



A CASE STUDY OF SHIRODHARA IN TINNIUS ! [KARANNADA]

Ayurveda

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ABSTRACT

Now a days, Tinnitus is a common problem due to sound pollution, usage of ear phone, excessive talking on mobile phone and modern pub culture, etc. Tinnitus is subjective type, can not heard by the observer, difficult to measure and treat. It is commonly felt inside the affected ear and rarely inside brain and described variously by the subject as harsh, roaring, hissing, whistling sound, etc. To study and manage the intensity and pitch of the tinnitus, various studies have been carried out by matching the sound of the tinnitus with the sound generated out of a pure tone Audiometer. But nothing tangible has yet come out, but the patient feels discomfort due to nada. A 38 yrs old female patient with complaint of karn nada in both ear, which disturbed her work and unable to concentrate on her job. She was not satisfied by allopathic treatment so she came to my OPD. I have given shirodhara with yoganidra. Five sitting were given in between dhara, shiropichu was advised. Patient completely relieved from karnnada. And advised to patient to avoid overuse ear phone and loud sound.

KEYWORDS

Tinnitus, Audiometer, Karanada, Shirodhara, Yoganidra Shiropichu.

INTRODUCTION-

The main object of Ayurveda is to preserve and promote the health of healthy persons as well as to cure the disease by means of the Panchakarma.

Tinnitus, Originating from the latin 'Tinnire'[to ring] is a perception of sound in proximity to the head with absence of external source¹⁰. It caused by abnormal neuronal activity in the auditory cortex. Usually the noise come from blood vessel. Tinnitus is estimated to occur in 15-20% of the world population with 1-3% of cases severely affecting quality of life. Severe tinnitus is frequently associated with depression, anxiety, and insomnia. Subjective tinnitus is much more common and may occur with almost any ear disorder. Common cause include sensorineural hearing loss, the majority of patient have sensorineural tinnitus which is associated with hearing loss at the cochlea⁹.

According to Ayurveda Karanada is a vata predominant disease means vatapradhanadosha^{2,3}. There are several regimens regarding Karnnada in samhitas⁸, but according to patient complaints and history of patient shirodhara was chosen, as it is described in Sushrut Uttartantra¹.

AIMS AND OBJECTIVE :-

To study the effect of shirodhara with yoganidra in karanada. [Tinnitus]

MATERIAL AND METHODS :-

A case of karnnada was taken from OPD, detail history of the patient was taken, patient examined thoroughly, shirodhara given to the patient for shirodhara, Bala taila was used. Assessment was done after complete treatment.

PATIENT HISTORY :-

A 38 yrs old female patient came to OPD with complaint of karanada since six month. Due to karnnada she didn't get sound sleep. she is working in radio station. She is continuously working in AC room and also there is high frequency sound. Because of her job she didn't follow the rule of aharavidhi, late night work. She went to allopathic doctor but she was not satisfied.

Patient was thoroughly checked, CT Head scan was normal, Blood investigation CBC, PS, ESR, BLOOD SUGAR were checked. All reports were normal. AUDIOMETRY done. No abnormal finding was there. Because of job in AC room I suggested the patient to adjust the job in non AC department and follow the rules of aharavidhi whenever possible.

TREATMENT GIVEN :-

From her history, it is taken as vatajadosha was the main culprit so for vatashamanarth Bala taila¹¹ was used. Bala taila is snigdha, madhur and vatashamaka, so it was used for shirodhara^{4,5}.

SHIRODHARA PROCEDURE⁶ :-

Material required – Dhara table (droni), shirodhara vessel with

regulator, 1 litre leukwarm Bala taila, cotton eye pads, gulab jal.

Patient examined thoroughly & vital parameters are checked to maintain it. Patient placed on dhara table as his / her head facing to East. Because it gives good result. Cotton pads poured with gulab jal kept on patient's both eyes to avoid spillage of oil.

Dhara vessel adjusted 4 to 6 inches above the mid point of the forehead. Onkar dhvani started & slow flow of tail dhara started. The attendant keeps swinging the vessel slowly & horizontally i.e in south – north direction. Initially mild pressure given on sthapani marma in upward direction & then on shankh (temporal region). And taila massage of external meatus of both ears also done. While doing massage to all pressure points (marmas) patient asked to perform yognidra following the instructions given by the vaidya. This procedure continued for 45 to 60 minutes with background of low volume onkar dhvani. When the taila dhara is over, eye pads are removed. Soft massage given on both eyeballs. All oil poured on head wiped out with cotton & head dried by wrapping a cotton towel sheet. Then patient sent to home & asked not to bath or shower head till next morning. In an average three settings were done. For better result dhara given in the evening on alternate days with fresh Bala taila. No reuse of taila is there, because the sweat & dirt of the head get mixed in the taila which reduces its efficacy.

RESULT :-

After first sitting patient got sound sleep at night, second sitting 40-50% relief from tinnitus, third sitting she felt better. But when she was alone and not in work she was feeling nada. So one more sitting was given. After fourth sitting she relieved completely from tinnitus. For Apunarbhava one more shirodhara was given.

DISCUSSION :-

As Chakrapani has already classified that Prana located in the shir is nothing but, different types of vayu. Karnnada is basically Vatapradhan. So snehana is essential for vatashamna. As told by our Acharyas, Bala taila is used for snehana. Due to snehana, all dryness of the head & ear is reduced & Dhatu tarpan is done. Therefore shirodhara makes the way for vayu which then undergoes swamargamana⁷!

Shirodhara relaxes the brain & nervous system. It also releases stress, anxiety & insomnia. Due to head massage & dhara, the systemic circulation of the blood & nutrients and sensory cutaneous stimulation takes place in a proper way. It acts by, mechanical thermodynamic pressure & transdermal micro absorption. Hence shirodhara is a bahyaparimarjan upkrama which regularizes & relaxes all functions of the body. It has a soothing effect on the endocrine system & healing all marmas. Its major benefit is that, no hospitalization required, no allergic reactions & intolerance, less insrtumentations, reduced need of long time oral drugs.

CONCLUSION :-

A known case of tinnitus was taken. She was Diagnosed as per Ayurveda as karnnada . Shirodhara with yognidra was done as snigdha sweda (shaman therapy) Yognidra was given for relaxation. Patient got 90% relief in four sittings. One more sitting i.e. fifth sitting was given as apunarbhava chikitsa . That means Shirodhara with yognidra can be tried successfully in other cases also . But , as it's a only single case , multiple clinical trials should be conducted to establish this treatment as reliable treatment in non responsive cases of Tinnitus with oral drugs .

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