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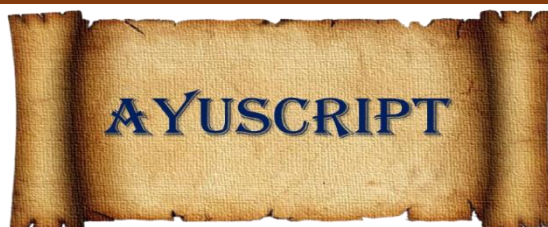
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यन्कल्पेन शरीरं समकल्पयन् ॥१॥ विश्वकर्मोणमाहूय पुरीक्षाटकानि
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 यो मध्ये चकल्पयन् ॥ परिज्ञानतर्कवैवनासोभोगाय कल्पयन् ॥१२॥ या
 यानो गृह्णास्तत्र यद्दुपेयाशतकोटयः ॥ अन्यपि बहुवैलोक्यावसंनिधिगत
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 १॥ यथाभीरुभयं परं सच जितभया ॥ २२॥ अरं वदित्स्वनासि यस्मै ॥ २३॥





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Concept of Ayurveda in Emergency Management of Eye and ENT Disorders

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ABSTRACT:

Emergencies involving the organs of the head and neck, particularly the eyes and ears, require immediate medical attention to prevent permanent disability or severe complications. Although the term “emergency” is not explicitly mentioned in classical Ayurvedic literature, the concept of prompt diagnosis and rapid therapeutic intervention is clearly emphasized throughout the texts. Ayurveda describes several acute conditions affecting the *Urdhvajatrugata* region (organs above the clavicle), including disorders of the *Netra* (eyes), *Karna* (ears), and *Nasa* (nose), which demand urgent management. Classical Ayurvedic treatises collectively known as the *Bruhatrayee—Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya*—provide detailed descriptions of such conditions along with their causes, symptoms, and treatment principles.

Among the important ocular emergencies described are *Adhimantha*, a severe painful eye disorder that may lead to rapid loss of vision if untreated, and *Netra Abhighata*, which refers to traumatic injuries of the eye. Similarly, ear disorders such as *Karnashula* (acute ear pain often associated with infection or inflammation) and nasal conditions like *Nasagata Raktapitta* (epistaxis or nasal bleeding) are considered conditions requiring prompt therapeutic measures. Ayurveda emphasizes early identification of symptoms, assessment of *Dosha* involvement, and timely administration of appropriate therapies including *Shodhana, Shamana*, local procedures, and protective measures.

Key words: Netra roga, Urdhvajatrugata roga, Adhimantha, Karnashula, Nasagata Raktapitta, emergency care

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Introduction:

Ayurveda is a way of life that treats sickness and also stresses the need of keeping, promoting, and protecting health. The basic purpose of Ayurveda is to bring together prevention, promotion, and treatment into one system. Ayurveda's idea is that individuals should understand both the positive and negative things that happen in life. This makes them and practitioners do things that are good for them and get the proper therapies.

This traditional rhyme shows that Ayurveda looks at both the good and bad things in life, as well as what makes people happy and sad. This notion involves the duty to keep people safe and handle illness well. This ideology stresses the need for quick action in therapeutic settings, especially when dealing with acute diseases that are getting worse quickly. One of the main goals of treatment is to protect against bad effects, especially when they impact key organs.

The eye and ENT area are both very important sensory gateways for the body. Sight, hearing, smell, and speech are all very important for living a normal life and enjoying it. Ayurvedic literature say that these organs are very sensitive and tightly linked to important structures. If you don't get help for problems in these areas, they can get worse quickly and cause permanent disability. So, it's important to find these kinds of problems early and treat them quickly to avoid permanent damage. Ayurveda gives a standardized way to do a clinical assessment before starting treatment. The doctor is told to look at a number of things, such as the type of ailment, the patient's constitution and strength, the weather, and the time of year. It is necessary to know the disease, the patient, the country, the time, and how strong the disease is. You won't be able to treat it if you don't. You shouldn't blindly give treatment without thinking, even in an emergency. Instead, you need to think carefully about how the dosha is involved, how bad the pathology is, and how well the patient can handle it. This kind of thorough

evaluation is even more important in crises, when quick, clinically correct choices need to be taken.

