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 Bhrama 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 Shalakyaopd 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 8 days using dashmulakwatha and
tiltila. After this Shodhan karma he was
advised following treatment. (6)

Bruhatvatchintamani rasa one tablet
once a day for two months

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

Laghusutshekhar 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 Avratta 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 tilataladhar 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. Brahatvatachintamani rasa and
Sarivadivati 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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