

CONCEPTUAL BELONGINGS, COMMON DISEASES OF *SHALAKYA TANTRA* AND
TREATMENT: AN AYURVEDA PERSPECTIVE

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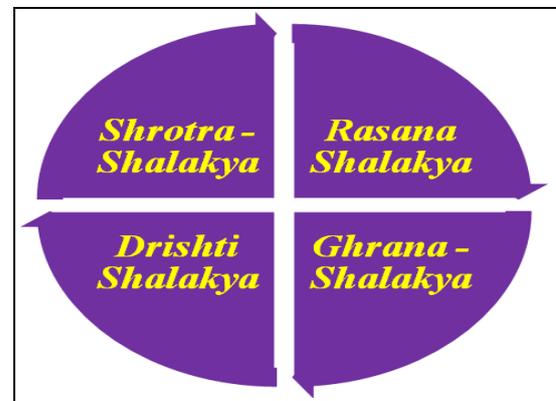
ABSTRACT

Shalakyta tantra is one of the important aspects of ayurveda which deals with the treatment of diseases associated with upper body parts (above the neck). The *Shalakyta tantra* (ENT) describes detail account on causes, diagnosis and treatment approaches of the diseases related to the ear, nose, eye and throat. The basic concept of *shalakyta tantra* lies around the use of *shalakas* (probes) for applying medication to the upper body parts. The *shalakas* used to treat eye disease termed as *netra shalaka*, the *shalakas* used for the ear treatment termed as *karna shalaka* while *Nasa shalaka* and *mukh shalaka* used for the treatment of nose and throat. This article describes conceptual belongings of *Shalakyta tantra* along with common treatment approaches. *Mukh Abhyangam*, *Shiro Abhyangam*, *Shirodhara*, *Swedanam*, *Nasya*, *Karna poorna*, *Karna dhoopanam* & *Karna avachooranam* are some treatment approaches used for the management of common ENT disorders.

KEYWORDS: Ayurveda, Shalakyta tantra, ENT, Netra, Karna, Nasa, Mukh. Correspondence author: Dr Pratibha Nanasaheb Tekade.

INTRODUCTION

The *shalakyta tantra* is branch of Ayurveda also called '*urdhvanga chikitsa*' since it deals with the upper body part and mainly described in Ayurvedic texts such as; *Sushrut Sanhita*, *Charak Sanhita* and *Ashtang Hruday*. Ayurveda described that there are about 72 diseases associated with these area of body. Traditionally it is believed that the eyes may have 25 different types of ailments. The nose may be affected by around 18 types of different diseases while the lips are prone to 11 types of diseases. *Shalakyta tantra* mentioned treatment approaches for the management of such disease. The treatment approach of *Shalakyta tantra* not only involves use of medicine but also use of various surgical and para-surgical approaches. The common diseases of upper body parts such as; deposition of wax in the ear, dryness of the eyes, migraine and throat infection may be easily cured using natural herbs mentioned in *shalakyta tantra* without using of surgical process. Sinusitis, pharyngitis, laryngitis, snoring, migraine, ear ache, chronic otitis, tonsillitis, vocal cord paralysis and muscular aches are some common ENT disorders. The use of internal medicine offer relief in these disorders along with local external therapies. *Yoga* such as; *Trikonasana*, *Sukhasana*, *Bhujangasana*, *Dhanurasana*, *Padmasana* and *Jal Neti* also help to manage some ENT disorders.

Figure 1: Ayurveda terms of *Shalakyta Tantra*.**Eye disorders**

Refractive errors, cataract, diabetic retinopathy, edema, eye infections and glaucoma, etc.

Ear disorders

Hearing problems, ear infections, chronic otitis and misbalancing, etc.

Nasal disorders

Nasal septum, nasal polyp, nasal congestion & rhinitis, etc.

Throat disorders

Tonsillitis, laryngitis, pharyngitis, tooth and gum infections, etc.

