



COMMON DRUGS REQUIRED IN DIAGNOSTIC AND THERAPEUTIC PROCEDURES OF SHALAKYA DISORDERS

Dr. Amrendra Kumar*

Assistant Professor/Lecturer, Department-Shalakya Tantra, Dyanand Ayurvedic Medical College and Hospital, Siwan,
841226 (Bihar) India.



*Corresponding Author: Dr. Amrendra Kumar

Assistant Professor/Lecturer, Department-Shalakya Tantra, Dyanand Ayurvedic Medical College and Hospital, Siwan, 841226
(Bihar) India.

Article Received on 14/06/2024

Article Revised on 04/07/2024

Article Accepted on 25/07/2024

ABSTRACT

Shalakya Tantra focuses on diseases associated with the body parts, specifically above the neck region. This branch acknowledges diagnosis and treatment approaches along with their preventive measures including diseases related to the nose, ear and throat, etc. *Shiro Abhyangam*, *Mukh Abhyangam*, *Shirodhara*, *Swedanam*, *Karna Poorna*, *Karna Dhoopanam* and *Nasya*, etc. are major therapeutic and preventive approaches employed for managing ENT disorders. These approaches utilizes for treating *Shiroroga*, *Karnaroga*, *Nasaroga* and *Mukharoga*, etc. Common ENT disorders include larynx and vocal cord disorders, foul smell, hearing problems, sinusitis, tonsillitis and chronic otitis, etc. *Nadi Pariksha*, *Jihva Pariksha*, *Mutra Pariksha* and *Sparsha Pariksha*, etc. are used along with modern diagnostic techniques to diagnose specific ENT problem. Various Ayurveda drugs belong from animal, mineral and plant origin, etc. also advocated for managing these conditions. This article emphasizes drugs, diagnostic and therapeutic procedures utilizes for *Shalakya* disorders.

KEYWORDS: *Ayurveda*, *Shalakya*, *ENT*, *Karnaroga*, *Nasaroga*, *Mukharoga*.

INTRODUCTION

Urdhwajatru disorders mainly deals by *Shalakya Tantra* which include management of diseases of ears, nose and throat, etc. *Shalakya Tantra* presented different aspect of *Karna Chikitsa*, *Nethra Chikitsa*, *Mukharoga Chikitsa*, *Shiroroga Chikitsa* and *Nasa Chikitsa*, etc. *Shalakya Tantra* effectively manages conditions like cataracts, nasal issues, rhinitis, sinusitis, ear infections and otitis media, etc. This branch utilizes different diagnostic techniques integrating with modern approaches and therapeutic procedures along with herbal drugs for managing disorders of the ear, nose and throat. Surgical and para-surgical techniques also advocated for treating these diseases.^[1-4] *Shalakyatantra* operates in three major areas as depicted in **Figure 1**.

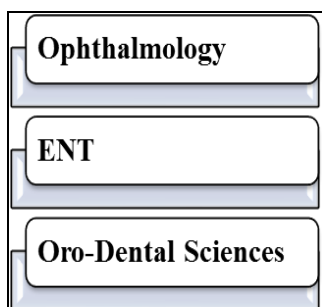


Figure 1: Three major stream of *Shalakyatantra*.

As mentioned in above *Shalakyatantra* deals with ophthalmology for eye related diseases, ENT department for ear, nose, and throat, and Oro-Dental Sciences deals with oral cavity. However the ENT (Ear, nose and throat) department is main covering area of *Shalakyatantra*.

Shalakya Tantra describes *Karnadhoopana* and *Karnaprakshaalana*, etc. for ear diseases. *Gandoosha* and *Kavalagraha* are advocated to treating foul breath, dental caries, tonsillitis and mouth infections, etc. For nasal disorders *Dhumapana* and *Nasya* are recommended. *Shiropichu*, *Shirobasti* and *Shirodhara* are advices for migraine and headache, etc. Various *Kriyakalpas* are utilized in *Shalakya Tantra* for curing *Urdhwajatru* disorders. The various approaches utilizes for the diagnostic purpose in case of ENT problems is depicted in **Table 1** and **Table 2** depicted different therapeutic approaches used for managing these conditions.^[4-7]

Table 1: Diagnostic Approaches of ENT Disorders.

Category	Diagnostic Procedure	Description
<i>Netra Roga</i>	Visual Acuity Testing	Measures the clarity of vision using eye charts.
	Refraction Test	Determines the prescription for eyeglasses or contact lenses.
	Tonometry	Measures intraocular pressure to screen for glaucoma.
	Fundus Examination	Checks the health of the retina, optic disc, and blood vessels.
	Keratometry	Measures the curvature of the cornea to diagnose astigmatism.
	Fluorescein Angiography	Uses dye to visualize blood flow in the retina.
ENT (<i>Karna, Nasa, Gala Roga</i>)	Otoscopy	Examines the ear canal and eardrum for infections or abnormalities.
	Tympanometry	Assesses the function of the middle ear and eardrum mobility.
	Nasal Endoscopy	Uses a flexible scope to visualize the nasal passages and sinuses.
	Rhinoscopy	Examines the nasal cavity for obstructions or infections.
	Laryngoscopy	Visualizes the larynx and vocal cords to diagnose voice and throat disorders.
	Sinus Imaging	Uses X-rays, CT scans, or MRIs to evaluate sinus structure and pathology.
<i>Mukha & Danta Roga</i>	Oral Examination	Inspects the teeth, gums, and oral mucosa for signs of disease.
	Dental X-rays	Provides images of teeth and jaw structures to identify cavities, fractures, or infections.
	Oral Cancer Screening	Checks for lesions or abnormal growths in the mouth.
	Salivary Testing	Analyzes saliva to diagnose gland function and infections.

