

## . SHALAKYA TANTRA (EYE, ENT & DENTAL)

### FACILITIES PROVIDED:

- **NETRA CHIKITSA**

- Eyes are the main link between the man and his environment. Protection of vision is our main mission.
- Ocular conditions like **Myopia, Hypermetropia, Presbyopia, Astigmatism, Squint, Allergic conjunctivitis, Dry eye syndrome, Macular degeneration, Diabetic and Hypertensive Retinopathy, Glaucoma** etc will be screened using relevant instruments to provide best possible Ayurveda therapy.
- **Netra Kriyakalpa** – Local ocular classical therapeutic procedures are done to obtain best possible outcomes in the prevention as well as management of eye disorders.
- **Tarpana, Putapaka, Seka, Aschyotana, Anjana, Pindi** and **Bidalaka** are the commonly followed Netra Kriya kalpas.
- **Parisheka, Aschyotana, Pindi** and **Bidalaka** are used in acute **symptoms of the eye like redness, burning sensation, irritation, hyper-lacrimation and pain**, whereas **Tarpana, Putapaka & Anjana** are used to relieve **pain, eye strain** and conditions that involve **visual impairment**.
- Eye Exercises are the main stream therapy options in **Squint, Refractive errors** and **Amblyopia**.

- **KARNA-NASA-MUKHA-SHIROROGA CHIKITSA (ENT & HEAD)**

- Second section of the department comprises of **ENT & Head**.
- It comprises of in-depth examination and treatment of the diseases like **Deafness, Tinnitus, Discharge from the ear, ear ache, Rhinitis, Sinusitis, Epistaxis, Tonsillitis, Migraine, Tension headache, Dandruff, Hair-fall** and **Premature greying of the hair**.
  - **Oral cavity** and dental diseases like **Oral ulcers, Dental pain** and **Gingivitis** are managed effectively.
  - **NASYA** is a special classical therapy useful in all **diseases of head & neck**. The medicaments are instilled into nasal cavity in a systematic manner and for a stipulated time duration based on the nature of the disease and doshas involved.
  - **KAVALA & GANDUSHA**: Procedure of holding the medicines in the oral cavity with or without gargling. Very much useful in **hypersensitivity of tooth, ulceration of mouth, gingivitis** and to maintain overall health of oral cavity.
  - **DHOOMAPANA**: Smoking using a special instrument along with prescribed medicaments. Useful after **Nasya karma**, in **Sinusitis, Common cold** and **throat problems**.
  - **KARNA PURANA**: A unique therapy where medicated oil or juices are instilled into the intact ears to treat the diseases like **hearing impairment, ringing sound in the ears** and **itching sensation in the ear canal**. This procedure is useful to maintain normalcy of hearing with regular use.

- **KARNA DHOOPANA:** Fumigation of the ears is done using herbs, especially in **ear discharge, itching in the ears.**
- **KSHARA KARMA:** Kshara is applied in the conditions like **Tonsillitis** and **Nasal polyp** for better results.
- **PADABHYANGA, SHIROABHYANGA, SHIROBASTI, SHIROPICHU** and **SHIRODHARA** are the additive therapies followed in the diseases of head and neck if necessary. Commonly done in **headaches, scalp and hair related diseases.**