

## Ayurvedic management of Meniere's disease- A Case Report

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### ABSTRACT:

Meniere's disease is a disease of the inner ear where the endolymphatic system is distended with endolymph. It is characterized by vertigo, sensorineural hearing loss, tinnitus and aural fullness. On the basis of the clinical features, it can be compared with the group of disease in *Ayurveda* like, *Bhrama* (Vertigo), *Karnanaada* (Tinnitus), *Karnakshweda* and *Baadhirya* (Hearing loss). On the basis of *Samprapti Vigatana* of this disease it can be understood that it occurs due to *Vata-Pitta Pradhana Tridosha*. In this case, a 37 years old male patient came to ENT OPD of ITRA hospital with the complaints of vertigo which lasts for 15 mins to half an hour, tinnitus, difficulty in hearing and aural fullness in left ear since last 6 months. With all these symptoms the case was diagnosed as the probable Meniere's disease. The patient was intervened with the drugs with properties like *Agnideepana*, *Amapaachana*, *Vatanulomana*, *Vata-Pitta Shamaka*, *Mutrala* and *Rasayana*. Drugs selected were *Hingwashtaka Churna* (5gms two times), *Avipattikara Churna* (5gms at night), *Shatavariadi Ksheerapaka* (20 ml two times), *Nasya* (*Marsha Nasya* in morning), *Sarivadi Vati* (2 tab. Two times) and *Shiropichu* for 2 months. Patient showed gradual improvement in all the symptoms within 15 days. Along with proper treatment and *Pathya Sevana*, complete relief in the symptoms was achieved within 2 months. It shows that with the proper understanding of the disease as per the ayurvedic classics, treatment choices can be made and significant improvement in any disease can be achieved.

**KEY WORDS:** *Avipattikara Churna*, *Bhrama*, *Ksheerabala Taila* (101 avarti), Meniere's disease, *Nasya*, *Sarivadi vati*, *Shatavariadi Ksheerapaka*.

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### INTRODUCTION:

Meniere's disease is still a mystery disease which is hard to diagnose. It's also called as endolymphatic hydrops, which is a disorder of the inner ear where the endolymphatic system is distended with endolymph. It is characterized by vertigo, sensorineural hearing loss, tinnitus and aural fullness. [1] On the basis of clinical variation, it can be

divided into two types probable and definite Meniere's disease. True or definitive Meniere's disease is rare and hard to diagnose fundamentally. The worldwide incidence of Meniere's disease is approximately 12 out of every 1,000 people. Despite that, 2% of people living in the U.S. believe they have symptoms that would indicate a diagnosis of Meniere's

disease.<sup>[2]</sup> These people either have the disease, and it has not been formally diagnosed. The proper diagnosis of Meniere's disease should be done with PTA, special audiometry, Electrocochleography, caloric test, glycerol test and MRI. The treatment includes General measures like dietary modification and lifestyle modification, medicinal therapy like electrolyte balance, vestibular sedatives, vasodilators, diuretics etc. and surgical treatment.<sup>[3]</sup> These treatment modalities can be effective but costly too.

The direct correlation of Meniere's disease is not possible to find in Ayurveda but, on the basis of the clinical features, it can be compared with the group of disease in Ayurveda like, *Bhrama* (Vertigo), *Karnanaada* (Tinnitus), *Karnakshweda* and *Baadhirya* (Hearing loss). *Bhrama* occurs due to *Vata-Pitta-Tama Doshas*. And *Badhirya*, *Karnanaada* and *Karnakshweda* occurs due to *Doshavrutta Vatadosha* <sup>[4]</sup>. *Samprapti Vigatana* can be helpful in selection of the treatment of the Meniere's disease.

**Samprapti:** Due to *Nidanasevana Agnimandhya* and *Ama* formation occurs in *Koshtha*. Which will further lead to *Pratilomagati* of *Vata* and *Pittadosha* and gets localised to *Khavaiguniya* of *Srotoindriya* caused due to *Nidanasevana* too. At that site *Sanga* of *Vayu* occurs with *Kapha Avarana* and *Atipravrutti* of *Kapha* and *Pitta* occurs. Which will create pathogenesis like Inflammation and excess secretion. Vitiating *Doshas* will produce *Vyadhis* like *Bhrama*, *Baadhirya*, *Karnanaada*, *Karnakshweda*. With the understanding of this *Samprapti* treatment modalities like *Agnideepana*, *Amapaachana*, *Vatanulomana*, *Vata-Pitta Shamaka*, *Mutrala* and *Rasayana* can be beneficial for the management of the Meniere's disease.

