

Use of Ayurveda in preventing diseases in Shalakyatantra

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Abstract:

Shalakyatantra is a branch of Ayurveda which deals with the information about health and diseases of supraclavicular region. We should take care of all the sense Organs situated in this region. They are very essential for the healthy well being of human. Ayurveda has a vast storage of information for the healthy living. It has described the preventive measures and precautions for all body and also it contains rules for head, neck region also. This study is an attempt to view the information in Ayurveda for preventing disease in Shalakyatantra.

Keywords: Shalakyatantra, Ayurveda, supraclavicular region, measures

Introduction:

Ayurveda is a journey towards maintaining a health and preventing a disease in the body. Our Ayurveda deals with parameters of health and all health promotive measures and level of prevention. In practice of Ayurveda, there is method of prevention, modes of intervention and proactive approach to health. Shalakyatantra is a branch in Ayurveda which deals with health and diseases of head and neck portions of the body. It deals with mainly Netraroga, Karnaroga, Nasaroga, Mukharoga including Dantroga and Shiroroga. Ayurveda has described preventive measures which contains Ahar and Vihara. Daily and Seasonal observances of dietary rules are included under ahar. Vihara includes lifestyle modifications for maintaining of health namely following a daily and Seasonal regime, observing the rules for suppression or holding of forceful exertion of natural urges denoted as Vegas, practice of seasonal Panchakarma like Vamana in Vasant Rutu, Virechana in Sharad rutu and it is followed by Rasayana chikitsa. Daily regime contains taking care of head and neck region which should be followed in Shalakyatantra. It is similar to driver. The driver takes care of his car or chief of the village/town takes care of his village/town. In this way, every human being should take care of his/her body by following the correct rules to maintain health and preventing disease.

Life of human being can be divided into days, months, seasons and years etc. Accordingly to period. A day is a representative of a whole eternal time. Time is denoted in Ayurveda as Infinite, having neither beginning nor ending. If any one wants to be healthy throughout life, he must be healthy for every day as well. This mostly depends upon the accurate and faultless daily personal conduct based on the daily requirement of the human body and duties in our society. This comes under the heading of 'Dinacharya' i.e. one's daily conduct for maintenance of health and prevention of formation of disease.

Taking early dinner and going early to bed will help in getting up early which is useful for longevity of life. In today's modern era, its implementation depends upon the nature of occupation but it is most healthy part of one's daily routine. Evacuation of bowel and bladder early in the morning is necessary. Early is the time of aggravation of Vata in the body, hence this is to be practiced and followed early in the morning. This habit must be implemented from childhood in a person. Modern life style leads to suppression of natural urges and in turn it leads to formation of many diseases. Vegadharana i.e. suppression or holding of natural urges is mainly responsible for occurrence of disease. It is the foremost cause of akshvikara (reference – Ashtang Hrudya Uttartantra 16/64), Shiroroga (reference- Ashtang Hrudya

Uttartantra 23/1-2). Now we will conceptualize the daily measures to be adopted for promotion of the health of all sense Organs situated in the head and neck region i.e. Shalakyatantra.

Aim – To study the use of Ayurveda in preventing diseases in Shalakyatantra

Material and Methods –

Main Classical Ayurvedic texts are used. e.g. Charak Samhita, Sushrut Samhita, Ashtang Hrudya, Ashtang Sangraha. Many Ayurvedic Manuscripts are also used for this study. Various online databases, Articles, research materials are also used for this study as a source material.

Discussion –

Here we will see the Ayurvedic measures in preventing the diseases in Shalakyatantra in each sensory organs sequentially.

1) Measures of Rasanendriya (Tongue) –

- a) Dantadhavan i.e. Cleaning the teeth : In today's modern era, there is rise in dental problems. Regularly cleaning the teeth with tooth paste along with astringent and bitter powder of herbs like khadira, nimb or Triphala prevents tooth decay, bleeding gums, tartar on teeth, foul smell and mouth ulcers etc. This promotes the ruchi i.e. taste. This must be done early morning, after meals and before going to bed.
- b) Kavala – Gargling with warm water or medicated water (Triphala decoction) helps in enhancing taste, removing excess Kapha in the mouth and prevents tooth decay.
- c) Gandusha – Gargling the mouth with full of sesame oil. It strengthens the masticating muscles, voice, muscle of the face, cheeks, proper functioning of the taste buds, prevents dryness of the throat, cracked lips, tooth decay, ache, hard substances can be broken with the teeth like almond, apricot, the gums become strong and teeth does not shiver due to sour substances or less risk of sensitisation of teeth. This kavala and Gandusha are essential for the prevention of dental and throat disorders and diseases of tongue and mouth. Diseases of the mouth caused due to tobacco chewing can be prevented by kavala and Gandusha.
- d) Tambula sevana – It is Chewing of betel leaves after the meal and it is familiar in some Indian people. It prevents accumulation of excess

Kapha, bad odour and enhances taste buds. Betel leave with clove, cinnamon, quick lime, betel nut powder is recommended. Tambula chewing after meal, after bath and after getting up from the sleep is useful.

