

**URDHVA JATRUGATA VIKAARAS AND THEIR MANAGEMENT WITH THE HELP OF
AYURVEDA APPROACHES: A REVIEW****Dr. Vaishali D. Thakare^{1*}, Dr. Pradip O. Pandao² and Dr. Pratibha O. Pandao³**¹Associated Professor, *Shalakyatantra* Dept., Mahadeorao Shivankar Ayurved College, Gondia, India.²Professor, *Shalya Tantra* Dept., ASPM Ayurved College, Buldhana, India.³Associate Professor, *Samhita Siddhant* Dept., Mahadeorao Shivankar Ayurved College, Gondia, India.***Corresponding Author: Dr. Vaishali D. Thakare**Associated Professor, *Shalakyatantra* Dept., Mahadeorao Shivankar Ayurved College, Gondia, India.

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ABSTRACT

Ayurveda has eight branches and *Shalakyatantra* is one of them which help to treat eye, nose, ear, throat and oral diseases. These diseases are described under the heading of *Urdhva jatrugata vikaaras*. *Shalakyatantra* mentioned several approaches for managing *Urdhva jatrugata vikaaras*. This branch also addresses the use of traditional systems like *Kriyakalpas* and a variety of surgical techniques to treat various diseases. This branch utilizes *Chedana karma*, *Bhedana*, *Lekhana karma*; *Siravedhan*, *Prachanam* and *jalookavacharanam*, etc. for therapeutic purposes. The para-surgical procedures along with other procedures like *Anjanam*, *Karnapooranam* and *Aschotanam*, etc. are also utilizes in *Shalakyatantra* for maintaining health of eye, ear, nose and throat, etc. This article emphasizes non-parasurgical approaches of Ayurveda towards the management of *Urdhva jatrugata vikaaras*.

KEYWORDS: *Ayurveda*, *Shalakyatantra*, *Urdhva jatrugata vikaaras*, *Disease*.**INTRODUCTION**

Urdhwanga chikitsa described in *Shalaky Tantra* which treats diseases of ear, nose, throat and oral cavity, etc. When it comes to treating the vital sense organs above the *Jatru* also known as the *Uttamanga* in Ayurveda, *Shalaky Tantra* is of the utmost importance. *Shalaky Tantra* has provided a comprehensive description of the conditions, as well as variety of treatments for ear, nose, eye, oral cavity and throat, etc. In describing the

significance of the *Uttamanga*, *Acharya Vagbhatta* compared the *Shira* to the root of a tree and the lower body to the stem of a tree. Dry eye, sinusitis, headache, optic atrophy, nasal polyps, hearing loss, aural polyps and other conditions can be treated using various approaches of *Urdhwanga chikitsa* which described in the classical texts of *Shalaky Tantra*.^[1-4] The various therapies of *Shalakyatantra* (*Urdhwanga chikitsa*) are depicted in **Figure 1**.

**Figure 1: Various therapies comes under the heading of *Shalakyatantra*.**

Ayurveda emphasizes not only in the treatment of disease but prevention of disease and in this regards *Urdhwanga chikitsa* provides several measures for preventing *Urdhwajatrugata vikaras*. *Acharya Charaka*

begins day to day routine with *Anjana*, *Sushruta* prompted for *Netra prakshalan* which demonstrates significance of *Shalaky tantra*. Additional, modalities like *Gandoosha*, *Kavala*, *Dantadhavana*, *Karna*

poorana, Shiro abhyanga, Dhoomapana, Nasya, Tambula sevana, Pada prakshalana, Chatra dharana and Padatra dharana, etc. advocated as preventive and therapeutic measures for managing *Urdhvajatrugata vikaras*.^[4-7]

Anjana

Anjana is a method in which the medication is applied from *Kaninika Sandhi* to *Apanga Sandhi* along the inner surface of the eyelid margin. There are essentially sorts of *Anjana*; *Sauviranjana* and *Rasanjana* are their names. According to *Acharya Charaka*, one should practice *Sauviranjana* every day and *Rasanjana* once every fifth or eighth night. The eye is particularly susceptible to diseases brought on by *Kapha dosha*. *Rasanjana* should be applied once a week to the eyes to remove *Kapha*. *Anjana* helps to clear eyes and individual feel lighter, *Srava* decrease and visual acuity improves significantly. *Acharya Sushruta* suggested that *Sauviranjana* is the best remedy for treating itching, pain and burning in the eyes.

Netraprakshalana is considered beneficial for the eyes, in this procedure the eye can be wash with a decoction of *Lodhra, Triphala kashaya* and *Amalaka Swarasa*. These all medication mitigate and saturate eyes, also maintain overall wellbeing of eye.

