

PREVENTIVE ASPECTS OF URDHVA JATRUGATA ROGAS (EYE AND ENT DISORDERS) - AN AYURVEDIC PERSPECTIVEDr. Swabi*¹ and Dr. Tanveer Ahmad²¹P.G. Scholar, PG Dept. of Kaumarbhritya, UAU, Gurukul Campus, Haridwar.²P.G. Scholar, P.G. Dept. of Samhita & Siddhant, V.Y.D.S, Ayurved Mahavidyalaya Khurja, Bulandsahar, Uttar Pradesh.***Corresponding Author: Dr. Swabi**

P.G. Scholar, PG Dept. of Kaumarbhritya, UAU, Gurukul Campus, Haridwar.

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ABSTRACT

The busy life style, faulty food habits, restless schedule, stress, overpopulation, overcrowding of vehicles leading to sound and air pollution and junk food habits etc. are causing hazardous effect on sense organs, due to which *Urdhva Jatrugata Rogas* (Eye and ENT diseases) are common in present era. *Urdhva Jatrugata Rogas* includes diseases of head, eye, ear, nose and oral cavity. Ayurveda, the science of life gives immense importance to preventive measures. Identifying the *Nidana* and avoiding it, plays the key role in preventing most of the eye and ENT disorders. The Ayurveda classics have mentioned the daily regimens like *Netraprakshalna* (eye wash), *Anjana* (Collyrium), *Snana* (Bathing), *Padabhyanga* (Foot massage with oil), *Nasya* (nasal application of drugs), *Shiro Abhyanga* (head massage), *Shiro Pichu* (oil soaked cotton pad on head), *Karna Poorana* (filling ear with medicated oil) wholesome and unwholesome dietetic are promoted as high-end measures for the maintenance of health of eye, ear, nose, throat. Various *Vyayamas* (exercises), *Yogasanas*, *Pranayamas*, *Neti* and *Trataka* are also said to be beneficial for the same cause. The aim of this article is to explore the major Ayurvedic health promoting and disease preventive measures regarding maintenance of health of eye, ear, nose, throat, head etc.

KEYWORDS: Ayurveda, *Indriyas*, sense organs, eyes and ENT disorder, *Urdhva Jatrugata Rogas*, Daily Regimen.

INTRODUCTION

Vedic science offers many safe, effective and simple techniques for maintaining health of *Indriyas*. These primitive approaches can be easily practiced in everyday life to prevent lifestyle related *Urdhva Jatrugata Rogas*. There are five sense organs i.e. eye, ear, nose, tongue and skin. Among these sense organs in which Ayurveda gives prime importance to the eye. It says "*Sarvendriyaanam Nayanam Pradhanam*". Environmental pollution and modern lifestyle is causing hazardous effect on the *Indriyas* health. The common etiological factors for the ENT disorders are; *Raj-sevana*, *Dhoomasevana*, *Sheetavayusevana* and *Atapasevana* become more due to overpopulation, industrialization and pollution.^[1] While three factors being responsible for the causation of all type of diseases including ophthalmic problem are- *Asatmyendriyarthasamyoga* (Incompatible contact of eye with visual objects), *Pragyaparadha* (Misuse of intellect), *Rituviparyaya* (Abnormal cycles of seasons).^[2]

In India, Refractive error in children is a major public health issue and requires intensive efforts from various stakeholders including the health care workforce,

education professionals and parents, to manage this problem.^[3] The hectic life style, faulty food habits, restless schedule, stress and strain, etc. have made every person to be away from the principles of *Swasthavrutta* and yoga, due to which the incidences of ocular, otolaryngological and dental manifestations have become common, now-a-days.

MATERIALS AND METHODS

A comprehensive study was done on depictions related to various health promoting and preventive care of eye, ear, nose, head and dental health in Ayurveda. Detailed descriptions were gathered from different Ayurvedic Samhita and online research papers from 2011 to 2021 viz. Pubmed, Google scholar and web of science by utilizing the words like daily regime, lifestyle disorders, *Ayurveda*, *Indriya*, prevention of eye and ENT disorders etc.

