



ICAUST 2016

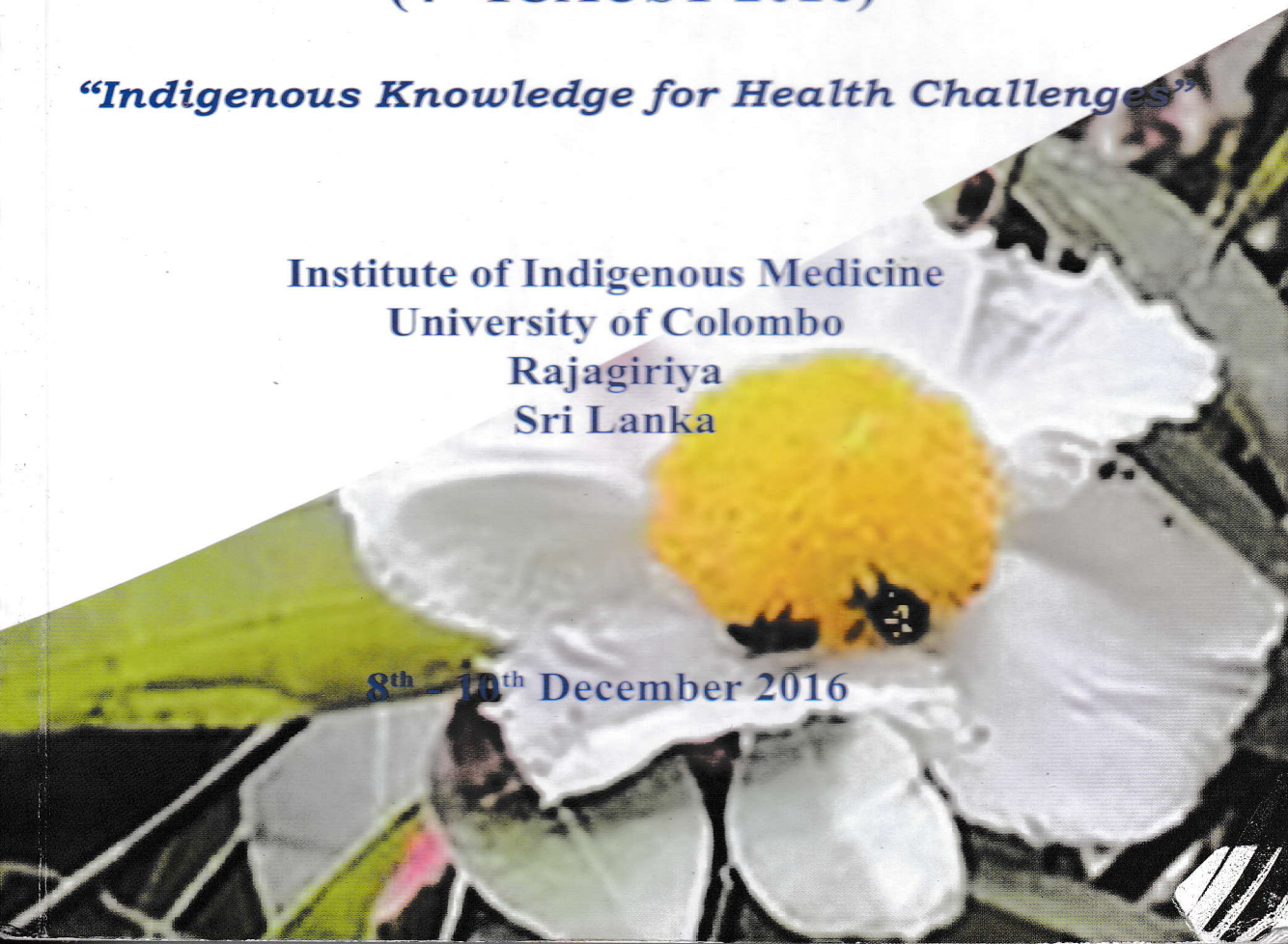
PROCEEDINGS

**International Conference on
Ayurveda, Unani, Siddha and
Traditional Medicine
(4th ICAUST 2016)**

“Indigenous Knowledge for Health Challenges”

**Institute of Indigenous Medicine
University of Colombo
Rajagiriya
Sri Lanka**

8th – 10th December 2016



Abstract ID: 0003

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

Peiris KPP*, Abegunasekara NS

Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka
*drpriyanip@gmail.com

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 senso-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

Abstract ID: 0004

PANCHA KAI

Bandaranaike

In every country tra
the WHO engaged t
and the appraisal o
providing ultimate c
called Kaya kalpa, I
illness. Free radical
of lipids, loss of
completely stop or
antioxidants. Panche
Vim Rajendra Chol
Suhramanya Iyer an
of *Piper nigrum*, thi
of *Emblica officinalis*
used for both preve
which leads to agin
literary study where
study focused to ex
illness.

Keywords: Antioxid