

Insight of Ayurveda in meniere's syndrome: A case Report

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Abstract:-

Life style changes causes impact on general health of people. Bad dietary habits like more sodium consumption(1) worsen these changes causing ill health in patients where stress stimulates otological disorders. Noise pollution play an important role in vitiating *doshas* in body along with stress. Specially *vata* and *pitta* get vitiating causing *sthansanshraya* in ear causing abnormal sound in ear i.e. *Karnakshweda* (2) *Badhirya* (3) and *Bhramah* which terminates in to *pittaavrittavata* which can be correlated with menieres syndrome which consist of tinnitus, deafness and giddiness. Menieres syndrome can be well managed by *Ayurvedic* treatment.

KEYWORDS:-

Pittavrittavata , menieres syndrome, *Yogbasti*.

INTRODUCTION:-

Menieres disease is a disease of inner ear which causes episodes of vertigo, tinnitus and deafness associated with nausea and vomiting. It causes hair cell death in inner ear. Endolymphatic hydrops is the main suggested and possible cause of this condition. Endolymph is secreted but not absorbed causing raised pressure

causing hydrops which stimulates abnormal sounds and giddiness which makes patient fall down on the ground. This is a gradual process over the years but frequently resulting in unilateral functional deafness and also causes mechanical disruption of inner ear with dilation of utricle and saccule.

According to Ayurveda this condition can be co-related with *pittavrittavata* concept. When *Vatadoshas* is surrounded by *pitta doshas* it creates sense of *Bhrama*, *Tama* burning sensation and excessive thirst and pain in stomach caused due to consumption of pungent, sour, salty and hot food. To overcome these symptoms an urge to consume some cold substances is created by body.

MATERIAL AND METHODS:

A case of menieres syndrome was presented to Shalakyata of Seth R.V. Ayurved hospital Sion Mumbai-22 Age -52 /male occupation – Engineer in Bhabha Atomic Research center Mumbai. C/O severe tinnitus in left ear, giddiness, nausea and vomiting. After vomiting patient gets relief from above symptoms. This cycle was continuous from three years.

Examination: *Prakriti* – *vata/pitta*,
Nadi- 76/m , *Mala* – *samyak*, *Jivha* –

niram,Shabda – ksheen, Druka-prakrut,Akruti –madhyam, Sparsh-prakrut, Dosha- vata,pitta ,Sthana – Karna

O/E Rt. Ear-

Ext.Ear normal
normal

Tympanic membrane normal

Throat –normal

Nose- DNS to left side

Patient was given treatment for a period of two months.

Ghrutpan: Cow Ghrut in dose of 20 ml at night after meals for 10 days (4)

Shirodhara of tila tail: Sirodhara was given for 10 days.(5)

Yogabastikrama: yoga basti was given for 8days using *dashmulakwatha* and *tiltaila* After this *Shodhan karma* he was advised following treatment.(6)

Bruhatvachintamani rasa one tablet once a day for two months

Sarivativati 500mg twice a day for two months after meals.

Laghusutshakhar rasa 500mg. twice a day for two months after meals.

Hingwastaka powder 500mg two times a day

DISCUSSION:

Charak states that it is not necessary to name the diseases but physician have to treat diseases according to predominance *doshas* .Taking this in to consideration *menieres* syndrome can be

co-related with *Avritta* concept. special reference to *pittavrittavata* .we could experience drastic change in condition of patient of menieres syndrome .*Ghrut* due to its properties can create a balance between vitiated *doshas*.It has the property to provide lubrication to delicate structures of inner ear.(7) It is excellent treatment for vitiated *vata* and *pitta* ~~doshas~~.

Continuous flow of *tilatailadhara* on fore head works on penetration principle of oil .It best way to overcome stress and relax boy and help to create balance between vitiated *doshas*. *Brahatvachintamani rasa* and *Sarivativati* is useful to normalize the vitiated *vatadosha*. *Laghusutshakhar* is responsible for normalizing of *pitta dosha*. *Hingwastakachurna* helps to create *deepana* and *pachana*.

CONCLUSION:

Menieres syndrome with special reference to *pitta –avrittavata* can be treated by Ayurvedic management and to prevent further damage to hair cell .These ayurvedic formulations have shown better results in management of menieres syndrome.

RESULT:

Karnakshweda whistling sound in the ear was relieved. Intensity and frequency of sound was reduced to a great extent .Giddiness was relived completely. Patient had given follow up for two years. Cycle was not repeated.

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