The case presented here was diagnosed as probable Meniere's disease which was

presented with vertigo, hearing loss, tinnitus and aural fullness. Above mentioned treatment was selected for this case.

#### **CASE REPORT:**

A 37 years old male patient came to ENT OPD of ITRA hospital with the complaints of vertigo which lasts for 15 mins to half an hour for 1 to 2 times a day, tinnitus, difficulty in hearing and aural fullness in left ear since last 6 months.

**History of present illness:** A nondiabetic, normotensive, 37 years old male patient came to the ENT OPD in afebrile and conscious state. He was fine before 6 months, then he started suffering from episodic vertigo along with tinnitus, decreased hearing and aural fullness of left ear. Patient had visited allopathic hospital was advised with allopathic medications, but patient did not find any relief in complaints. Then he approached us with the complaints and treatment for the same was started.

**Past history:** The patient suffered from ear discharge in right ear in his childhood and has perforation in right ear. There is mild decreased hearing in right ear.

**Family History:** No any positive family history.

**Personal History:** **Diet:** -Veg., **Appetite:** Weak, **Bowel:** Constipated, **Micturition:** Normal, **Sleep:** Disturbed, **Occupation:** Stone cutting factory

#### **ENT Examination: (before treatment)**

##### **1. Otoscopic Examination:**

**External auditory canal:** Clear (Both ear); **Tympanic membrane:** Right (Central perforation); Left- (Intact & Normal)

**2. TUNING FORK TEST**

**Right- Rinne-** BC>AC; **Weber-** Lateralized to right ear

**Left- Rinne-** AC>BC; **Weber-** Lateralized to right ear

**3. PTA: Right-** Mild conductive Hearing loss; **Left-** Mild Sensory neural hearing loss

**Nose:** WNL, **PNS:** WNL, **Throat:** WNL

**THERAPEUTIC INTERVENTION:**

1. **Hingvashtaka Churna:** 5gms two times before food with *Ghrita* for 15 days.
2. **Avipattikara Churna:** 5gms at night after food with Lukewarm Water for 2 months.
3. **Shatavariadi Ksheerapaka:** 20 ml two times after food for 2 months.
4. **Kheerabala Taila (101 Avarti):** As Marsha Nasya (8-8 drops) in 6 sitting with 3 days interval for 2 months.

5. **Sarivadi Vati:** 2 tablets(500mg) two times after food with Milk for 2 months.

6. **Balataila:** For *Shiropichu* at daily night for 2 months.

**Ear Examination: (After treatment)**
**1. Otoscopic Examination:**

**External auditory canal:** Clear (Both ear); **Tympanic membrane:** Right (Central perforation); Left- (Intact & Normal)

**2. TUNING FORK TEST**

**Right- Rinne-** BC>AC; **Weber-** Not differentiated

**Left- Rinne-** AC>BC; **Weber-** Not differentiated

3. **PTA: Right-** Mild conductive Hearing loss; **Left-** Hearing WNL

**Table-1: Result and observation:**

Days	Observations
1 Days	Medicine given to the patient
7 Days	30% relief observed Digestion and bowel habits improved Episodes of vertigo decreased, improvement in other complaints was noticed
15 Days	60% relief observed No any episode of vertigo occurs in last week Aural fullness got cured Improvement in tinnitus and Decreased hearing
21 Days	80% relief observed Mild tinnitus and decreased hearing present
1 Month	Vertigo, Tinnitus and aural fullness absent Mild decreased hearing present
1.5 Month	No any fresh complaints Complete relief in all the symptoms
2 Month	Complete relief