Modalities for promotion of ocular (*Netra*) health and prevention of Eye diseases (*Netra Rogas*)

Acharyas have specially emphasized on eye healthcare and defined the several methods for betterment of eyes health. Avoiding the causes and mitigation of involved

Doshas are prevention in brief are: avoidance of exposure to water, immediately after getting heated from exposure to sun heat or fire, avoiding practices of watching very far objects, circumventing practices of observing very minute objects, escaping untimely sleeping habits, avoidance of indulging in anger, sorrow, fear and exertion and suppression of natural urges like controlling of tear should not be followed.^[4]

In Ayurveda classics description of *Dinacharya* and *Pathya Apathya* regarding the maintaining of eye health are as.

Netraprakshalana (Eye Wash): Washing eyes with cold water or decoction of *Lodhra* (*Symplocos racemosa*) and *Amalaka* (*Emblica officinalis*) helps in maintaining the constant clear vision.^[5]

Mahrishi Kashyapa has mentioned *Shatkalpa adhayaya* which includes *chakshushya*, *pushpak*, *mata*, *rochana*, *rasanjan* and *kataka* herbs which promote ocular health and can be used to prevent eye diseases.

Ushnjalapana (Water intake in early morning) & Nasajalapana: Daily intake of water in early morning either mouth or through nose purify the whole GIT and ensure good vision. *Gandusha*-Keeping mouthful of cold water 2-4 time a day will helps to maintain eyesight.^[6]

Anjana (Collyrium): Mainly two types of *Anjana* have been mentioned in Ayurveda texts i.e. *Sauveer anjana* (medically processed Antimony Sulphide), *Rasananjna* (Solid extract of *Barberisaristata*). *Sauveeranjana* is applied to eyelashes every day while *Rasanjana* is used once at interval of five or eight nights for stimulation and secretion. *Anjana* removes the *doshas* and *malas* in the form of tears & provide cleanness to eyes which results into a clear vision.^[7]

Daily practice of *Anjana* found not only useful for good appearance of eyes but also removes burning sensation, itching, dirt (excretion), pain of eyes, and prevent diseases development and maintains moistness and accommodation to high and low light.^[8]

Contraindications of *Anjana*- Person who is on fasting, who has taken bath on head, who is awoken at night and person with fever should not apply collyrium.

Shiroabhyanga: Daily practice of application of medicated oil on head strengthens the eyes & also prevents *Urdhva Jatrugata Rogas*. It acts as *drishti prasadana*.^[9]

Nasya: Daily practice of *Pratimarsh Nasya* by *Anutaila* (1-2 drop in each nostril) give better vision and power of other sense organs remain intact as the applied medicine reaches to "*Sringataka Marma*" (cavernous sinus) through nasal cavity which is the seat of all the centers of vision, hearing, smell, and taste.^[10]

Snana (Bathing): Bathing with cold water or water with slightly less temperature than body temperature from the head always promotes eye health while bathing with warm water from head always makes unhealthy effect on eyes.^[11]

Padaprakshalana (Feet wash), Padabhyanga (Oil Massage on feet) and Padaatra Dharana (Foot wearing): As per classical texts, two *Shiras* (vein) are situated in the center of feet (soles) and significantly connected to eyes which transmit the effect of medications applied over the soles in the form of oil massage and promote the eye health and prevent from the diseases. These veins vitiated by the accumulation of *Malas* (dirt, assault of soles by hard substance and stone) or over pressure bring about abnormality of eye.^[12]

Chattra Dharana (Use of umbrella): Use of umbrella prevents eye from excessive light, heat and dust and acts as *chakshushya* (beneficial to eye).^[13]

Vegadharana (suppression of natural urges): Prolonged office duties, class room, meetings and watching TV programs and continuous computer work nowadays are part of faulty lifestyle and quite evident for suppression of natural urges. Suppression of tear and sleep leads to diseases of eye. Suppression of natural urges causes *Vataprakopa*, leads to ocular tissues weakness and strain to eyes.^[14]

Rasayana: *Acharya Vagbhata* has advised that daily practice of *Triphala* with honey and *Ghrita* at night improves the vision.^[15]

Yoga practices and eye health:^[16] *Netikriya* and *Trataka* prevent the *Doshasanchaya* and acts like purifying procedure which help to promote healthy eye vision.

