

**GENERAL APPROACHES OF SHALAKYA TANTRA AS PER ANCIENT AYURVEDA:
A REVIEW****Dr. Prashant Janardhan Divthane^{1*}, Dr. Nandkishor Sukhadeo Pise² and Dr. Maya Asit Thakare³**¹Associate Professor & HOD, Shalakyatantra Department, MUP'S Ayurved College, Hospital & Research Centre, Degaon, Tal.- Risod, Dist. Washim. Maharashtra, India.²Assistant Professor, Kaumarbhritya Department, Vidarbha Ayurved Mahavidyalaya Amravati, Maharashtra, India.³Associate Professor & HOD, Agadtantra Department, MUP Ayurveda College, Hospital & Research Centre, Degaon, Tal -Risod, Dist-Washim, Maharashtra, India.***Corresponding Author: Dr. Prashant Janardhan Divthane**

Associate Professor & HOD, Shalakyatantra Department, MUP'S Ayurved College, Hospital & Research Centre, Degaon, Tal.- Risod, Dist. Washim. Maharashtra, India.

Article Received on 15/04/2021

Article Revised on 04/05/2021

Article Accepted on 25/05/2021

ABSTRACT

Shalakyata Tantra is stream of Ayurveda which deals with problem of Urdhwajatra (parts of body located above clavicle bone; eye, ear, nose and throat etc.). The branch mainly utilizes Shalaka Yantras which are rod like instruments for therapeutic purposes. As per modern science this stream can be correlated with E.N.T. and ophthalmology. Shalakyata tantra involves various Chikitsas including Karnachikitsa, Nethrachikitsa, Mukharogachikita, Shirorogachikitsa and Nasachikitsa, etc. Charak Samhita, Sushrut Samhita and Ashtanga Hrudaya all of them encompasses literatures related to the Shalakyata Tantra. As per modern science this modality helps to treat different pathological conditions like; conjunctivitis, glaucoma, eye allergies, cataract, ear infections and nasal problems, etc. The surgical and para-surgical methods also described in traditional texts of Ayurveda under heading of Shalakyata Tantra for the management of disorders of ear, eyes, nose and throat, etc. Present article described general therapeutic approaches of Shalakyata Tantra as per ancient Ayurveda.

KEYWORDS: Shalakyata Tantra, Ayurveda, Karnachikitsa, Nethrachikitsa, ENT.**INTRODUCTION**

Shalakyata Tantra is vital part of Ashtang Ayurveda which deals with *Uttamang chikitsa*. The Ayurveda branch *Shalakyata Tantra* can be correlated to E.N.T. branch of modern science. *Nasya, Varti, Anjana, Shirovirechana Karma, Karnapoorana, Padabhyanga Karmas* and *Akshitarpana*, etc. are some approaches of *Shalakyata Tantra* which helps in the management of various diseases of upper body parts such as; *Galganda, Upajihvika, Galashundi, Galgraha, Karnamoolika shotha, Rohini, Shankhak. Akshiroga, Pratishyaya, Mukharoga, Karnaroga, Kanthodhwansa, Kashayashyata, Ghrananasa, Ashabdashravana, Karnashoola, Vartmastambha, Timira, Shiroruk, Galapaka, Mukhashrava, Shirashhoola* and *Peenasha*, etc.^[1-5]

Kavalagraha and *Gandoosha* help to cure foul breath, mouth infections, dental caries, tonsillitis, laryngitis and pharyngitis.

Shiropichu, Shirobasti and *Shirodhara*, etc. are used for the management of refractive headaches and migraine.

The various *Panchakarma* and *Kriyakalpas* procedures used in *Shalakyata Tantra* for treating different diseases are mentioned in **Figure 1**.

**Figure 1: General modalities of Shalakyata Tantra.**

As per modern science there are various etiological factors which can cause disease of ear, eye, nose and throat. These etiological factors are allergens, seasonal variation, microbial infection, deposition of water in cavity, injury and adverse effects of chemicals, etc. These factors may induce pathogenesis of diseases such

as sinusitis, rhinitis, tonsillitis, chronic otitis, tinnitus and laryngitis.

Nasya Karma is *Panchakarma* procedure in which administration of drugs achieved through nasal cavity so to increase reaches of drug to the *Shiras*. *Nasya* helps in treating diseases related to the nose, throat, head and ear. *Dhumapana* can relieve nasal disorders like; sinusitis and rhinitis.