Table 2: Therapeutic procedures for ENT problems.

Procedure	Description
<i>Akshi Tarpana and Putapaka</i>	Application of medicine to the eyes, which protect against degeneration and gives palliative care for retinal conditions.
<i>Aschyotana</i>	Instillation of medicinal drops into eyes to treat irritation and burning sensation.
<i>Netra Pariseka</i>	Pouring medicine over closed eye to treat redness and discharge, etc.
<i>Anjana</i>	Application of medicine for conditions like degeneration.
<i>Pindi and Vidalaka</i>	Medicated cloth packs on the eyelids to soothe watering, swelling and burning.
<i>Nasya</i>	Instillation of medicaments into the nose to treat head and neck conditions, effective for sinusitis and headaches, etc.
<i>Kavala and Gandusha</i>	Gargling medicinal liquid to treat sensitivity, gingivitis and mouth ulcers, etc.
<i>Dhoomapana</i>	Medicinal smoking to treat sinusitis and throat problems.
<i>Karna Purana</i>	Dropping medicated oil into ears to treat ringing sounds.
<i>Karna Dhoopana</i>	Fumigation of the ears with herbs to treat ear infections with discharge.
<i>Shiroabhyanga and Shi rodhara</i> , etc.	For the treatments of headaches and other head conditions.

As mentioned above in Table 1 and 2, the different diagnostic and therapeutic approaches are recommended for the identification and treatment of ENT disorders respectively. Additionally Ayurveda suggested many drugs for the management of ENT disorders as mentioned below^[6-11]:

Chakshushya Herbal Drugs

- *Krishna agaru*
- *Kataka*
- *Daruharaidra*
- *Lodhra*
- *Guduchi*
- *Haritaki*

- *Aamalaki*
- *Bibhitaki*
- *Shatavari*
- *Indivara*

Drugs for Mukharoga

- *Jatipatra*
- *Bhabya*
- *Tamravalli*
- *Haritala*
- *Vacha*
- *Nepali*
- *Talisha*

Drugs for Siroroga

- *Lavanga*
- *Sarala*
- *Bhringraja*
- *Yuthika*
- *Kundaha*

Drugs for Danta Roga

- *Shatapatri*
- *Nimba*
- *Khadira*
- *Dantasthirikarana*

Drugs for Kantha Roga

- *Vacha*
- *Bhadraela*
- *Kataphala*
- *Tamravalli*
- *Nagadanti*
- *Rajikapatra*
- *Balwaja*
- *Nimbuka*

Drugs for Karna Roga

- *Nepali*
- *Rohitaka*
- *Sarala*
- *Paribhadra*

CONCLUSION

Shalakya Tantra utilizes variety of treatments to address ENT issues; these therapies include *Aschotana*, *Seka*, *Anjanam*, *Putapak*, *Pindi*, *Karna Dhupanam*, *Karna Prakshalana*, *Pratimarsa Nasyam* and *Karna Puranam*, etc. Surgical methods such as *Bhedanam*, *Chedanam* and *Sira Vedha* also advocated. Natural remedies such as ginger, black pepper, turmeric, holy basil and licorice, etc. recommended for common ENT issues along with various *Kriyakalpa* procedure. Additionally Ayurvedic formulations such as *Kumkumadi Nasya*, *Pathyadi Gutika*, *Mustadi Kwath* and *Shadbindu Taila*, etc. are also used in *Shalakya Tantra* for managing various ENT disorders.

REFERENCES

1. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub. by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1st edi. Siddhi Sthana, 1988; 9/75.
2. Prabhakar Vardhan, Kartar Singh Dhiman. Clinical study to assess the efficacy of Keshanjana and Netra Parisheka in the management of Shushkakshipaka (dry eye syndrome). AYU, 2014; (35): 277-82.
3. Kaviraja Ambikadatta Shastri, editor, Sushruta Samhita of Sushruta, Uttaratantra, Chapter 3, verse no 5, 8th edn, Varanasi: Chaukhambha Sanskrit Sansthan, 1993; 15.
4. Kumar D. Role of Triphala eye drops in the management of Abhishyanda (Acute Conjunctivitis). PG thesis, Varansai: IMS BHU, 2000.
5. Laxmipathi shastri, Yogartnakar, Poorvardha, Chapter 1, verse no 1, 7th edn, Varanasi: Choukhamba Sanskrit Sansthan, 1999; 5.
6. Sushruta Samhita Sutrastana 12/10, Hindi Commentary Ayurveda Tattva Sandipikawrittenby Kaviraj Ambikadutta Shastripublishedby Chaukhambha Orientalia, Varanasi, 221005.
7. Sachitra Shalakya Vigyan, Chaudhari Ravindra Nath., Dr. 16th edition. Gopal Mandir Lane, Varanasi: Chaukhambha Orientalia, 2002.
8. Muniyal Ayurveda, Manipal, Sacitra Caraka Samhita - Volume 1, published by Muniyal Institute of Ayurveda Medical Sciences, Manipal, 2005; 3: 5.
9. Ashtang Hridaya, Srikantha Murthy K. R., Prof. Reprint. Varanasi: Krishnadas Academy, 2002; 6.
10. Shastri Ambikadutt, Sushruta Samhita edited with Ayurveda tatva sandipika Hindi Commentary, Uttar Tantra 1st chapter 1/15, Aupdravikam adhyaya Varanasi, Chaukhambha Sanskrit Sansthan, reprint edition, 2009; 08.
11. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub. by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1st edi. Siddhi Sthana, 1988; 9/75.