



Management of *Badhirya* (Sensory Loss Of Hearing) with Ayurveda

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ABSTRACT:

Sensory neural hearing loss occurs when there is a problem in the sensory apparatus - cochlea (sensory) or in the pathways of conduction of nerve impulses to the brain. Sensory neural hearing loss can be Peripheral and Central (auditory pathway or cortex). It can be congenital or acquired. Congenital: present at birth, due to anomalies of inner ear or due to pre or perinatal factors. In present study we have discussed a case of a 12-year-old male child who came to OPD with complains of Sensory neural hearing Loss since childhood. Audiometry report showed Right ear moderate to profound mixed hearing loss Left ear - moderate to severe sensory neural hearing loss. First *Ayurveda* treatment of Sensory neural hearing loss with three sittings of *Marsha Nasya* from *Anu Taila*, 3 sittings of *Karnapurana* from *Bilwadi Taila* And *Sarivadi Vati* with the dose of 250mg thrice a day with luke warm water or milk for 1 month were given in a month and same procedure followed for 6 months. After that his hearing improved showing audiometric findings of Moderate hearing in both ear. After six months repeat Audiometry was done. Patient also felt better hearing in both ears. Decreased hearing due to Sensory neural hearing loss is result of Damage of hair cells, which can be managed with the help of *Ayurveda* treatment *Marsha Nasya*, *Karnapurana* with *Rasayana* treatment. Hearing loss to school going children is a very serious problem affecting their education, skills and social relationship with others.

Key words: *Badhirya*, *Karnapurana*, *Nasya*, *Rasayana*, Sensory neural hearing loss

INTRODUCTION

Sensory neural hearing loss or SNHL happens after inner ear damage. Problems with the nerve pathways from your inner ear to your brain can also cause SNHL. Soft sounds may be hard to hear. Even louder sounds may be unclear or may sound muffled. This is the most common type of permanent hearing loss. Most of the time, medicine or surgery cannot fix SNHL. Hearing aids may help you hear.¹ SNHL can range from mild hearing loss to complete hearing loss depending on the degree of damage

1-Mild hearing loss: A loss of hearing between 26 to 40 decibels .

2. Moderate hearing loss: A loss of hearing between 41 to 55 decibels.

3. A severe hearing loss: A loss of hearing more than 71 decibels.

SNHL isn't a life-threatening condition, but it can interfere with your ability to communicate if not properly managed.²There are several pathophysiological



mechanisms by which damage to the inner ear results in SNHL, Such as trauma, noise trauma, ototoxicity, diabetes, autoimmune pathology, congenital conditions and intake of Aminoglycoside antibiotics. It is characterized by symptoms such as sudden or steady loss of hearing, ear fullness, Tinnitus.³ Over 5% of the world’s population or 430 millions people require rehabilitation to address their disabling hearing loss (432 million adults and 34 million children). It is estimated that by 2050 over 700 million people or one in every ten people will have disabling hearing loss.⁴ Thus an *Ayurvedic* treatment protocol which is easily feasible, economically viable and effective is the need of the hour. Thus here we can correlate this condition with *Badhirya*, Which is caused by *Sangatva* of *Shabdhavaha srotas* by *Kapha and Vata Dosha*’s, which is aggravated by the unhealthy habits and lifestyle of the individual. It is treated by *Vata hara chikitsa* and treatments mentioned under *Prathishyaya*⁵ and in later stages by Rejuvenating *Rasayana* therapies. Thus here we have tried to implement an *Ayurvedic* diet and treatment regimen, by which there can be an improvement in the diseased condition.

MATERIAL AND METHODS

Some of the test that recommended for the babies and children to diagnose hearing loss i.e. Auditory brainstem response, Central auditory evoked potential, Otoacoustic emissions, Middle ear muscle reflex, Tympanometry, B.E.R.A (brainstem evoked response audiometry) And Audiometry.⁵

Among those here we used audiometry only for the objective diagnosis.

Ayurvedic management:

If any symptoms or signs of hearing loss in a child are established, it is suggested to seek immediate medical help to avoid any further complications and get timely medical treatment. If the child is facing deafness or total hearing loss, it will be a good idea to make the child learn sign language. the child in special educational institutes or school that specializes in imported education to children 4 with hearing disabilities children with Sensory neural hearing loss in both ears need to be identified and fit with hearing aids as soon as possible. It is important that the degree of hearing loss in each ear be diagnosed as accurately as possible.

