PREVENTIVE ASPECTS OF URDHVA JATRUGATA ROGAS (EYE AND ENT DISORDERS) - AN AYURVEDIC PERSPECTIVE

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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 Jatragata Rogas (Eye and ENT diseases) are common in present era. Urdhva Jatragata Rogas includes diseases of head, eye, ear, nose and oral cavity. Ayurveda, the science of life gives immense importance to the health of eye, ear, nose, throat. Various Ayurvedic health promoting and disease preventive measures regarding maintenance of health of eye, ear, nose, throat, head etc. have made every person to be away from the principles of Swasthayruttta and yoga, due to which the incidences of ocular, otolaryngological and dental manifestations have become common, now-a-days.

KEYWORDS: Ayurveda, Indriyas, sense organs, eyes and ENT disorder, Urdhva Jatragata 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 Jatragata 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.3) While three factors being responsible for the causation of all type of diseases including ophthalmic problem are- Asatmyendiriyaarthasamyoga (Incompatible contact of eye with visual objects), Pragyaparadha (Misure 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 Swasthayruttta 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
Dushas 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 Puthya Apathya regarding the maintaining of eye health are as.

Netraprakshalana (Eye Wash): Washing eyes with cold water or decoction of Lodhra (Symlocos 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, rasanj and kataka herbs which promote ocular health and can be used to prevent eye diseases.

Ushnajalapana (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.\[^6\]  \[^7\]

Anjana (Collyrium): Mainly two types of Anjana have been mentioned in Ayurveda texts i.e. Sauveer anjana (medically processed Antimony Sulphide), Rasananjanjna (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 cleanliness to eyes which results into a clear vision.\[^1\]

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 awaken at night and person with fever should not apply collyrium.

Shiroabhayangya: Daily practice of application of medicated oil on head strengthens the eyes & also prevents Urdhva Jatragata Rogas. It acts as drishti prasadam.\[^9\]

Nasya: Daily practice of Pratimarsh Nasya by Anutaaila (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), Padabhyangya (Oil Massage on feet) and Padatra 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 heath 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 Vataprapkopa, leads to ocular tissues weakness and strain to eyes.\[^14\]

Rasayana: Acharya Vasghata 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 Parivirjana 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 Shiroragas are Manjishthadi Taila, Triphaladi Taila, Ksheerabala Taila, Dashamooladi Taila etc.

**Shiro Pichu**

A gauze piece or a cloth is soaked in oil or ghee and is kept over the fore head 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 Jyothishmati, Brahmī, Triphala will be ideal.

Some formulations used in treatment of Shiroragas are: Pathyadi Kwath, Dashmool Kwath, Varunadi Kwath, Dashmool Gritī, Ashwanthadi Gritī, Pathyadi Guggulu, Mahayogaraj Guggulu, Laghusutashekharana Rasa, Shirahshuladivajra Rasa, Mahalakshmi Vilasa Rasa, Mrityunjaya Rasa, Aconsar Dilośravino Rasa, Godanti Bhasm, Shankh Bhasm, Shringa Bhasm, Muktashakti Bhasm, Praval Bhasma etc.

**Modalities for prevention of Nasa Rogas**

Nose is explained by our Acharyas as “Nasa Hi Shirasodwaram” so it is considers 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.

**Pratimarsa Nasya**

Acharya Charaka has mentioned Pratimarsa Nasya with Anutaıla as preventive measures for Urdhwa Jatrubuta Vikara. It nourishes Shira (vein), Sandhi (joints), Snaıya (ligaments), Kandara (tendons) of head and makes them strong.

**Dhoomapana**

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

**Nasapana or Jalanethi**

Nasal irrigation by Luke warm 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, polyps, deviated nasal septum etc.

Some important formulations used in treatment of Nasa Pīchu are: Mahalakshmi Vilasa Rasa, Tribhuvanakirti Rasa, Sheetajwararikashaya, Vyaghryadikashaya, Gorochanadi Gulkika, Vyoshadi Vati. Regular consumption of Thaleesapatradilehya, Vyaghrydilehya, Mridweekadilehya etc. builds immunity and resistance.

**Modalities for prevention of Karna Roga**

**Karna Dhoopanam**

The procedure of applying medicated smoke or fumes in the ear is known as Karna Dhoopanam. The drugs like Guggulu, Jatamansy, Aguru, Sarshapa, Karpoora, Haridra, Hinga, Vidanga, Vartakaphala and Rasājan can be employed. It is indicated in ototorhoea after dry mopping and otomycosis.

**Karnapooranam**

Acharya Vagbhata has mentioned the Karnapoorana in Dīnchārya. It removes Mula Sanga and cleans the Srotasas. It also provides strength by Balya property of drugs used. Indications of Karnapooranam are: Karnasooala, Karna Nadam (Tinitus), Badirya, Karna Kshwedam, Karparka etc.

**Karna Avachoornanam**

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. Jathiyadi 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: Thribhuvanakeetthi Rasa, Sudarshana Vati, Shwasanandha Gulkika and Kaishora Guggulu, Dashamool 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 in implemented by the use of twigs of Baboola or Neem or Khudira for tooth cleaning followed by Jivha- nirlekkhana.[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.[225]

Use of Tumbula Sevana with Ruchya, Mukha Shodhana, 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, Tandanajala Gandusha, Apanarga Khara Pratisarana, Triphala Guggulu, Agasthya Rasayana, Mridweeakadilehya, Kasthurayadi Rasayan, Vyaghari Rasayana etc.

General Preventive Measures of Urdhva Jatragata Rogas

Rasayana Sevana: Rasayanas possess the Indriya Tarpaka, Prasadaka, Prabodhaka action which revitalize the Urdhva Jatragata Ayavayas. 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 Jatragata Rogas like daily practice of Dhoomapanana removes the vitiated Doshas from the Urdhva Jatra. Sleeping in supine position facilitates the smooth function of the sense organs. Routine practice of Moordhini 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, Sadruttapalana etc. are very helpful in preventing the Urdhva Jatragata Rogas.

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