



## ROLE OF MASHA TAILA IN THE MANAGEMENT OF BADHIRYA- A CONCEPTUAL STUDY

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### ABSTRACT

Badhirya, a hearing disorder mentioned in Shushruta Samhita can be co-related with hearing loss on the basis of signs and symptoms. As per the literature, Badhirya is caused by vitiation of Vata Dosha. Masha Taila is a formulation mentioned in Bhaishjaya Ratnavali. A content of this formulation is found to be active on Vata Dosha. In the present study the effort is made to explain the probable action of Masha Taila in the management of Badhirya.

**KEYWORD:** Badhirya, Masha Taila, Vata, Hearing Loss.

### Etymology

**Badhirya nirukti:-** According to Shabda Kalpa Druma “Badhirasya Bhavah” which means unable to hear.

The word Badhirya is derived from the root “Badhir” (Dhatu) which is a suffix by “Shyaj” Pratyaya and forms Badhirya.<sup>[1]</sup>

### Definition

Shabdavaha Srotas (Auditory canal) or Shabdavaha Sira (Vessels) and nerves of the ear shall be obstructed or deranged by vitiated Vata Dosha or Vata Kapha Doshas or neglecting the disease called Karnanada cause difficulty in hearing or incapability of hearing is known as Badhirya.<sup>[2]</sup>

### Samprapti (Pathophysiology)

In Nidaanstan, Acharya Sushruta has mentioned that vitiated Kevala Vayu or Kaphaanubandha initiates the pathology of Badhirya by obstructing the Shabdavaha Srotas.<sup>[3]</sup> Whereas, in Uttartantra, Acharya Sushruta has mentioned that Kapha accompanies Vata throughout the Samprapti of Badhirya.<sup>[4]</sup> The Shudha or Kevala Vayu accompanied by Kapha initiates the pathology of Badhirya which can be understood in the following way. Due to various etiological factors mentioned above favouring vitiation of Vata and Kapha, Vata is being covered, hindered, or obstructed by Kapha. Because of the obstruction in the Gati of Vata, its activities will be hampered or decreased, which results in the improper conduction of sound (Shabda-Agrahana).

Acharya Vagbhatta also explains the same Samprapti for Badhirya. He mentions that if Karnanada left untreated it may lead to Badhirya.<sup>[5]</sup> In Karnanada, vitiated Vata gets deviated from its path i.e., Vimargagamana and get located in the Shabdavaha Siras and does Srotodushti there, which lead to subjective perception of sounds. Here the same basic Samprapti of the disease is Srotodushti, which if not treated leads to more Dushti of Sthanika Vata Dosha and results in complete loss of its function i.e., Shabda-Agrahana, which leads to Badhirya.

### Co-relation

This disease can be correlated to hearing loss on the basis of sign and symptoms.

### Definition

Hearing loss is defined as the inability to hear as well as someone with normal hearing, defined as hearing thresholds of 20 dB or better in both ears. It can affect one or both ears and be mild, moderate, moderately severe, severe, or profound. There are three basic types of hearing loss: Conductive hearing loss, Sensorineural hearing loss and Mixed hearing loss.

### Management

Acharya Sushruta also mentioned Vata-Vyadhivata Chikitsa in the treatment protocol of Badhirya. Thus, Masha Taila described in Bhaishjaya Ratnavali has been taken in this study. Under the characteristic of Masha Taila Acharya also mentioned conditions like Mandashruto, Ashavarano and it is considered as Shrestha Urdavjatrugadapaham.<sup>[6]</sup>

Ingredients of these compounds are having Vatahara, Balya, Rasayana, Medhya, Brinhana, Vrishya, Nadibaladayaka etc. properties, which helps in breakdown of the pathogenesis of Badhirya.

According to modern pharmacology these drugs are having CNS stimulant, antioxidant, anti-inflammatory, antistress and nervine tonic properties.