CASE HISTORY:

A 12years old male child along with his parents came in OPD(outpatient department) of Shalaky Tantra department in our hospital on date 13/07/2022 with the complaints of decrease hearing in both ears from childhood,

even he couldn’t hear from one room to another and that’s why his speech discrimination is very poor. No any past history and family history found related to sensory neural hearing loss. Under broad heading of ear examination.

History of past illness: No known complaints of DM/HTN.

Family History: Nothing Specific

Personal History: Appetite: Good

Sleep: Sound

Bowel: Once a day

Micturition: 4-6 times a day

Diet: Mixed

Ashta Stana Pareeksha: as quoted by Yogaratnakara⁶

1. *Nadi:* 70min

2. *Mutra:* 4-5times/day

3. *Mala:* *Prakrutha*

4. *Jihwa:* *Alpa lipta*

5. *Shabda:* *Prakrutha*

6. *Sparsha:* *Ruksha*

7. *Druka:* *Prakrutha*

8. *Akriti:* *Krishna*

Vitals:

1. **Pulse Rate :** 74 / min

2. **Respiratory Rate :** 24 / min

3. **BP :** 110/80 mm of Hg

Systemic Examination :

Respiratory system, Cardiovascular system, Central nervous system and System has shown no Abnormality.

Assessment of Hearing: It was done through the Pure tone Audiometric Tests.

Table: Treatment given

*Pathya-Apathya*⁶

patient was instructed to follow some regimen, i.e. *Avyayama, Ashirah Snana, Garbhagruha, Brahmacharya, Mrudu Shaiya, Akathana, Agni Santapa, Mansarasa Dugdha, Sneha Yukta Ahara, Lavana Yukta Bhojana, Sukhoshna Parisheka, Samvahana, etc. and also advised to not follow some regimen, i.e. Danta Kastha, Sirahsnaana, Vyayama, Kanduyana, Tushaara, Shoka, Shrama, Ruksha Kashaaya Bhojana, etc.*

RESULTS:

Before starting of the treatment (13/07/2022) the audiometry report done, which showed moderate to profound mixed hearing loss in right ear and moderate to severe sensory neural hearing loss in left ear. After 06month of treatment patient got excellent result in subjective criteria like hearing and speech also. Now he was able to hear from one room to another room. He can also able to pronounce words better from previous. Repeat Audiometry was done (22/12/2022), which showed moderate sensory neural hearing loss in both ear.

SNHL (*Badhirya*) is primarily a disease of deranged nerve-conduction, which can be attributed to the vitiated Vata Dosha. The procedure of *Shiropichu* involves *Vatashamaka* oil application for a longer duration. Hence the procedure can be assumed to normalize the vitiated Vata Dosha leading to the diminution in the symptoms of the disease. The probable mode of action of procedure of *Karnapooran with BilvaTaila* may be assumed akin to that of the *Shiropichu*. The *Balya, Brimhan and Vata* pacifying virtues of *Matravasti* are enough to substantiate its usefulness in the management of SNHL (*Badhirya*).

PTA Before treatment in Rt. Ear -42.5 db, Lt. Ear- 47.5 db.
PTA After treatment in Rt. Ear- 15 db, Lt. Ear – 15 db.

Fig.1 PTA report : Before treatment.

Fig.2 PTA report : After treatment.

DISCUSSION

Here we have treated Sensory neural hearing loss by giving the treatments mentioned in the *chikitsa sutra of Badhirya*. Which mainly focuses on alleviating the *Vata Kapha doshas* which causes the *Srotho dushti* and leads to '*Krichrena sruthi*'⁷ or decrease in hearing, *Badhirya*(SNHL) is one of the most common ENT disorder and it is one of the challenging problems of all ENT surgeon, the disease look simple but it doesn't bring satisfactory relief to the patients after repeated visiting the ENT clinic. Thus, the treatment adopted for *Badhirya* in modern system of medicine has not been satisfactory. Surgical intervention (cochlea implant) is rare in these cases and performed only when presented with complications.⁸ The "*Vata Vyadhi Chikitsa*" *Siddhant* can be implemented as a management of *Badhirya*.⁹ Besides these, *Ayurveda* also offers different kind of treatment modality in the management of *Badhirya*. E.g. *Ghritapana, Rasayana Sevana, Nasya, Snehana, Swedana, Sneha virechana, Sirobasti, Karnapurana, Jalaukavacharana* etc. Among them, *Karnapurana and Nasya* is most

