

**PAIN MANAGEMENT IN ENT ORIGIN THROUGH AYURVED****Dr. Pratik Laddha<sup>\*1</sup>, Dr. Rajeev Dole<sup>2</sup> and Dr Manisha Naringe<sup>3</sup>**<sup>1</sup>PG Scholar, Department of Shalakyatantra, Parul Institute of Ayurved, Parul University.<sup>2</sup>HOD & Professor, Department of Shalakyatantra, Parul Institute of Ayurved, Parul University.<sup>3</sup>Professor, Department of Shalakyatantra, Parul Institute of Ayurved, Parul University.**\*Corresponding Author: Dr. Pratik Laddha**

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**ABSTRACT**

South Asians are an inherently high-risk group for developing abdominal adiposity, diabetes, cardiovascular diseases. Physical inactivity which was considered to be the fourth leading risk factor for global mortality. Physiotherapy is required for healthy ageing and well living in multi-dimensional streams of healthcare. However, we need to understand the barriers for implication of physical activity. This is a review on physical activity levels of South Asians and the barriers we come across in reaching our goals in the elite young adults in the 21st century.

**KEYWORDS:** Review, physical activity levels, South Asians, high risk group for metabolic diseases, Physical inactivity.

**INTRODUCTION**

Ear, nose and throat related conditions are grouped as ENT diseases. It causes a significant number of illnesses amongst adults and children alike. Poor hygiene, immunity, poor diet, and lifestyle are various factors that are responsible for causing ENT diseases. Ayurveda has in depth described ENT diseases, its causes and possible treatment/cure. Ayurvedic cure for ENT diseases comprises of finding the root causes of the disease and correcting it with right diet, lifestyle and herbal remedies.

There are many causes for pain related to ENT disorders from infection to accident. In some cases it gets better by its own but in others treatment is needed. The management of such conditions by modern medicines without any adverse effect is still a challenge and Ayurved medicine can be a better solution because of its fewer side effects.

Ayurved says the place of kapha is above the shoulder. Kapha dosha is predominant in early ages of life. Hence most of the ENT diseases occur in this age group. In Ayurved nasal diseases like dushta pratishyaya, peenasa, ear diseases like karnasoola, vadhira, oral cavity diseases have been described in details with its etiology and treatment. Sushrut Samhita Uttar tantra contributed many chapters on nose and ear diseases with its treatment whereas in nidan sthan and chikitsa sthan oral cavity diseases are mentioned. Formulations like swaras, arka, prakshalana, taila have also been prescribed.

Ayurved mentioned that for most of the ENT diseases, sodhana chikitsa is must. One of the Sodhana chikitsa is Nasya karma i.e instillation of medicated oil into the nostrils in drops. Nasya is the best treatment for all urdhwajatrugata roga as it is mentioned in Charaka Samhita that NASA HI SHIRASO DWARA. In Karna roga karna purana with medicated oil and swarasa is mentioned. In Mukha roga Kavala and Gandusha is indicated which gives strength to teeth, gum and jaw and also it prevents tooth decaying.

**Ear Pain and Its Management**

Ear the organ of hearing has two functions, one is sense of hearing and the other is sense of equilibrium and motion. Ayurved believes most disturbances occur mainly due to vitiation of Vata associated with Pitta and Kapha.

Earache is a common auditory affliction and caused due to inflammation of middle ear, or due to boils, wax, eczema or neuralgia affect the outer ear. Earache is associated with a piercing, dull or burning pain in one or both ears. It may be constant or last a short time.

Karna roga or ear disorders, as they are generally known in Ayurveda, can be caused by Vata, Pitta, Kapha or Sannipataja. Ear infections are generally due to imbalances in the kapha.

Management The treatment varies based on the cause of pain but the pain generally removed by application of local heat. So Karnapuran with warm oil may be

beneficial. Karnapuram and karnadhoopan are treatment choice for pain in ear but contraindicated in pain associated with rupture of tympanic membrane. Puran and dhoopan will bring down the pain in ear and improves hearing capacity.

### **Pain In Nose and Its Management**

The common condition for pain in and around nose is sinusitis, occurs due to inflammation of paranasal sinuses. Other symptoms may include headache, poor sense of smell and sore throat.

Management Nasya karma is the treatment choice in this condition which brings out doshas from Shira, clear the srotas, helps in good absorption of the medications given in later stage of treatment. It improves the sense of smell, cures sinusitis, headache etc. Nasya stimulates the paranasal sinuses and releases the Kapha toxin build up.

### **Three types of Nasya is indicated**

Virechana: irrigation with medicated oils, ghee, or herbal decoction.

Dhmampana: filling the nostril with medicated powder, herbs etc to unblock the passage and nourish the tissues.

Shamana: warm oil is allowed to flow through the nostrils and face, neck and head are gently massaged. This helps to clear passages.

Anu taila is used as Nasya to relief pain and inflammation of nasal mucosa, sinusitis, headache and several other diseases.

### **Pain in Oral Cavity Diseases and Its Management**

Oral cavity diseases continue to be major health problem now a day. The standard modern medicine has had only limited success in prevention of oral cavity diseases and in its treatment. Hence Ayurved medicines are considered to be good alternative to synthetic chemicals. According to Ayurved 65 oral diseases arises in seven anatomic location of mouth. For the treatment of these diseases Ayurved advocates procedures such as Dantdhavan with kasaya, katu, tikta rasa. As it facilitate salivary secretion, controls plaque and having antibacterial activity.

Gandusha is another procedure which prevents tooth decay, dryness of mouth, pain and gives strength to teeth and gum.

Also we can give various drugs like amla, launga, guduchi, neem, til taila etc.

Amla has an antioxidant as well as astringent property and proven to be effective in the treatment of toothache.

Launga, commonly used to relief pain in dental caries.

Guduchi has an anti-inflammatory action and it improves salivary flow.

Neem has antibacterial, anti-inflammatory and analgesic property. It removes plaque.

Til taila gandusha reduces the plaque formation and bacterial activity.

### **CONCLUSION**

In present day life eye pain is a common symptom among people using mobile phone, laptop and other electronic devices. In spite of advance technology in the field of ophthalmology, conservative management is still a main treatment choice. In modern science, side effect of many medicines are well known. The kriyakalpa, Nasya karma, Karnapuram, Dantdhavan and other Rasayana, vatanashak chikitsa of Ayurved provides safe and effective results. So management through Ayurved procedure is a better option.

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