In cases of acute eye and ENT diseases, the distinction between reversible conditions and irreversible damage is often exceedingly tenuous. Ayurveda knows this and always recommends early chikitsa for problems that are getting worse quickly. The idea behind Ashu chikitsa, or urgent therapeutic intervention, is that some health problems need to be treated right away. Even though modern emergency care doesn't use the same words, the classical literature makes it apparent that the main ideas are urgency, careful evaluation, and fast action. Ayurveda combines information about prevention with principles of acute care to make a complete system that is still useful in modern medical settings. Examining emergency concepts in Eye and ENT illnesses via an Ayurvedic perspective enhances our comprehension of traditional wisdom and its relevance in contemporary integrative treatment.

• Aim

To investigate and examine the concept of emergency management for ocular and otolaryngological conditions as delineated in ancient Ayurvedic texts.

• Objectives

1. To identify references related to acute and emergency conditions of Eye and ENT in Bruhatrayee.
2. To analyze the principles of Ashu chikitsa described in classical texts.
3. To correlate classical descriptions with the modern concept of emergency care.

• Materials and Methods**Materials**

Primary classical texts were used as source material:

1. Charaka Samhita
2. Sushruta Samhita
3. Ashtanga Hridaya

Commentaries of standard editions were referred for interpretation.

Methods

A literary review method was adopted. Relevant references regarding acute conditions of Netra and Urdhvajatrugata roga were collected, analyzed and interpreted. Conceptual analysis was done to understand the emergency approach in Ayurveda.

Concept of Emergency in Eye Disorders

1. Adhimantha

Adhimantha is described as a severe and rapidly progressive eye disorder with intense pain and risk of vision loss. Sushruta clearly warns about urgent treatment.³

The word ashu indicates immediate management. Procedures such as Siravyadha, Seka and Anjana are advised depending on dosha involvement.

2. Netra Abhigata

Sushruta Samhita goes into great detail about traumatic damage to the eye. The eye is a fragile organ, therefore even little injuries need to be treated very away to avoid problems like blindness.

3. Abhishyanda

Abhishyanda represents inflammatory conditions of the eye. Early use of Aschyotana and Seka is advised to prevent progression.

Concept of Emergency in ENT Disorders

1. Nasagata Raktapitta

Profuse nasal bleeding is described under Urdhva Raktapitta. Immediate control is emphasized. Sheeta dravya, Nasya and local cooling measures are recommended to arrest bleeding.

2. Karnashula

People with Karnashula have very bad ear ache, which is generally caused by too much Vata. Immediate Snehana and Karnapurana are recommended to alleviate pain and avert problems.

3. Pratishyaya

Untreated acute rhinitis may lead to complications. Vagbhata emphasizes early treatment.

This makes it clear how crucial it is to obtain care with ENT disorders very now.

Ayurveda's Principles of Emergency Management

1. Early diagnosis based on an evaluation of dosha and dushya
2. Immediate local treatment such Aschyotana, Nasya, or Karnapurana
3. Rakta mokshana when there is inflammation and congestion
4. Use Sheeta or Ushna measurements based on the pathology
5. Protecting important structures and avoiding problems.

Ayurveda makes it very clear that moderate symptoms are not the same as swiftly becoming severe diseases that need quick chikitsa.

