

ABSTRACT

AN AYURVEDIC OVERVIEW TOWARDS THE MANAGEMENT OF AGE RELATED SENSORINEURAL HEARING LOSS (PRESBYCUSIS) – BHADIRYA

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INTRODUCTION:

Healthy hearing gives us the freedom to communicate. So when your hearing begins to decline, it can take away from you your quality of life. The fact is, hearing loss doesn't just affect you physically, it can impact your emotional and social health, too. Presbycusis is a complex degenerative disease and often termed as the universal feature of mammalian aging and when compared with today's lifestyle practices, the prevalence of its occurrence is at a higher rate and seen in comparatively early age. The prevalence was 36.1% with a mean age of 50 yrs. As per our science, we focus towards maintaining the health through rasayana chikitsa and preventive aspects. Ayurvedic management plays an authentic role towards delaying the aging process of hearing and henceforth strengthening and maintaining the balanced hearing through various classical therapeutic procedures and medications.

KEYWORDS: Bhadiryaa, Presbycusis, Degenerative disease , Rasayana , Chikitsa

CONCLUSION:

Karna is one among the important gyanendriyas and sthana for marmas ,so special care has to taken for its proper functioning and maintenance of healthy hearing.