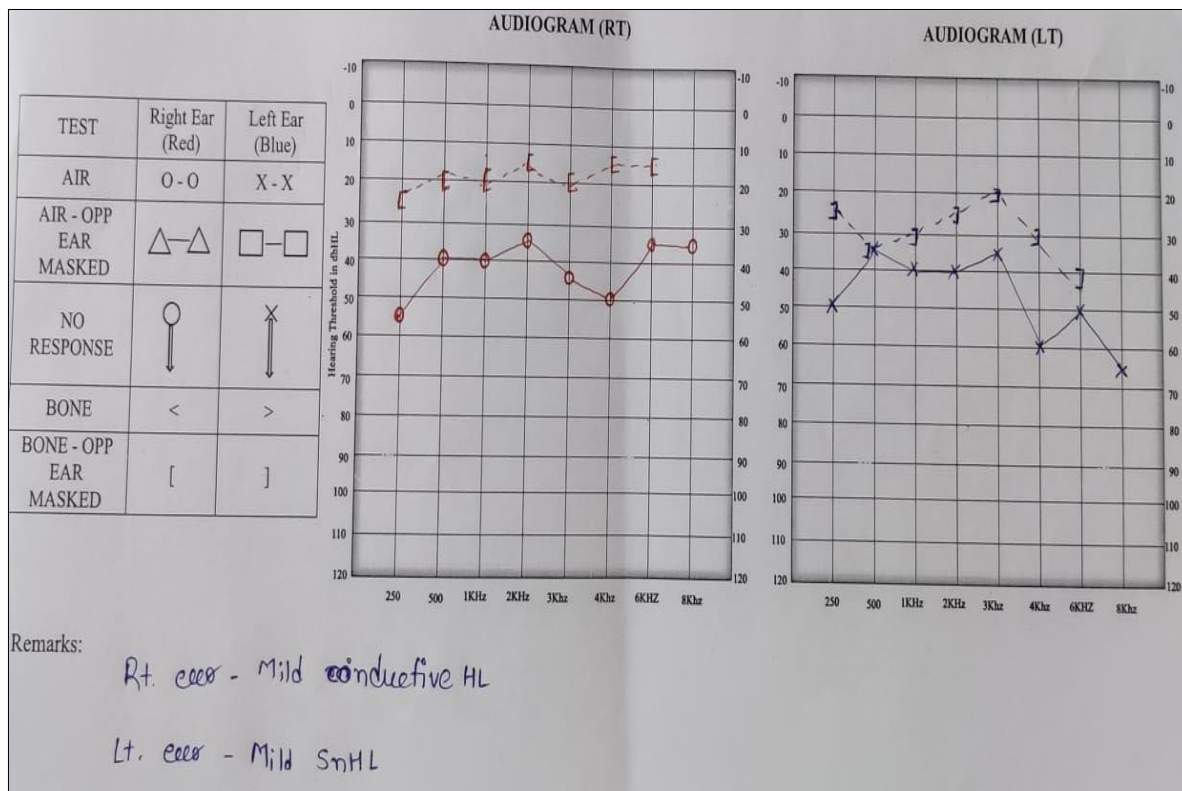


Figure 1: Audiometry report before treatment

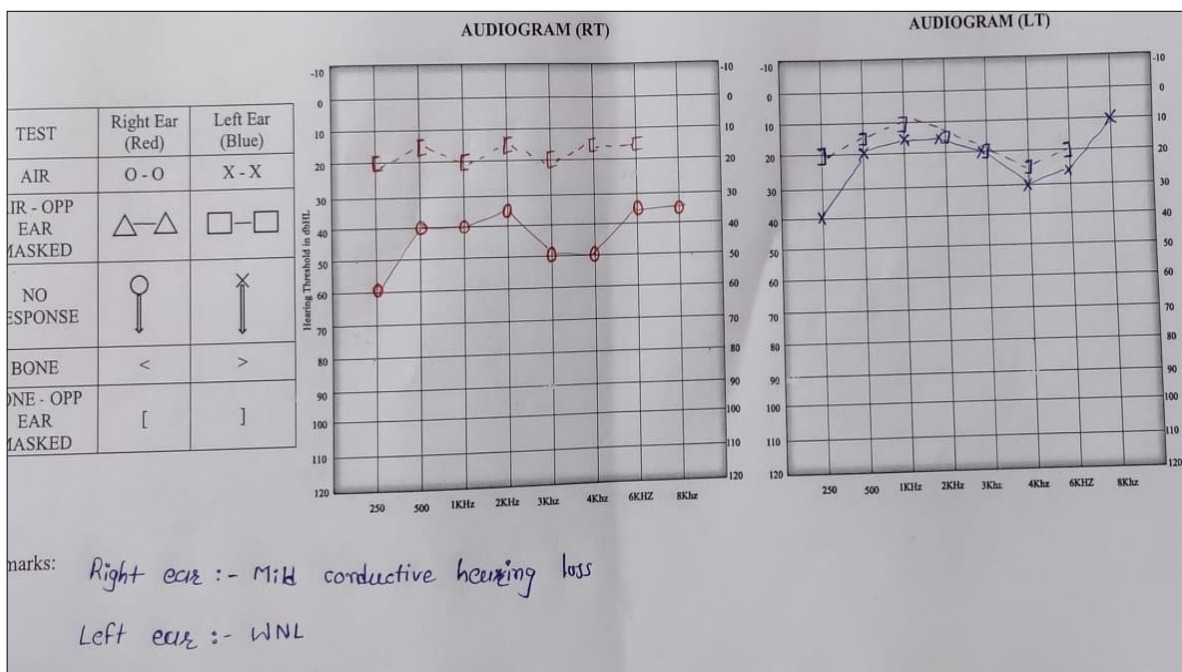


Figure 2: Audiometry report after treatment

**DISCUSSION:**

The improvement in sign and symptoms are shown in table-1. As *Vata-Pitta Pradhana Doshas* are involved in the Meniere's disease and *Agnimandya* and *Amadushti* is responsible for the same. The treatment approach here is for removal of *Avarana* with *Agnideepana* and *Amapachana*. Then *Mruduvirechana* was advised for removal of *Shyandana* (excess fluid in inner ear) which can also be understand as *Atipravrutti* of *Pittadosha*. Along with these treatment approach other treatment was done to achieve *Vatashamana* and *Bruhana Karma*. Which will give relief in *Karnanaada* etc. *Vyadhis*.

**Hingvashtaka Churna:** It will do *Agnideepana* and *Amapachana* which will help in removal of *Avarana* of *Kapha* and do *Vatanulomana*.

**Avipattikar Churna:** All the medications in *Avipattikar Churna* are of *Madhura Vipaka*, *Madhura Kasaya*, *Katu Rasa Yukta*, *Katuvipaka* and *Ushnavirya*. It has properties like *Mrudu Rechana*, *Bhrama-Kasahara*, *Mutrakricchahara*, *Agnivardhaka* and *Pittashamana*. Due to *Kashaya*, *Katu Rasa*, *Ushna Veerya*, and *Katu Vipaka*, it can balance *Vata* and *Kapha*. It was selected specifically for its mild laxative, antisecretory, anti-inflammatory and antioxidant properties. Hence, it can be understood that this drug might be helpful in reduction of excess fluid in inner ear by *Rechana*, *Mutral* and *Shothahara* properties.

**Shatavariaadi Ksheerapaka:<sup>[5]</sup>** It is mentioned in *Bhrama Chikitsa* by *Yogaratanakara* which contains *Shatavari Churna*, *Balamoolachurna*, *Draksha* and *Ksheera*. *Ksheerapaka Kalpana* is mainly indicated in *Vata-Pitta Vyadhis* and its also works on *Rasa-Rakta Dhatu*. Drugs used here contains *Madhura-Tikta-kashaya Rasa*,

*Shitavirya*, *Vata-Pittahara*, *Shothahara* and *Rasayana* properties <sup>[6]</sup>. Which can help to cure disease.