Discussion:

The classical Ayurvedic writings offer a structured and scientifically validated framework for the treatment of acute illnesses in the ocular and otolaryngological domains. The labels used in current emergency care aren't utilized directly; instead, the conceptual framework makes it obvious that anything that threatens vision, hearing, breathing, or life itself is an emergency. In the context of chikitsa, which signifies that quick medical care is needed, the words ashu, kshipra, and sheeghra are used over and over again. These phrases imply that postponing treatment may result in irreparable damage, analogous to contemporary emergency care practices. Netra roga talks about diseases like Adhimantha that become worse quickly and could make you lose your eyesight if you don't get help right away. Acharya Sushruta's warning about the risk of soon losing eyesight shows that he knew about diseases that can happen quickly. The usual way starts with a quick look to see which dosha is the most popular. After that, it moves on to fast actions like Seka, Aschyotana, Anjana, or Siravyadha. This methodical approach shows that the emergency response is based on pathophysiology instead of just treating the symptoms. People also take extra care while treating serious eye injuries because the eye is a delicate and important element

of the body. The most important thing is to keep your eyesight secure, thus the right treatments are carefully chosen to avoid making the condition worse.

The method is just as important when it comes to ENT problems. Nasagata Raktapitta, which means "severe epistaxis," is a disorder that needs to be treated right once when bleeding starts. The papers stress the importance of stopping the bleeding quickly by applying cooling therapies, local applications, and systemic techniques to stabilize Rakta and Pitta. Stopping the bleeding and any problems that could happen is the most crucial thing. People don't think of Karnashula as a tiny problem; they think of it as a sign that Vata is growing worse, which could lead to worse difficulties if not treated. To ease pain and get everything back to normal, doctors recommend Snehana, Swedana, and Karnapurana right away. Classical literature also suggests that difficulties should be kept to a minimum. If not treated, acute Pratishyaya can turn into long-term problems that are hard to fix. This shows that fixing problems early can not only solve them but also stop them from happening in the first place. Ayurveda knows that putting off treatment can turn a minor illness into a serious one. This is why early chikitsa is seen to be both safe and helpful.

Ayurveda is amazing because it helps both the body and the psyche. Local treatments like Nasya, Aschyotana, or Karnapurana can quickly get rid of symptoms, but keeping dosha balanced throughout the body is what keeps things stable over time. This two-part method goes to the root of the problem and stops it from happening again. In an emergency, sometimes just alleviating symptoms isn't enough. Ayurveda's goal is to restore balance to the doshas in the body so that the internal environment is steady. This lowers the risk of having more episodes in the future. Using sound professional judgment, the traditional way of checking on the patient, checking their strength, and figuring out how bad their condition is also works.

Making smart choices is always the most important thing, even in an emergency. This balanced approach makes sure that the treatment works and is safe. Ayurveda's definition of an emergency is broad, unique to each person, and dependent on how diseases start.

Conclusion:

The word "emergency" comes from modern medical language, however the basic ideas of emergency management may be found in Ayurvedic texts. Classical literature makes it clear that several eye and ear, nose, and throat ailments might get worse over time and could be dangerous if not addressed. Adhimantha, Netra Abhighata, Nasagata Raktapitta, and severe Karnashula are all disorders that need to be addressed right soon. This shows that doctors used to be aware of how bad these issues were. The idea behind Ayurvedic emergency management is that you should detect the problem early, do a comprehensive clinical assessment, start the right treatment right away, and avoid complications. Intervention based on dosha makes sure that treatment is focused and makes sense. It's still very critical to protect important organs and make sure they stay working. People are always talking about quick chikitsa because they know that waiting too long could cause lasting damage, including going blind or losing hearing. Ayurveda also looks at all of emergency care. Not only does it treat the problem at hand, but it also fixes the underlying systemic imbalance. This plan helps people get better and makes it less likely that they will get sick again. Combining local and systemic therapy is healthy for you in the short and long term. In today's world, where emergency care is so advanced, going back to the original Ayurvedic ideals can make holistic practice even better. Patients should achieve better results in modern emergency rooms if they use dosha-based assessments and personalized therapy. This is especially true for people with acute eye and ENT disorders that don't require surgery. The Ayurvedic principle of emergency

management is still crucial for healing and needs to be explored more and applied to modern healthcare systems.

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