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Ayurvedic management of *Badhirya* w.s.r. to Sensory Neural Hearing Loss - A Single Case Report

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ABSTRACT

Introduction: Sensorineural hearing loss (SNHL) is a type of hearing loss or deafness in which the root cause lies in the inner ear or sensory organ (cochlea and associated structures) or the vestibulocochlear nerve (cranial nerve VIII). According to ancient *Acharyas*, *Badhirya* is caused by the vitiated *Vata Dosha* or *Vata-Kapha Doshas* obstructing the *Shabdavaha Srotas* (pathway of hearing) or *Shabdavaha Sira* (auditory nerve) or by the negligence of *Karnanada* (tinnitus), etc., and gives rise to diminished hearing or incapability of hearing. In *Vataja Badhirya* patient is unable to differentiate the sound. So on the basis of sign and symptom it can be correlated with Sensory neural hearing loss. **Aim:** To evaluate the effect of *Marsha Nasya* with *Anu Taila*, *Karnapurana* with *Bilwadi Taila* and *Sarivadi Vati* (orally) in the management of *Badhirya* (SNHL). **Materials and Methods:** The subject approached *Shalaky Tantra* OPD with complaints like decreased hearing along with trouble in understanding speech since 1 years. *Marsha Nasya* with *Anu Taila*, *Karnapurana* with *Bilwadi Taila*, and *Sarivadi Vati* (orally) were prescribed for the treatment of the mentioned complaints for 6 months. **Discussion:** *Vata Vyadhi Chikitsa Siddhant* can be implemented as the management of *Badhirya*. The disease is *Vata* and *Kapha* predominant. *Karnapurana* and *Nasya* are the most prescribed procedures in the management of *Badhirya*, and thus attempts are made to bring about excellent results. **Results:** This case study indicates the significance of *Ayurvedic* management in *Badhirya*, which was confirmed by subjective improvement and by audiometric findings.

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

INTRODUCTION

The World Health Organization (WHO) has defined hearing loss as “a person who is not able to hear as well as someone with normal hearing - a hearing threshold of 20 dB or better in both ears.” Sensorineural hearing loss (SNHL) is a type of hearing loss or deafness in which the root cause lies in the inner ear or sensory

organ (cochlea and associated structures) or the vestibulocochlear nerve (cranial nerve VIII). SNHL occurs when there is a problem in the sensory apparatus of the cochlea (sensory) or in the pathways of conduction of nerve impulses to the brain. SNHL can be peripheral and central (auditory pathway or cortex).

Acharya Sushruta has mentioned 28 types of *Karna Rogas* (diseases of the ear) in *Uttara Tantra* Chapter 20, and *Badhirya* (HL) is one of them.^[1] According to *Acharya Sushruta*, vitiated *Vata* and *Kapha Doshas* reside in *Shabdhanuvaha Siras* and cause *Badhirya*.^[2] *Acharya Dalhana* states that not only *Vata Dosha* but also *Rakta*, *Pitta*, and *Kapha Doshas* get involved to cause *Badhirya*.^[3] According to *Acharya Vagbhatta*, *Vata* associated with *Kapha* and getting increased or by neglect of *Karnanada* (Tinnitus) results in hearing only loud sounds, hearing with difficulty, and gradually leading to deafness.^[4]

Acharya Sushruta has mentioned in *Urdhvjatrugata Marmas* (supra clavicular region) that when *Aghata*

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(trauma) on *Vidhura Marma* occurs, it will lead to *Badhira*.^[5]

In *Ayurveda*, *Vataghna* and *Vatakaphaghna* are the treatments mentioned in context with *Badhira*, which include *Vatashamaka Snehana*, *Swedana*, *Nasya*, *Karnapoorana*, oral administration of *Rasayana Sevana*, *Ghritapana*, and other *Vatahara* procedures.^[10]

The Following are some tests that may be recommended for babies and children to diagnose hearing loss: Auditory brainstem response, central auditory evoked potential, Otoacoustic emissions, Middle ear muscle reflex, Tympanometry, B.E.R.A. Audiometry.^[11]

CASE REPORT

Patient information

A 17-year old girl child came to *Shalaky* OPD of ABC hospital on December 30, 2023, with complaints of decreased hearing in both ears since 1 year. Even she is facing trouble in understanding speech. she hadn't taken any allopathic treatment. So, she came here for further *Ayurvedic* management.

