sometimes loses the characteristics of medicine through their long procedure of metabolism, but these local therapeutical procedures are beyond all such types of limitations. Keeping *Doshic* understanding as a core value system in treatment few diseases are presented here with clinical understanding and interpretation; they are discharged from the ear, tympanic membrane inflammation, Nasal septum deviation, sneezing, Ear wax, and Rhino Sinusitis<sup>1,2</sup>.

### DOSHAS ARE OUR GUIDE:

- In every organ, a Particular *Dosha* is dominant.
- Any alteration in them or presence of dominance of later *Doshas*, then *Doshaghna Chikitsa* can be done. Some *Anubhuta Chikitsa* is shared here-

#### 1] To understand discharge from the ear:

- E.g: Ear infection (otitis media)

We can consider discharge as *Kapha Dosha* hence treatment would be *Kaphaghna*.

- In case of discharge is purulent, we can consider the involvement of both *Kapha* and *Pitta*, hence- *Kapha Pittaghna Chikitsa* will be given<sup>3-5</sup>.

#### 2] To understand tympanic membrane inflammation:

- There is a rich blood supply to it, which helps to heal it faster.

- The ear is *Vata Sthana* and there is *Rakta Dosha* involved, which can be considered to be *Vatarakta* hence *Vatarakta Chikitsa* can be done.
- *Aushadha* used are: - *Manjishtadi Kashayam*, *Kaishor Guggulu*, *Avipattikara Choorna*.

#### 3] To understand Nasal septum deviation:

- *Ayurveda* classics consider it as *Vata Vyadhi*.
- Hence *Vata Vyadhi Chikitsa* has to be done; that is *Snehana* and *Swedana* which is a nasal massage and nasal packing<sup>6,7</sup>.

#### Nasal packing

- A gauze piece is soaked in hot *Taila*.
- *Taila* – *Dhanvantaraam Taila/ Bala Taila*.
- Suppose the deviation is towards the right, the soaked gauze piece is placed in between the deviated septum and turbinate in the right nostril with some amount of gauze kept outside.
- Here there will be both *Snehana* and *Swedana* that will happen, and it will create some pressure on it.

CURE: if this procedure has been followed daily for a few days (10) the narrowing of the airway will improve, the patient can breathe better, and sneezing and other associated symptoms will be cured<sup>8</sup>.

#### 4] To understand sneezing:

- Internal medications like *Haridra Khanda* and *Nirgundyadi Kwatha* do have an effect but local treatment like *Nasya* and *Dhumapana* works better.

#### 5] To understand Ear wax:

- A simple wax can be removed with the help of *Kshara Taila*.
- Except in conditions like perforation and discharge (suspected)<sup>9</sup>.

#### 6] To understand In Rhino Sinusitis:

- There is nasal discharge, blockage, heaviness in the nose and head, and blocked ostium.
- *Nasya* works best in such cases.
- *Nasya* can be also done here with simple saline water after which *Dhumapana* is given
- *Dhumapana* helps in the drainage of the sinuses<sup>10</sup>.

## DISCUSSION

### The Journey of Principle to Practice:

When we inhale, air from the sinuses will get out and when we exhale, the sinuses will be ventilated. In *Dhumapana* we inhale with one nostril and exhale from the mouth, as a result, *Dhuma* reaches all the sinuses, and their drainage becomes better. *Dhumapana* is very effective in chronic allergy cases, chronic sinusitis, sneezing, and during the elevated level of Immunoglobulin too. ACE<sub>2</sub> ACE<sub>1</sub> inhibitors are there in the nasal route, ACE<sub>2</sub> inhibitors generate the ACE<sub>1</sub> inhibitors (It's a variety of *Utpatti Karma*; symbolically represents the *Karma* of *Shukra Dhatu*). *Taila Nasya* regulates these activities and works for immunity maintenance. In contemporary medicine, it finds very difficult to make the ears dry in a certain treatment, but we can easily achieve this using *Dhupana Chikitsa*<sup>11-13</sup>.

In case of chronic purulent otitis media, middle ear infection, otitis externa. We consider it under *Vataja Roga* and give a treatment of *Vata Vyadhi*. Eg: *Gugulu Ghruta* in SNHL (sensory neural hearing loss).

## CONCLUSION

Hence Ayurveda medicine and its therapeutical procedure are little different and biologically more suitable than what has been routinely explained to us. Through critical discussion and interpretation it become clear that the complex management of ENT diseases are having multiple numbers of the route of drug administration, they are suitable to respective clinical needs, along with local benefit those therapeutical procedures also shows general benefits to the whole body and more to the all-many clinical conditions what looks incurable and surgical indicated disease in contemporary science are easy could be handle with Ayurvedic management even with cost-effective approach too.

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