**Table no. 1: Contents of masha taila.**

S. n.	Drug	Rasa	Guna	Virya	Vipaka	Doshghanta
1	Vidarikanda	Madhura	Guru, Snighada	Sheeta	Madhura	Vata-Pitta ↓
2	Shatavari	Madhura, Tikata	Guru, Snighada	Sheeta	Madhura	Vata-Pitta ↓
3	Aswagandha	Tikata, Katu, Madhura	Laghu, Snighada	Ushana	Madhura	Vata-Kapha ↓
4	Varahikanda	Katu, Tikata, Madhura	Laghu, Snighada	Ushana	Katu	Tridosha ↓
5	Shatpushpa	Madhura, Katu, Tikata	Laghu, Snighada	Sheeta	Madhura	Vata-Pitta ↓
6	Saindhava	Lavan, Madhura	Laghu, Snighada, Tikshana	Sheeta	Madhura	Tridosha ↓
7	Rasna	Tikta	Guru	Ushana	Katu	Vata-Kapha ↓
8	Aatamgupta	Madhura, Tikata	Guru, Snighada	Ushana	Madhura	Vata ↓
9	Mulethi	Madhura	Guru, Snighada	Sheeta	Madhura	Vata-Pitta ↓
10	Bala	Madhura	Laghu, Snighada, Picchila	Sheeta	Madhura	Vata-Pitta ↓
11	Shunthi	Katu	Laghu, Snighada	Ushana	Madhura	Vata-Kapha ↓
12	Maricha	Katu	Laghu, Tikshan, Ruksha	Ushana	Katu	Vata-Kapha ↓
13	Pippali	Katu	Laghu, Snighada, Tikshana	Ushana	Madhura	Vata-Kapha ↓
14	Gokshura	Madhura	Guru, Snighada	Sheeta	Madhura	Vata-Pitta ↓
15	Masha	Madhura	Guru, Snighada	Ushana	Madhura	Vata ↓
16	Til Taila	Madhura, Katu, Tikata, Kashaya	Guru, Snighada	Ushana	Madhura	Vata ↓
17	Go Dughda	Madhura	Guru, Snighada	Sheeta	Madhura	Vata-Pitta ↓

Ashtavarga (Jivaka, Rishabhaka, Meda, Mahameda, Kakoli, Kshirkakoli, Ridhi, Vridhi) which are not available in present time, so their Pratinidhi drugs will be used for preparation of the formulation.<sup>[7]</sup>

#### Route of administration

As mentioned in Bhaisjaya Ratnavali Masha Taila is to be used in Pana, Abhayanga and Basti.

#### Probable mode of action of masha taila

##### Mode of action as per rasa

Maximum drugs in this formulation are having Madhura Rasa. Since it is comprised of Madhura Rasa hence Shada-Indriya Prasadana, Sarvadhātu Vardhana, Medhya, Tarpana, Vata-anulomana, Vrishya, Aayushya, Balya, Prinana, Jivaniya, Brinhana, Sthairayakara Marutaghna etc.<sup>[8]</sup>

##### Mode of action as per guna

Maximum drugs in this formulation are having Snigdha and Guru Guna. Snigdha Guna has Vrishya, Balya and

Vatahara properties.<sup>[9]</sup> Guru Guna has Tarpana, Brinhana, Balya and Vatahara properties which help in the nourishment and strengthening of neurovasulatures and improve the disease by Vatahara property.<sup>[10]</sup>

##### Mode of action as per virya

Due to Ushna Veerya Kapha Dosha and Gati of Vaata gets normalized (Anulomana) which provide relief in Badhirya.<sup>[11]</sup> Another benefit of Ushna Veerya is that it enhances local as well as general metabolism. Because of this, it will correct Dhatuposhana Karma and ultimately it will lead to production of Sarvadhātu Vardhana.

##### Mode of action as per vipaka

Maximum trial drugs have Madhura Vipaka and according to our Acharyas, Madhura Vipaka works same as that of Madhura Rasa.<sup>[12]</sup>

##### Mode of action as per doshghanta

In terms of Doshagnata, the majority of the contents (100%) of Masha Taila have a Vatashamaka effect,

which aids in balancing the Vata Dosha, as well as and Kapha, and thus alleviating Badhirya.

Summarizing the above concept, it can be stated that Badhirya is Vata Pradhana, Vatakap and so compound drug employed should also have Vata Shamaka properties, so that it can counteract vitiated Doshas to disintegrate the pathology of the disease.

The base oil is Tila Taila which is considered to be Shreshtha for the Snehana and Baladhana Karma.<sup>[13]</sup> hence it further pacifies the Vata and provides strength to the affected Shabdavaha Naadi.

Masha Taila Nirmana requires Ksheera-Paka process also which further enriches its therapeutic properties, Ksheera also has the properties of a nourisher to the tissues and cells. These qualities are enhanced when combined with Kashtha-Aushadhis resulting in increase of Rasa-Guna-Karma constituents. It encounters Vata Dosha due to Ushana Virya property and also acts as a nerve stimulant.

Bhavaprakash Nighantu mentions that Masha exhibits action on nerves<sup>[14]</sup> and hence is considered as a Nadi Balya<sup>[15]</sup> (gives strength to nerves) drug. Thus, it may be inferred that Masha may be helping in nourishment of the ear cells as well as regeneration of damaged cells in deafness.

Most of the ingredients of Masha Taila have Madhura Rasa (80.95%), Snigdha Guna (90.47%) followed by Guru Guna (52.38%), Ushna Virya (47.61%), Madhura Vipaka (80.95%) and Vata Shamaka (100%) properties. Masha Taila can be used as an alternative and cost effective formulation in the management of Badhirya.

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