Measures for Ghranendriya (Nose and sense of smell)

- a) Nasya – Daily nasya i.e. nasal application is advised as a daily practice. It includes use of oil. Administration of 2 drops of sesame oil or medicated oil, Anutaila in nostrils is recommended for daily nasya. It prevents hair fall, early graying, diseases of eyes and ears, gives relief from neck pain, headache, aridita (bails palsy), lock jaw, sinusitis, migraine, tremors in head, gives strength to veins, muscles and Joints of neck and head region and strengths to the voice, prevents diseases above the suprastern notch and diseases of sense Organs. Diseases of the respiratory tract – mainly related to pollution, dust and inhalation of gases can be prevented by daily usage of oil nasya.
- b) Dhumapana (medicated smoking) – medicated smoking with dhumavarti prepared with medicinal drugs is used. It prevents the aggravation of Kapha and Vata dosha in suprasternal region. There can be use of Dhumapana instead of cigarette smoking promotes health.

It gives relief in the conditions like heaviness in the head, headache, sinusitis, migraine, pain in ear and eye, cough, hiccup, asthma, throat irritation, dental Caries, excess salivation, neck and jaw stiffness, elongated uvula, itching and maggots, graying of hair, early baldness, hair fall, sneezing, drowsiness, over sleeping. Air pollution related disorders can be prevented and treated by Dhumapana.

Measures for Chakshurendriya (eyes) :

- a) Anjana – Use of Tujanana daily in the morning
- b) Rasanjana – used at every 7th night
- c) Padabhyanga – means massage of foot. It is done with pure ghee (butter) after washing foot regularly, wearing footwear. It is used taking care of eyes in person who has excessive use of computers or occupation related eye stress and strain.

d) Use of Umbrella or hat – it is used mainly during summer to prevent heat stroke.

Measures for sparshanendriya (skin) –

a) Abhyanga - Mainly massage of oil should be applied to skin regularly. It is helpful in diseases arising from climatic change, constant exposure to polluted air, dust particles. We can use sesame oil or olive oil, mustard oil, coconut oil, any medicated oil for daily or alternate day or weekly basis and it is very must in today’s global warming rise area. Pollution causes dryness in the skin and it is prevented by oil massage.

There is engagement of people in late night stress and it leads to increase in rukshata and finally it results in aggravation of Vata dosha in the body. In today’s fast speed life, there is stress on every human. It is also on school and college going children. Service and business classes have work stress. There is high stress on housewife due to heavy work in nuclear family. All these leads to many Vata aggravated disorders namely depression, insomnia, fear, anxiety which in turn give rise to hypertension, diabetes mellitus, cardiac diseases. Abhyanga is the best remedy for all such disorders. It is impossible to do whole body massage for some people due to heavy schedule. So at least head, foot massage and oiling in the ears must be done.

Abhyanga prevents and cures headache, baldness, hair fall, early graying, disturbed sleep, skin disorders, strength to bones, muscles, bone. It is useful in preventing any injuries or fall. It is most useful rejuvenation of body.

b) Vyayama-lack of exercise is the main cause of many diseases. There should be proper and well systemised exercise namely aerobics, walking , jogging, cycling, hill climbing. Daily exercise brings lightness in the body. It increase stamina, enhances digestive fire, prevents obesity , diabetes mellitus etc. Weight lifting exercise helps to improve muscle tone. All these exercises prevents formation of diseases related to Cardiovascular System, respiratory system, digestive system, nervous system etc. Yogasana and pranayama is also useful for mind control, anxiety, relieving stress etc.

Pranayama is a regulated form of breathing instead of hurried and irregular flow of air. General health of nasal tract, sinuses, throat, respiratory system is well established by regular exercise of pranayam. It also does stability of mind as well and ultimately causes control of Vata dosha. Pranayam namely Suryabhedana, Ujjayi, shitali, shidakari , bhramari have to be done regularly.

c) Udvartana (medicated bathing powder) – Generally it is done at festivals only and also in the saloon and beauty parlours for regular facial massage. It prevents fat accumulation, itching and skin disorders. It helps for stability of the muscles, body tissues, gives a glow to the face hence useful in acne. The black heads on nose can be prevented by regular application udvartana and it is substitute to soap.

d) Snana bath – Daily bath with hot or cold water causes enhancement of digestive fire, it protects life, gives energy, prevents skin disorders, decreases drowsiness. It gives lightness to body. It causes freshness in the body and mind. The hot water bath should be done below the neck strictly. If it is practiced above the head leads to hair and eye disorders. Cold water bath can be practiced above the head.

Measures for shravanendriya (ears)

Karnapurana is a best remedy can be regularly used for hearing loss. Karnapurana contains filling of ear with sesame oil and then keep a cotton ball. In today’s ear of noise pollution, it has to be used for regular intervals.

Nidra – It is the other remedy essential for healthy status of all the sense Organs. There should be regular use of sleep and it should be adequate. For treatment of insomnia and netratarpana, nasya and netratarpana can be used.

We can prevent the formation of disease in region above the clavicle by taking above measures at regular intervals.

Conclusion –

Shalakyatantra is a branch which deals with health and diseases of suprasternal region. We have to take care of all the sense Organs for our life. There are different preventive measures for different

sense Organs. Measures for tongue contains dantadhavan, kaval, gandusha and Tambula sevana. Measures for Nose contains nasya and Dhumapana. Measures for eyes contain Anjana, padabhyanga, rasanjana and use of Umbrella or hat. Measures for skin contains Abhyanga, vyayama, udvartana and Snana. Measures for ears contain karnapurana.

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