

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 vitiated causing *sthansanshraya* in ear causing abnormal sound in ear i.e. *Karnakshweda* (2) *Badhirya* (3) and *Bhram* 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 Shalakya opd 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, Akriti –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
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 ~~dosha~~.

Continuous flow of *tila tailadhara* 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*.
Brahadvachintamani rasa and
Sarivativati is useful to normalize the
vitiated *vata* *dosha*. *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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