Modalities for prevention of *Shiro Rogas*

Ayurveda has given prime importance to *Shirah*, considering it as one of the three principal vital organs of the body where the *Prana* or life resides^[17]. Charaka explains that all the sense organs and the channels carrying the sensory and vital impulses from the *Shirah* are like the rays of the sun.^[18]

The *Nidana Parivarjana* is important along with the treatment. Some preventive measures are: Avoid skipping meals, regular sleeping and eating habits, limiting stress through regular exercise and *Yogasanas*, avoiding prolonged fasting, limiting caffeine consumption to less than two beverages per day, avoiding bright or flashing lights help in controlling the headaches like migraine etc.

Shiro Abhyanga (Head Massage)

Thoroughly massage of the scalp improves blood circulation, release of endorphins that reduce pain, minimize instances of depression and anxiety by relaxing

tensed muscles and stimulating increased blood flow and promote hair growth. The herbal oils aid in the process of relaxation and rejuvenation.

The oils beneficial in *Shirorogas* are *Manjishtadi Taila*, *Triphaladi Taila*, *Ksheerabala Taila*, *Dashamooladi Taila* etc.

Shiro Pichu^[19]

A gauze piece or a cloth is soaked in oil or ghee and is kept over the forehead over the anterior fontanelle. It is also very beneficial in headache and other nervous system disorders and also beneficial in graying and falling of hair and also induces sleep.

Shiro Lepa

In this procedure the application of medicated paste over the head is advocated. It reduces stress and strain. *Shiro Lepa* with *Jyotishmati*, *Brahmi*, *Triphala* will be ideal.

Some formulations used in treatment of *Shirorogas* are: *Pathyadi Kwath*, *Dashmool Kwath*, *Varunadi Kwath*, *Dashmool Ghrita*, *Ashwandhadi Ghrita*, *Pathyadi Guggulu*, *Mahayogaraj Guggulu*, *Laghusutashekhara Rasa*, *Shirahshuladivajra Rasa*, *Mahalakshmvilasa Rasa*, *Mrythunjaya Rasa*, *Ardhanareshwar Rasa*, *Godanti Bhasm*, *Shankh Bhasm*, *Shringa Bhasm*, *Muktashukti Bhasm*, *Pravala Bhasma* etc.

Modalities for prevention of Nasa Rogas

Nose is explained by our *Acharyas* as “*Nasa Hi Shirasodwaram*” so it is considered the gateway to the head. Nose is common port for entry of allergen and *Nasya* has a direct action at the level of entry of allergen as well as localized action at the site of lesion.

Pratimarsha Nasya^[20]

Acharya Charaka has mentioned *Pratimarsha Nasya* with *Anutaila* as preventive measures for *Urdhwa Jatrugata Vikara*. It nourishes *Shira* (vein), *Sandhi* (joints), *Snayu* (ligaments), *Kandara* (tendons) of head and makes them strong.

Dhoomapana^[21]

Inhalation of medicated fume either through nose or mouth is called *Dhoomapana*. It is indicated for prevention and cure in *Kapha Vata Vikara* and *Urdhwa Jatrugata Rogas*. *Dhoomapana* with *Varti* prepared from *Guggulu*, *Vacha*, *Shigrubija* and *Kushta* is ideal in *Nasa Rogas*.

Nasapana or Jalanethi

Nasal irrigation by lukewarm or saline water maintains hygiene in the nasal cavity. Daily practice of *Jalanethi* explained in yoga helps to keep the nasal passages clean and free from diseases of respiratory tract.

Nasa Pichu

It is the process of instillation of medicated wick in the nose. It helps in retention of medicine in nose for specified period and also dilates the nasal cavity. It is

indicated in conditions like turbinate hypertrophy, polyposis, deviated nasal septum etc.

Some important formulations used in treatment of *Nasagata Rogas* are: *Mahalakshmvilasa Rasa*, *Tribhuvanakirti Rasa*, *Sheetajwararikashaya*, *Vyaghryadikashaya*, *Gorochanadi Gulika*, *Vyoshadi Vati*. Regular consumption of *Thalesapatradilehya*, *Vyaghryadilehya*, *Mridweekadilehya* etc. builds immunity and resistance.

Modalities for prevention of Karna Roga

Karna Dhoopanam^[22]

The procedure of applying medicated smoke or fumes in the ear is known as *Karna Dhoopanam*. The drugs like *Guggulu*, *Jatamamsi*, *Agaru*, *Sarshapa*, *Karpoora*, *Haridra*, *Hingu*, *Vidanga*, *Vartakaphala* and *Rasanjan* can be employed. It is indicated in otorrhoea after dry mopping and otomycosis.