History of past illness

The subject has no systemic illness.

Family history

No any history found related to sensory neural hearing loss.

Personal history

Table 1: Personal History of the Patient

1.	Bowel	Regular, once a day
2.	Appetite	Good
3.	Micturition	5-6 times per day
4.	Sleep	8 hr in night and day sleep for 1 hour
5.	Diet	Mixed

Pareeksha (Examination)

Table 2: Ashta Sthana Pareeksha

1.	<i>Nadi</i>	<i>Vata Pradhan Kapha Anubandha</i> , 72/min
2.	<i>Mala</i>	<i>Prakruta</i> , regular, once a day

3.	<i>Mutra</i>	<i>Prakruta</i> , 5 to 6 times/day, once at night
4.	<i>Jihwa</i>	<i>Lipta</i>
5.	<i>Shabda</i>	<i>Prakruta</i>
6.	<i>Sparsha</i>	<i>Prakruta</i>
7.	<i>Druk</i>	<i>Aawila</i>
8.	<i>Akruti</i>	<i>Mahyama</i>

Table 3: Dashavidha Pareeksha

1.	<i>Prakriti</i>	<i>Vata-Pittaja</i>
2.	<i>Vikriti</i>	<i>Madhyama</i>
3.	<i>Sara</i>	<i>Tavakasara</i>
4.	<i>Samhanana</i>	<i>Madhyama</i>
5.	<i>Satmya</i>	<i>Madhyama</i>
6.	<i>Satva</i>	<i>Pravara</i>
7.	<i>Ahara Shakti</i>	<i>Madhyama</i>
8.	<i>Vyayama Shakti</i>	<i>Madhyama</i>
9.	<i>Vaya</i>	<i>Bala</i>
10.	<i>Pramana</i>	<i>Madhyama</i>

On Examination of Ear

Table 4: On Examination of Ear before treatment (30/12/2023)

Otoscopic examination	Rt. Ear	Lt. Ear
EAC	Clear	Clear
Tympanic membrane	Intact and Mild retracted	Intact and Normal
Tunnic Fork Test		
a. Rinne's test	AC>BC	AC>BC
b. Weber's test	midline	midline
Audiometry - PTA	Severe mixed hearing loss	Moderately severe sensory neural hearing loss

Treatment**Table 5: Treatment advised from (1/01/2024 to 1/06/2024), follow up for 6 months at the interval of 15 days.**

Treatment 1/01/2024 to 1/06/2024	Medicine	Mode of administration	Duration
Oral administration	<i>Sarivadi Vati</i>	1 Vati of 250 mg thrice a day with lukewarm water or milk after a meal.	6 months
Karnapurana	<i>Bilwadi Taila</i>	Approx. 24-26 drops (1ml). For 15 days with a 3- day interval	6 months (2 sittings in 1 month).
Nasya Karma	<i>AnuTaila</i>	6-6 drops each nostril for 7 days with a 3- days interval	6 months (3 sittings in 1 month).

Pathya - Apathya (do's and don'ts)

The patient was advised to follow *Pathya Apathya* during the whole treatment duration.

Pathya Vihara

Avyayama (avoidance of exercise), *Ashirahsnana* (Avoid head bath), *Brahmacharya* (celibacy), *Abhashana* (avoid excessive talking), *Agni Santapa*

Pathya Ahara

Godhuma (wheat), *Shali* (rice), *Mudga* (green gram), *Yava* (barley), *Puranaghruta* (ghee), *Patola* (bottle gourd), *Shigru* (drum stick), *Lava*, *Mayura* (peacock), *Harina*, *Kukkuta*

Apathya Vihara

Danta Kastha (brushing teeth with a hard brush made out of tender branches), *Sirahsnaana* (head bath), *Vyayama* (heavy exercise), *Shoka*, *Shrama* (Physical exertion)

