

Rasayana Chikitsa In Badhirya - Sensory Neural Hearing Loss - A Single Case Report

*Dr.Harikrishnan. N. Menon, ** Dr.S.M.Pasha

ABSTRACT:

Introduction: Hearing loss, is partial or total inability to hear, Sensory Neural Hearing Loss is one among the types of hearing loss, in which the abnormality lies in the cochlea, auditory nerve, neural pathway or auditory cortex. Loss of hearing is considered as 4th leading disability Worldwide affecting about 10% of total population causing moderate to severe disability in 466 million people. The quality of the sound perceived in hearing loss is so poor that speech cannot be understood which in turn affects day to day, leading to frustration, depression and those affected will move away from social activities.

Materials and Methods: A 27 year old male subject suffering from signs and symptoms of Sensory neural Hearing Loss was taken for the study, from Shalakyta Tantra OPD of SJIM Hospital, Bengaluru. He was treated according to Chikitsa Sutra of *Badhirya*. *Rasayana therapy was given for 3 months.*

Results: There was improvement both subjectively and objectively as found in PTA.

Discussion: Treatment of *Badhirya* is similar to *Vataja Karnashoola* because of *Vata* predominance in both the diseases. Even though for SNHL there are a lot of treatments available, there is a need for rejuvenating therapy to restore the damaged organ.

Key words: *Badhirya*, Sensory neural hearing loss, Rasayana chikitsa,

Dr.Harikrishnan.N.Menon

Dept. of pg studies Shalakyta Tantra

Government Ayurveda Medical college Bengaluru-09