Traditional text of Shalaky Tantra

Shalaky Tantra is mainly described in the ancient texts such as *Sushrut Sanhita*, *Charak Sanhita* and *Ashtang Hridaya*. The text involves description and treatment of diseases associated with ear, nose and throat. The textual references mentioned use of drugs along with surgical procedure such as; rhinoplasty and auroplasty for the management of diseases. *Samhitas*; *Charaka*, *Susruta* and *Astanga Hridayai* mentioned use of home remedies for conditions such as; dryness of eye, wax in ear, migraine and mouth ulcers. Hinoplasty and auraplasty are also mentioned as surgical approaches for cosmetic purpose.

Shalaky Tantra describe following sections for specific disease

- 25 diseases of the ear
- 18 diseases of the nose
- 11 diseases of the lips
- 1 disease of the lymph glands
- 23 diseases of the teeth
- 6 diseases of the tongue
- 8 diseases of the palate
- 18 diseases of the throat-pharynx-larynx and 8 diseases of the oral cavity

ENT disorders

The ENT disorders classified under heading of *Shiroroga*, *Mukharoga*, *Karnaroga*, *Nasaroga* and *Netraroga* Ear is *sthana* of *vaayu*, oral cavity is *sthana* of *jala*, *prithvi* and nose as *akasha*; therefore misbalancing of these elements vitiate *vata*, *pitta* or *kapha* leads diseases of ear, nose and throat. The common ENT diseases are hearing problem and misbalancing, dysfunctional olfactory nerves, larynx and vocal cords disorders, foul smell, diseases of taste and speech. The factors such as; allergens, seasonal conditions, bacterial and viral infection, etc. may causes diseases such as rhinitis, sinusitis, tonsillitis, laryngitis, chronic otitis and tinnitus. *Sarvakshi roga*, *linganash*, *timir* and *drushti roga* comes under *Netra Roga*. *Oshta roga*, *jivha roga*, *sarvagat mukhroga*, *gand roga*, *talv roga* and *gala roga* are other disease belongs from *Mukharoga*.

Treatment approaches of Shalaky Tantra

The surgical approaches such as; rhinoplasty and auraplasty is described in *Shalaky Tantra* for the management of ear problem. *Karnapurana*, *Karnadhoopana* and *Karnaprakshaalana* are used to manage ear diseases such as; deafness, tinnitus and removal of wax. *Gandoosha* and *Kavalagraha* are treatment approaches used for the management of mouth infections, foul breath, periodontitis, dental caries, tonsillitis, pharyngitis and laryngitis. *Nasya* and *Dhumapana* help to manage various nasal disorders such as; rhinitis and sinusitis. *Shalaky Tantra* suggested use

of *Shirodhara*, *Shiropichu* and *Shirobasti* for the management of migraine, trigeminal neuralgia and refractive headaches. *Panchakarma* and *Kriyakalpas* such as; *Aschyotanam*, *Sekam*, *Anjanam*, *Bidalakam*, *Tarpanam*, *Putapakam*, *Nasyam*, *Murdhni Tailam* & *Siropichu* also used in *Shalaky Tantra*.

Home remedies for ENT

- Catnip, marshmallow, turmeric, ginger & black pepper etc. are used for the management of tonsillitis.
- Gargle, ginger, cider vinegar, inhalation of eucalyptus or spearmint oil, black pepper, holy basil and green tea help to treat pharyngitis.
- *Sitopladi Churna*, licorice, spearmint oil, camphor or menthol offer relief in laryngitis.

Advantages of Shalaky Tantra in ENT problems

- The major approaches of *Shalaky Tantra* are non-invasive.
- Treats disease at the root cause level.
- Help to correct *dosha* using diet and lifestyle habits.
- Natural home remedies available easily used for general cure of eye, ear and throat.
- Ayurveda drugs reduce risk of adverse drug reactions.
- Large number of options available in ayurveda for the management of disease associated with eye, ear and throat.

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