Apathya Ahara

Ruksha Kashaaya Bhojana, *Pravata* (windstorm) and *Shitodaka* (drinking cold water)

DISCUSSION

According to the *Acharyas*, *Shrotrendriya* originates from *Akasha Mahabhoota*. *Shabda* (sound) travels through *Vata* while in the presence of *Akasha Mahabhuta* (space). Through *Shrottendriya Adhishthana (Karna)*, *Shrottendriya* transmits the sound to *Shravana Buddhi*, which is responsible for the perception of sound. Thus, *Vata* plays an important role in normal hearing procedures. According to *Aacharya Sushruta*, vitiated *Vata* and *Kapha Doshas* reside in *Shabdanuvaha Srotasa* or *Sira* and cause *Badhira* (SNHL).

The “*Vata Vyadhi Chikitsa*”^[7] and *Rasayana Chikitsa* (rejuvenation therapy) can be implemented as the management of *Badhira*. These principles probably help in the regeneration and repair of damaged hair cells, which have improved hearing. As *Acharyas* has mentioned, different kinds of treatments are used in the management of *Badhira* (SNHL), like *Ghratapana*, *Rasayana Sevana*, *Nasya*, *Snehana*, *Swedana*, *Snehavirechana*, *Sirobasti*, *Karnapurana*, *Jalaukavacharana*, etc., but *Karnapurana* and *Nasya* are the most prescribed procedures in the management of *Badhira* (SNHL).

As mentioned earlier, the signs and symptoms of hearing loss can be correlated with *Badhira* in *Ayurveda*. *Badhira* is due to the vitiation of *Vata* and *Kapha Doshas*. *Anu Taila Nasya* scratches out the *Kapha Doshas* from *Shira* and improves the function of *Indriyas (Karna Indriya)*, thereby clearing the *Srotorodha*. *Anu Taila* was planned, which pacifies the aggravated *Vata Doshas* in the head and helps to normalize the function of the central nervous system by nourishing the nervous system and balancing the circulation of blood in the sense organs, including the ear.

Shringataka Marma in *Shira* is the junction of all sense organs like the eye, ear, nose, and tongue, and any medicine applied over this area targets the vitiated doshas related to all sense organs and helps in the nourishment of nerves connecting to these areas. *Karnapurana* is one of the treatments mentioned for all *Karnarogas*. *Karnapurana* with *Bilwadi Taila* has the *Vatashamaka* property and maintains normal hearing

capacity, as quoted by Acharya Charaka. “Na Karnaroga Vatothaha Nochchav Shrutihi, Na Badiryam Syannityam Karna Tarpanaat.”^[12] Sarivadi Vati removes Shrotorodha and does Vatanulomana also It is the best Rasayana Dravya for Shravnendriya Vikara.

RESULTS

Before the start of the treatment on December 30, 2023, the audiometry report was done, which showed severe mixed hearing loss in the right ear and moderately severe sensory neural hearing loss in the left ear. After six months of treatment protocol, the patient got excellent results in subjective criteria. Now she was able to hear from one room to another, feeling relieved in her complaints and repeated Audiometry was done after treatment on June 1, 2024, which showed moderate sensory neural hearing loss in both ears.

Table 6: On Examination of Ear After Treatment (1/06/2024)

Otoscopic examination	Rt. Ear	Lt. Ear
EAC	Clear	Clear
Tympanic membrane	Intact and Normal	Intact and Normal
Tunnic Fork Test		
a. Rinne’s test	AC>BC	AC>BC
b. Weber’s test	The sound lateralized towards right ear.	-
Audiometry	Moderate sensory neural hearing loss	Moderate sensory neural hearing loss

CONCLUSION

In sensory neural hearing loss, “Vata Vyadhi Chikitsa” and Rasayana therapy can be implemented as a management method. Anu Taila Nasya, Bilwadi Taila Karnapurana, and Sarivadi Vati orally have provided excellent improvement in the present case. Thus, this case study indicates effective management of

Ayurvedic oral medicine and procedures to treat Badhira (sensory neural hearing loss).

Audiometry Report of Patient

Before Treatment (30/12/23)

After Treatment (1/06/24)

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