Karnapooranam

Acharya Vagbhata has mentioned the *Karnapoorana* in *Dincharya*. It removes *Mala Sanga* and cleans the *Srotasas*. It also provides strength by *Balya* property of drugs used. Indications of *Karnapooranam* are: *Karnasoola*, *Karna Nadam* (Tinnitus), *Badiryam*, *Karna Kshwedam*, *Karnapaka* etc.

Karna Avachooranam

It is dusting of the medicated fine powder in to the external auditory canal indicated in *Poothikarnam* (External otitis) and any type of ear discharge.

Karna Pichu

Instillation of medicated wick immersed in oils in case of perforation of tympanic membrane where *Karnapoorana* cannot be performed and it provides beneficial and sustained effect. *Jathyadi Taila*, *Triphala Taila*, *Panchavalkala Tail*, *Sarshapa Tail*, *Deepika Taila* or *Yasti Taila* can be used.

Some important formulations used in treatment of *Karna Rogas* are: *Thribhuvankeerthi Rasa*, *Sudarshana Vati*, *Shwasananda Gulika* and *Kaishora Guggulu*, *Dashamoola Taila*, *Dhanvanthri Taila* and *Shirobasti with Bala Taila*, *Ashvagandha Balalakshadi Taila* etc.

Modalities for prevention of Mukha Roga

The oral cavity can be a mirror image of other areas of the body and many systemic illnesses are manifested in the soft tissues of oral mucosa of the mouth. When oral health is compromised, overall health can be affected.

The oral hygiene is implemented by the use of twigs of *Baboola* or *Neem* or *Khadira* for tooth cleaning followed by *Jivha-nirlekhana*.^[23]

Dantadhavana with *Tikta-Kashaya Rasa Dravyas* not only prevents the stasis of the *Mukhashravas* but also avoids the pathogenesis.^[24]

Use of *Gandoosha* and *Kavala* as a part of routine practice strengthens and prevents the diseases of *Mukha* and *Gala*.^[25]

Use of *Tambula Sevana* with *Ruchya*, *Mukha Shodhaka*, *Deepaka*, *Pachaka Dravyas* provides *Mukha Shodhana* and improves the taste and facilitates digestion.

Some formulations used in *Mukha Rogas* are: *Haritaki Kwatha*, *Khadiradi Vati*, *Lavangadi Vati*, *Tankanajala Gandusha*, *Apamarga Kshara Pratisarana*, *Triphala Guggulu*, *Agasthya Rasayana*, *Mridweekadilehya*, *Kasthurayadi Rasayan*, *Vyaghari Rasayana* etc.

General Preventive Measures of *Urdhva Jatrugata Rogas*

Rasayana Sevana: *Rasayanas* possess the *Indriya Tarpaka*, *Prasadaka*, *Prabodhaka* action which revitalize the *Urdhwa Jatrugata Avayavas*. Special *Rasayana* indicated in antenatal care can prevent the congenital abnormalities like *Badhirya*, *Mukatwa* etc. *Rasayanas* possess *Medhya*, *Brumhana*, *Tarpana* action which restores the normal functions of organ and corrects the pathologies.

Pratimarshanasya

It prevents the diseases of nose, ears, throat and head and effective in prevention of Para nasal diseases e.g. *Ksheerabala Taila*, *Anu Taila* etc.

Pranayama

It clears the nasal cavities and facilitates the normal flow of *Prana* to the body. It increases vital capacity of lungs.

CONCLUSION

Ayurveda gives careful consideration on staying away from the disease causing components by giving emphasis on daily routine activity and a few subtle changes in lifestyle results in maintaining healthy life. Ayurveda offers better solutions in prevention of *Urdhva Jatrugata Rogas* like daily practice of *Dhoomapana* removes the vitiated *Doshas* from the *Urdhva Jatru*. Sleeping in supine position facilitates the smooth function of the sense organs. Routine practice of *Moordhni Taila* prevents the *Akala-Vali-Palita*, strengthens the sense organs, brightens the face and prevents *Shira* and *Kesha Vikaras*. Use of Umbrella prevents the exposure of the *Uttamanga* directly to heat, cold and rain. Thus *Pathya Apathya*, *Dinacharya*, *Rutucharya*, *Sadvrittपालाना* etc. are very helpful in preventing the *Urdhva Jatrugata Rogas*.

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