

A REVIEW ARTICLE ON THE GENERAL APPROACHES OF *SHALAKYA TANTRA* IN
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ABSTRACT

The *Shalakyia Tantra* is an *Ayurvedic* stream that addresses *Urdhwajatru* issues (body parts above the collarbone, such as the eye, ear, nose, and throat, among others). For therapeutic purposes, the branch mostly uses *Shalaka Yantras*, which devices are shaped like rods. Modern science indicates that there is a correlation between this stream and ophthalmology and E.N.T. Numerous *Chikitsas* are involved in *Shalakyia tantra*, such as *Karna-Chikitsa*, *Nethra-Chikitsa*, *Mukharoga-Chikitsa*, *Shiroroga-Chikitsa*, and *Nasa-Chikitsa*, among others. *Shalakyia Tantra*-related literature is covered by the *Charak Samhita*, *Sushrut Samhita*, and *Ashtanga Hrudaya*. According to contemporary science, this modality can be used to treat a variety of pathological conditions, including allergies, cataracts, glaucoma, conjunctivitis, ear infections, and nasal issues. The *Shalakyia Tantra*, a traditional *Ayurvedic* text, describes surgical and para-surgical techniques for treating disorders of the ear, eyes, nose, throat, and other body parts. This article explained the *Shalakyia Tantra's* general therapeutic methods in accordance with traditional *Ayurveda*.

KEYWORDS: *Shalakyia Tantra*, *Ayurveda*, *Karna-Chikitsa*, *Nethra-Chikitsa*, ENT.**INTRODUCTION**

An essential component of *Ashtang Ayurveda*, which addresses *Uttamang Chikitsa*, is the *Shalakyia Tantra*. There is a correlation between the E.N.T. branch of modern science and the *Ayurvedic* branch of *Shalakyia Tantra*. Some *Shalakyia Tantra* techniques that aid in the treatment of diseases of the upper body parts include *Varti*, *Anjana*, *Shirovirechana Karma*, *Karnapoorana*, *Padabhyanga Karmas*, *Akshitarpana*, and *Galganda*, *Upajihvika*, *Galashundi*, *Galgraha*, *Karnamoolika*, *Shohta*, *Rohini*, and *Shankhak*. *Pratishyaya*, *Akshiroga*, *Ghrananasa*, *Ashbardashravana*, *Mukharoga*, *Karnaroga*, *Kanthodhwansa*, *Kashayashyata*, *Vartmastambha*, *Timira*, *Shiroruk*, *Galapaka*, *Mukhashrava*, *Shirahshoola*, and *Peenasha*, among others.^[1-5]

Tonsillitis, laryngitis, pharyngitis, mouth infections, bad breath, and dental caries can all be cured with *Kavalagraha* and *Gandoosha*.

Migraine and refractive headaches are treated with *Shiropichu*, *Shirobasti*, *Shirodhara*, etc.

Shalakyia Tantra uses a variety of *Panchakarma* and *Kriyakalpas* procedures to treat various diseases mentioned below.

Sr. No.	General modalities of <i>Shalakyia Tantra</i>
1.	<i>Aschyotanam</i>
2.	<i>Sekam</i>
3.	<i>Tarpanam</i>
4.	<i>Putapakam</i>

According to current scientific research, diseases of the ear, eye, nose, and throat can be caused by a variety of etiological factors. These etiological factors include things like allergies, seasonal changes, microbial infections, water buildup in cavities, chemical injuries and side effects, etc.

Diseases like sinusitis, rhinitis, tonsillitis, chronic otitis, tinnitus, and laryngitis may be caused by these factors.

Nasya Karma is a *Panchakarma* technique in which medication is administered via the nasal cavity to enhance drug delivery to the *Shiras*. *Nasya* aids in the treatment of conditions affecting the head, ears, throat, and nose. *Dhumapana* is effective in treating sinusitis and rhinorrhea.

Various *Netra Roga* can be treated by *Shalaky Tantra* approaches like *Puyalasa*, *Pakshmakopa*, *Adhimanta*, and *Abhisyanda*, among others. Drugs containing *Katu* and *Tikta Rasa* help to calm *Kapha*, which lessens *Netra Roga* symptoms like pain, itching, and watering of the eyes.

Laghu and *Ruksha Gunas*-containing drugs lessen eye pain and burning. *Netra roga* symptoms are alleviated by medications with anti-inflammatory, anti-spasmodic, and analgesic properties, such as *Nayanamrita Lauha* and *Triphaladi Varti*. Ayurvedic medications are useful in treating a variety of *Netra Rogas*, such as *Sarvakshi*, *Timir*, and *Drishti Rogas*.^[5-8]

Shalaky Tantra elaborated on rhinoplasties and auraplasties as treatments for ear problems. Similar to this, other methods like *Karnadhoopana*, *Karnaprakshaalana*, and *Karnapurana*, among others, are also helpful in treating common ear conditions like tinnitus, mild deafness, wax buildup, ear infections, etc.^[8-10]

KRIYAKALYA

- ❖ *Seka*
- ❖ *Aschotana*
- ❖ *Anjanam*
- ❖ *Tarpanam*
- ❖ *Putapak*
- ❖ *Pindi*

SURGICAL METHODS

- ❖ *Chedanam*
- ❖ *Bhedanam*
- ❖ *Sira Vedha*
- ❖ *Kuttanam*

PARA SURGICAL METHODS

- ❖ *Jaloukavacarana* in both Eye
- ❖ *Jaloukavacarana* in one Eye
- ❖ *Kshara*

KRIYA KARMAS

- ❖ *Karna prakshalana*
- ❖ *Karna Dhupanam*
- ❖ *Karna Puranam*
- ❖ *Karna Avacuranam*
- ❖ *Pratimarsa Nasyam*
- ❖ *Nasal packing*
- ❖ *Kalk Lepa*
- ❖ *Dhuma pan*
- ❖ *Marsa Nasyam*

NATURAL REMEDIES RECOMMENDED FOR ENT-ISSUES

- ❖ Tonsillitis can be treated with ginger, black pepper, and turmeric, among other things.
- ❖ For pharyngitis, ginger, black pepper, holy basil, and spearmint oil are helpful.
- ❖ For laryngitis, licorice, menthol, and spearmint oil are beneficial.

Ayurveda formulations for ENT related problems

- ❖ *Manjishthadi anjan*
- ❖ *Kumkumadi nasya*
- ❖ *Mustadi kwath*
- ❖ *Pathyadi gutika*
- ❖ *Shadbindu taila*
- ❖ *Kushthadi choorna*

THE SHALAKYA TANTRA'S PROBE

- ❖ *Karna Shalaka*
- ❖ *Netra Shalaka*
- ❖ *Nasa Shalaka*
- ❖ *Mukh Shalaka*

CONCLUSION

Shalaky Tantra cures diseases from their underlying causes and uses noninvasive methods to treat ENT issues. The natural medications used in *Shalaky Tantra* effectively treat problems without causing negative side effects. Vast arrays of therapeutic modalities are offered by *Shalaky Tantra* to address issues related to the eyes, ears, nose, and throat. Diseases like vertigo, excessive ear wax, tinnitus, vestibular neuritis, allergic rhinitis, nasal congestion, sinusitis, nasal bleeding, tonsil and throat infections, etc. can all be relieved by the therapeutic modalities of *Shalaky Tantra*.

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