Puyalasa, *Pakshmakopa*, *Adhimanta* and *Abhisyanda*, etc. are approaches of *Shalaky Tantra* which can treat various *Netra roga*. Drug possesses *Katu & Tikta Rasa* helps to pacifies *Kapha* thus alleviate symptoms of *Netra roga* such as; itching, pain and watering of eyes. Drugs possessing *Laghu* and *Ruksha Gunas* reduces pain and burning of eye. Drugs like *Nayanamrita Lauha* and *Triphaladi Varti* possess anti-inflammatory; anti spasmodic and analgesic effect therefore relieve symptoms of *Netra roga*. Ayurveda drugs can effectively cure various *Netra rogas* including *Sarvakshi roga*, *Timir* and *Drushti roga*, etc.^[5-8]

Rhinoplasty and auraplasty elaborated in *Shalaky Tantra* for managing ear problem. Similarly other approaches like *Karnadhoopana*, *Karnaprasakshalana* and *Karnapurana*, etc. also helps to treat common ear diseases like; tinnitus, mild deafness, accumulation of wax and ear infection, etc.^[8-10]

Kriyakalya

- ✓ *Seka*
- ✓ *Aschotana*
- ✓ *Anjanam*
- ✓ *Tharpana*
- ✓ *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 pana*
- ✓ *Marsa Nasyam*

Natural medicines suggested for ENT problems

- ❖ Turmeric, black pepper and ginger, etc. are useful in case of tonsillitis.
- ❖ Ginger, spearmint oil, holy basil and black pepper are useful for pharyngitis.
- ❖ Licorice, menthol and spearmint oil are helpful in laryngitis.

Ayurveda formulations for ENT problems

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

Probe used in Shalaky Tantra

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

CONCLUSION

Shalaky Tantra treat ENT problems mainly with noninvasive ways, *Shalaky Tantra* cure disease from its root causes. Natural drugs used in *Shalaky Tantra* do not cause harmful effects and treat problems effectively. *Shalaky Tantra* provides wide range of therapeutic modalities for the management of problems of eye, ear, nose and throat. The therapeutic modalities of *Shalaky Tantra* provides relief in diseases such as; vertigo, excessive ear wax, tinnitus, vestibular neuritis, allergic rhinitis, nasal congestion, nasal infections, sinusitis, nasal bleeds, tonsils and throat infections, etc.

REFERENCES

1. Armaly M F., The distribution of applanation pressure, statistical features and effect of age, sex, of glaucoma, 1965; 73: 11.
2. Sushruta Samhita Sutrastana 12/10, Hindi Commentary Ayurveda Tattva Sandipikawrittenby Kaviraj Ambikadutta Shastripublishedby Chaukhambha Orientalia, Varanasi- 221005.
3. Sushruta Samhita Sutrastana 8/15, Hindi Commentary Ayurveda Tattva Sandipikawrittenby Kaviraj Ambikadutta Shastripublishedby Chaukhambha Orientalia, Varanasi- 221005.
4. Sachitra Shalaky Vigyan, Chaudhari Ravindra Nath., Dr. 16th edition. Gopal Mandir Lane, Varanasi: Chaukhambha Orientalia, 2002.
5. Ashtang Hridaya, Srikantha Murthy K. R., Prof. Reprint. Varanasi: Krishnadas Academy, 2002.
6. Muniyal Ayurveda, Manipal, Sacitra Caraka Samhita - Volume 1, published by Muniyal Institute of Ayurveda Medical Sciences, Manipal, 2005; 3: 5.
7. Sharma, P. V. Caraka-Samhitā: Agniveśa's Treatise Refined and annotated by Caraka and Redacted by Dr̥ḍhabala (text with English translation) Chaukhambha Orientalia, 1981–1994.

8. Agnivesh, Charak samhita with Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla & Prof. Ravi Dutt Tripathi; pub. by Chaukhambha Sanskrit Pratishthan, Varanasi; part 2, 1st edi. Siddhi Sthana, 1988; 9/75.
9. Shastri Ambikadutt, Sushruta Samhita edited with Ayurveda tatva sandipika Hindi Commentary, Uttar Tantra 1st chapter 1/15, Aupdravikam adhyaya Varanasi, Chaukhambha Sanskrit Sansthan, reprint edition, 2009; 08.
10. Khurana AK, Comprehensive Ophthalmology, fourth ed. Chapter 1, Anatomy & development of eye, New age International Publishers, New Delhi, 34. Adhamalla. Deepika commentary, Sharangadhara Samhita. 7th ed. Varanasi: Chaukhamba Orientalia, 2008; 379.