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AN AYURVEDIC APPROACH IN THE MANAGEMENT OF MÉNIÈRE'S DISEASE: A CASE STUDY

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Hearing impairment or deafness is most commonly seen in almost all the age groups because of the noise pollution, drug abuses, bad dietary habits, stressful life where the Neuropsychiatric problems are seen, and Meniere’s disease is one of them. Meniere’s disease is characterized by episodic vertigo, fluctuating seno-neural hearing loss, tinnitus and aural fullness. This illness occurs at irregular and unpredictable intervals. Tinnitus and deafness may be absent during the initial phase of attack of vertigo but invariably these symptoms appear as the disease progresses. This study was aimed to observe the efficacy of Ayurveda treatments in the management of Meniere’s disease. It was conducted at Shalakya clinic of Gampaha Wickramarachchi Ayurveda teaching hospital. This study describes a case of clinically diagnosed 41 years old male patient with sign and symptoms of Meniere’s disease. He was administrated with Ayurveda Medicine for three (03) months without discontinuation. Treatment protocol was consisted with local and systemic therapies. After 14 days of therapy there was a marked improvement of vertigo. At the end of follow-up period complete remission of symptoms were observed. So, It is concluded that the treatment protocol which is used to treat the patient was effective in the management of Meniere’s disease.

Keywords: Menier’s disease, Shalakya, Vertigo, Deafness

In every country the WHO engaged the research and the appraisal of growing ultimate called Kaya kalpa, illness. Free radicals of lipids, loss of completely stop or antioxidants. Pancha Bandaranaike Chola Subhramanya lyer and of Emblica officinalis used for both preventive, which leads to aging study focused to expand illness. Keywords: Antioxidants