prescribed procedure in the management of *Badhirya*. As mentioned earlier that the signs and symptoms of Hearing loss can be correlated with *Badhirya in Ayurveda*. *Badhirya* is due to vitiation of *Vata and Kapha Dosha*.¹⁰ *Anu Taila Nasya*¹¹ scratches out the *Kapha Dosha* from *Shira* and improves the function of *indriyas (Karnaindriya)* thereby clearing the *Srotorodha*. *AnuTaila* was planned which pacifies the aggravated *Vata Dosha* in head and helps to normalize the function of central nervous system by nourishing the nervous system And balancing the circulation of blood in the sense organs including ear also. As *Shringataka marma in Shira* is the junction of all sense organs like eye, ear, nose and any medicine applied over this area targets the vitiated doshas related to all sense organs and helps in nourishment of nerves connecting to these areas. *Karnapurana*¹² is one of the basic treatments mentioned in *Ayurvedic* literature for all *Karnarogas*. *Karnapurana with Bilwadi Taila* has the *Vatashamaka* property. *Sarivadi Vati*¹³ removes *Srotorodha* and does *Vatanulomana*. It is the best *Rasayana Dravya for Shrinedyo Vikara*. During six months of treatment period and follow up we have not encountered any adverse drug reaction related to oral treatment, *Nasya and Karnapurana* in the patient. Patient and his family were very happy that his hearing was improved and they were suggested for surgery from allopathic medicine before 3 years. Patient was prescribed routine and classical Ayurveda medicine and was not treated with any intentions of future publication we have not taken any accent of patient or prior informed consent from patient.

CONCLUSION

Congenital hearing loss is a hearing loss that is present at the birth. Childhood hearing loss can be a debilitating condition that affects a significant degree of physical, mental and social health. *Anu taila nasya, Bilwadi taila Karnapurana And Sarivadi Vati* orally gives excellent result in congenital sensory neural hearing loss thus *Ayurveda* has a variety of medicines and procedures to treat *Badhirya* (sensory neural hearing loss). This case study indicates effectiveness of Ayurveda in management of *Badhirya*.

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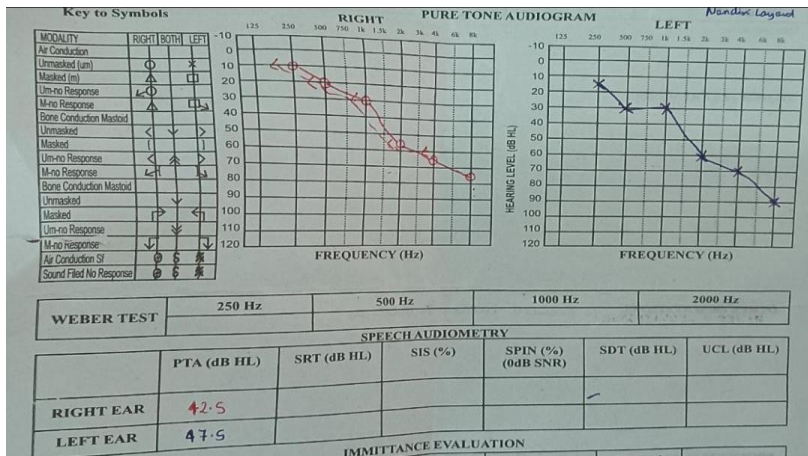
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Table 1: Treatment given

Treatment	Medicine	Mode of administrations	Duration
<i>Nasya</i>	<i>Anutaila</i>	6-6 drops each nostrils for 7 days with 3 days interval	3 months
<i>Karnapurana</i>	<i>Bilwadi Taila</i>	Approx 24-26 drops(1ml) for 15 days at home with 3 days interval	6 months
<i>Shiropichu</i>	<i>ksheerabala taila</i>	A ksheerabala Taila soaked cotton pad was kept over crown of head was kept for a fixed duration as per the patients compliance	6 months
Oral medicine	<i>Sarivadi vati</i>	1 vati of 25mg thrice a day with like warm water or milk after meal	6 months Continuously

Before Treatment



After Treatment:

