

## AN AYURVEDIC APPROACH IN THE MANAGEMENT OF TINNITUS- A CASE STUDY

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### ABSTRACT

Tinnitus is the perception of sound in the head or the ears. Typically, an individual perceives the sound in the absence of outside sounds, and the perception is unrelated to any external source. As per *Ayurveda* classics this condition can be correlated with *Karna Nada* which is the result of vitiated *Vata Dosha*. Objective was to observe the efficacy of *Ayurvedic* treatment in the management of *Karna Nada*. A 35 year old male patient came with complaint of ringing sound in both ears since 3 months. History and examinations leads to the diagnosis of Tinnitus (*Karna Nada*). So patient was treated with *Nasya* therapy, *Rasayana*

and *Shamana chikitsa*. Remarkable result was observed in the form of improvement in chief complaint of the patient. *Ayurveda* treatment has valuable effect in the management of Tinnitus and preventing its recurrence.

**KEYWORDS:** Tinnitus, *Karna Nada*, *Rasayana*, *Nasya*.

### INTRODUCTION

Tinnitus is the perception of sound in the head or the ears. The term tinnitus derives from the Latin word tinnire, meaning to ring. Typically, an individual perceives the sound in the absence of outside sounds, and the perception is unrelated to any external source. Large epidemiological studies demonstrated that 15- 20% of the adult population experience some form of tinnitus and one out of five affected patients' claims to be emotionally affected.<sup>[1]</sup>

As per *Ayurveda* classics, the sign and symptoms of Tinnitus simulates with *Karna Nada* which results due to aggravated *Vata Dosha*.<sup>[2]</sup> Therefore the treatment principle given by *Aacharya Shusruta* mainly concentrates on *Vata* pacification i.e. nourishing type of therapy

should be given like *Rasayana* therapy, *Ghritapana*, *Snehana*, *Swedana*, *Snehavirechana*, *Nasya*, *Karnapurana* etc.<sup>[3]</sup> According to *Ayurveda*, Nose is said the gateway of cranial cavity and all diseases of supraclavicular part can be managed by *Nasya Karma*.<sup>[4]</sup> According to Modern science, treatment available for Tinnitus includes – sedation and tranquilizers, reassurance, psychotherapy, masking of tinnitus etc. But there is no any effective and permanent cure for this disease. Keeping in view all the particular reasons, the case study had been carried out to analyze the effect of *Nasya* therapy along with *Rasayana* and *Shamana* therapy.

## CASE REPORT

A 35 year old male patient presented himself with ringing sound or noise in his both ears since three months. Patient had history of excessive use of earphones since 1 year. Clinical examination through otoscope revealed bilateral normal external auditory canal and tympanic membrane. Pure tone audiometry showed normal hearing. Routine investigations like Hb, TLC, DLC and FBS were with in normal limits.

### Treatment administered

- ***Nasya* therapy which comprises**

1. *Poorva Karma* – *Snehana* with *Bala Taila* followed by *Swedana*
2. *Pradhana Karma* – *Navana Nasya* with 8 – 8 drops of *Bala Taila* for 7 days with three days gap in between three sittings.
3. *Paschat Karma* – *Kavala Dharana* with warm saline water.

- ***Shamana Chikitsa***

Two tablets of *Sarivadi Vati* with 10gm *Brahma Rasayan* with *Godugdha Anupana* after meal at night for 1 month.

- ***Pathyapathya***

Patient was advised to avoid spicy and junk food, minimum use of mobile and earphone and use of *Goghrit*, *Munakka*, *Kharjura* and *Amalaki* in diet.

## RESULTS

After one month of therapy there was significant improvement in the complaint of sound in both ears. There was no side effect observed during the treatment as well as after the completion of treatment.

## DISCUSSION

*Nasya Karma* is one among the five types of *Panchakarma* therapies. According to *Ayurveda*, before giving *Nasya*, patient should receive *Snehana* and *Swedana* because modern studies had proved that application of heat and muscular exercise accelerates drug absorption through vascular path by increasing blood flow. Moreover *Bala Taila Abhyanga* followed by *Swedana* stimulates the sensory nerve endings and provide strength to the facial muscles by their *Balya*, *Ushna*, and *Vatahara Guna*. *Bala Taila* is prescribed in all *Vata* disorders as per *Shusruta Samhita* and having *Jeevana*, *Brihana*, *Rasayana* and *Indriyaprasadana* properties.<sup>[5]</sup> As nose is the gate way of *Shiras*. So the drugs administered through nose stimulate the higher centers of brain which shows action on regulation of nervous system functions. Therefore *Navan Nasya* with *Bala Taila* alleviates the vitiated *Vata Dosha* and provides nourishment to the nervous system there by helps in improving the symptoms of Tinnitus. In *Paschat Karma*, *Kavala Dharana* with warm saline water increases the efficacy of the treatment as well as removes remaining *Doshas* and helps in improving the strength of *Indriya Adhisthan* (*Shabdvha Srotas*).

*Sarivadi Vati* is directly indicated in all diseases related to ear and most of its ingredients have *Rasayana*, *Vatahara*, anti inflammatory and antioxidant property.<sup>[6]</sup> Therefore it helps in pacifying tinnitus symptoms. *Brahm Rasayana* improves tinnitus by direct enrichment of the nutritional quality of *Rasa* (nutritional plasma) and by promoting nutrition through improving *Dhatwagni*, *Bhutagni* and *Jathragni* (digestion and metabolism) and promoting the competence of *Srotas* (microcirculatory channels in the body) and ultimately rejuvenating the auditory functions.<sup>[7]</sup>

## CONCLUSION

This case study reveals that patients with Tinnitus can gain significant relief in symptoms with minimal risk and high patient acceptance through *Ayurveda* management. Despite the limitations of this case study, the therapy may be an effective option in the treatment of Tinnitus. Further study should be carried out in larger sample group.

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