Dhumapana

Dhumapana means to inhale smoke, inward breath of cured smoke through the nostril and afterward through the mouth. *Dhumapana* forestalls especially *Vata Kaphaja Roga* of *Urdhvajatrugata*. *Dhumapana* offers health benefits in *Vata-Kaphaja Urdhvajatrugata roga* since it alleviates vitiates *Kapha* and open respiratory tract for fresh air circulation.

Nasya

Nasya is the method by which medications are taken through the nose. The nose is a vital sense organ that provides access to the body's internal systems. *Nasya* includes the instillation of fluid (medicated oil) into the nose, basically to alleviate *Kapha Dosha* and to remove toxins from nose, throat and sinus. The *Urdhvajatrugata vikaras* of *Pinasa, Shirashula, Ardhavabedhaka, Hanugraha* and *Arditha* can be avoided with the assistance of *Nasya*. This therapy gives strength to *Shira* and *Danta*, etc. *Nasya* clears voice, postponed ageing, resist pathogenesis of *Khalithya* and *Vyanga*.

Dantadhavana

Teeth ought to be cleaned every day, materials possessing *Kasaya, Katu* and *Tikta rasa* such as *Arka, Nyagrodha, Khadira* and *Karanja*, etc. are utilized for this purpose. This eliminates dullness, soil from teeth and foul smell, etc. *Acharya Sushruta* advocates *Dantadhavana* to alleviate *Kapha* and refreshing mouth. Similarly *Jihva Nirlekhana* by metal or twig of the trees improves taste perception and stimulates the taste buds, eliminates tastelessness and reduces tongue stiffness.

Dantadhavana and *Jihva Nirlekhana* forestall the occurrence of *Mukha Rogas*.

Gandusha

\Filling the mouth with oil or water, holding for a couple of moments inside the oral depression is called *Gandusha*. Oil pulling has been used to strengthen the gums, teeth and jaw. This approach prevents bad breath, gum bleeding, decay and dry throat. The practice of holding a relatively small amount of liquid in the mouth is called *Kavala*. *Kshirivrikshas* like *Nyagrodha, Udumbara* or *Khadira* decoction etc. can be used for *Kavala*. It reduces appetite loss, gets rid of dirt, improves taste and induces saliva secretion in the mouth.^[6-8]

Shiro Abhyanga

Shiro Abhyanga means head massage, the *Shirorogas, Shira Rukshatha, Shiro Kandua, Palitya* and *Khalitya* are all prevented by performing *Shiroabhyanga*. It reinforces the bones of head and hair root. This process imparts mental relaxation and provides calmness thus helps to cure headache and migraine.

Karna Poorana

Karna Poorana means ear filling, it is a procedure in which medicated *Taila* and *Svarasa* are injected into the ear. These medications have properties that strengthen the structures of the ears. *Karna Poorana* not just forestalls ear infections additionally forestalls *Kantagata Rogas* and *Shiro Rogas*. *Karnapoorana* heals *Manya, Shirah, Hanu* and *Karna Shoola*. It nourishes the acoustic nerve. Ear diseases of the *Vataja* type will not occur if oil is applied to the ears every day.

Mukhalepa

Mukhalepa is the application of medicines to the face in the form of a poultice. There are three types of *Mukhalepa: Doshahara, Vishahara*, and *Varnakara*. The trigeminal nerve and facial nerve are associated with eye, in this way, the restorative worth of *Mukhalepa* maintain health of eye muscle also.

Tambula Sevana

Tambula Sevana along with *Khadira, Puga, Kasturi, Jatiphala* and other natural products helps to purify mouth and stimulate activity of saliva. *Tambula Sevana* suppresses anorexia and induces *Sugandha* due to the presence of aromatic substances. *Tambula Sevana* stimulates salivary glands and increases salivary secretion thus helps to maintain a normal pH in the mouth and prevents the growth of bacteria.^[7-9]

CONCLUSION

The *Shalakyatantra* is Ayurveda branch which treat diseases of nose, ear, throat, oral cavity and eye. These *Urdhva jatrugata vikaaras* can be cured with the help of various approaches of *Shalakyatantra*. This branch utilizes *Kriyakalpas* and a variety of surgical techniques to treat *Urdhva jatrugata vikaaras*. The modalities like *Gandoosha, Kavala, Dantadhavana, Karna poorana*,

Shiro abhyanga, Dhoomapana, Nasya, Tambula sevana, Pada prakshalana, Chatra dharana and Padatra dharana, etc. can be used as preventive and therapeutic measures for the management of *Urdhvajatrugata vikaras*.

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