**Nasya:** *Nasya* procedure is the best choice for the treatment of *Shirogata Vyadhis*. *Ksheerbala Taila* (101 *Avarti*), which is described in *Sahastrayoga<sup>[7]</sup>* for *Nasya*, was used in this case study. It has properties like removal of *Avrutta Kapha* and *Shamana* of *Vatadosha*. *Shringataka Marma* is considered as the site of all four senses in the head *Srotra* is one among them. *Nasya karma* will act on it and will specifically help in reduction of *Vata-pitta Dosh* and *Baadhirya* etc. complaints. Which can be helpful to cure disease.

**Sarivadi Vati:** *Sarivadi vati* was described in detail by *Bhaishajya Ratnavali<sup>[8]</sup>* in *Karnaroga Chikitsa Adhyaya*. The majority of the elements in *Sarivadi Vati* are of *Madhura*, *Snigdha Guru*, *Katu Vipaka*, which can be utilized to treat *Rasayana*, *Balya*, and *Vata-Kapha Doshahara*. *Triphala*, *Sariva*, *Loha Bhasma*, and *Abhraka Bhasma* are ingredients that have antioxidant and immunomodulatory properties. that will support the repair of damaged cells.

**Shiropichu:** *Acharya Sushruta* mentioned that *Bala Taila<sup>[9]</sup>* should be used in all form in *Karnashoola*, *Karnanada*, *Karnakshweda* and *Badhirya*. *Bala Taila* is *Vatashamaka* and *Shiropichu* is specifically mentioned for *Shiropichu Chikitsa*. Hence, it will pacify the *Doshas* and decrease the *Bhrama* like symptoms.

**ADR:** No any adverse reaction was observed during treatment and follow up period.

**CONCLUSION:**

This case study shows that with the proper understanding of the disease as per the Ayurvedic principles, treatment choices can be made. This case report shows the significant improvement in complicated disease like Meniere's disease with Ayurvedic treatment which is mainly *Vata-Pitta Shamaka* and *Rasayana* in nature. Hence, different treatment modalities can be accepted as per *Samprapti vigatana* of the disease and significant improvement in any disease can be achieved.

**Declaration of patient consent:**

Consent was taken from the patient before starting the treatment as well as prior to publication of the case details.

**Limitation of study:**

As this treatment protocol is used only on single case there is need of study in larger population for establishing good protocol.

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