



AYURVEDIC MANAGEMENT OF VERTIGO (MURCHA) – A CASE REPORT

Abhijith H N¹ Bhumika V²

¹Professor, Department of Shalakya Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan

²Post Graduate Scholar, Department of Shalakya Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan

Corresponding Author- Abhijith H N

ABSTRACT

Vertigo refers to disorientation in space or disturbance in the sense of equilibrium which also causes dizziness and can arise from disorders of any of the three systems: vestibular, visual or somatosensory. Normally, the impulses reaching the brain from the three systems are equal and opposite. If any component on one side is inhibited or stimulated, the information reaching the cortex is mismatched, resulting in disorientation and vertigo. The vestibular inhibition on one side (e.g. acute vestibular failure, labyrinthectomy, Ménière's disease, VIIIth nerve section) causes vertigo. Similarly, stimulation of labyrinth by thermal or rotational stimulus causes vertigo. Dizziness can similarly result from the ocular causes, e.g. high errors of refraction or acute extraocular muscle paralysis with diplopia.¹ Vertigo is correlated with *Murcha* which is illusion of self and environmental motion.

A 34 year old male patient reported to OPD of Department of Shalakya Tantra Sri Dharmasthala Manjunatheshwara Ayurveda Hospital Hassan, with the complaints of vertigo since 18 years which aggravates on stress and continuous work associated with pulsating sensation over scalp since 15 days. Patient did not seek any medical assistance elsewhere and approached our hospital.

Treatment was carried on inpatient basis and significant relief was noted with prevention of further episode. Hence, the treatment approach was found to be effective.

KEYWORDS: Vertigo, *Murcha*

INTRODUCTION

Vertigo refers to disorientation or disturbance in the sense of equilibrium which also causes dizziness and can arise from disorders of any of the three systems: vestibular, visual or somatosensory.¹ It is an uncommon symptom and the cause of it is not well understood.³

In his description, Acharya Sushruta mentioned about *Murcha* which is caused due to vitiation of *Pitta dosha* and *Tama guna*², leading to transient loss of consciousness. Ayurveda recognizes various symptoms

associated with vertigo that indicate imbalance in doshas. *Pitta* is responsible for causing the symptom of vertigo when imbalanced.

The impulses reaching the brain from the three systems are equal and opposite. If any component on one side is inhibited or stimulated, the information reaching the cortex is mismatched, resulting in disorientation and vertigo. The vestibular inhibition on one side (e.g. acute vestibular failure, labyrinthectomy, Ménière's disease, VIIIth nerve section) causes vertigo. Similarly, stimulation of labyrinth by thermal or rotational stimulus causes vertigo.¹

CASE REPORT

Patient Information

A 28year old male patient reported to the OPD of Department of Shalakya Tantra Sri Dharmasthala Manjunatheshwara Ayurveda Hospital Hassan, with complaints of vertigo since 18 years which aggravates on stress and continuous work associated with pulsating sensation over scalp since 15 days. Patient did not seek any medical assistance elsewhere and approached our hospital.

Diagnosis

Based on the clinical presentation and the examination findings, the case was diagnosed as Vertigo (*Murcha*).

Therapeutic Intervention

The treatments were administered on an inpatient basis. Course of treatments were started with *Mukhabhyanga* with *Manjishtadi taila* followed by *Marsha Nasya* with *Ksheerabala* 101 avartana⁶- 8 drops instilled into each nostril and *Thalapothichil* with *rasna, bala churna* in *Manjishtadi taila*, Capsule *Ashwagandha* 500mg one thrice a day and Tablet *Soothashekara rasa*⁷ 200mg one thrice a day as internal medications. Patient was advised to avoid exposure to sunlight and breeze and avoid taking stress.

DISCUSSION

There was relief from symptom of vertigo after treatment.

Nasya is one of the modality of treatment among the *Panchakarmas* in all the *Urdhvajatrughata rogas* which also does the *Shodana* by eliminating the vitiated *doshas*, Considering the *roga*⁴.

Ksheerabala 101 avartana⁶ has the following ingredients - *bala*, *ksheera* & *moorchita tila taila* in which *bala* due to its *madhura rasa*, *guru-snigdha guna* helps in the improvement of strength and nourishment as it is *balya* and *brumhaneeya*, also helps in balancing of all the *tridosha*. The roots are a very well known source of Beta sitosterols and well known for its Immuno-modulatory effects. *Ksheera* due to its *madhura rasa*, *snigdha guru guna* acts as

rasayana (rejuvenation) and *balya*, and also balances the *tridosha* which relieves tiredness and dizziness.

Capsule *Ashwagandha* which contains *Ashwagandha* extract which also acts as *rasayana* and *balya*. It is mentioned in ayurvedic classics useful in treating vertigo.

Tablet *Soothashekara rasa*⁷ contains *Shudha Parada*, *Shudha Tankana*, *Shudha Vatsanabha*, *Shunti*, *Maricha*, *Dhatura Shudha*, *Pippali*, *Gandhaka shudha*, *Tamra bhasma*, *Ela*, *Twak*, *Patra*, *Nagakesara*, *Shanka bhasma*, *Bilwamajja*, *Kachora* and *Bringaraja* for bhavana which mainly balances the *Pitta dosha*.

Thalapothichil with *rasna, bala churna* in *Manjishtadi taila*. Here all the drugs used acts as *brumhaneeya* and *balya* also helps in balancing *tridosha*, especially balances the *pitta dosha*.

The combination of all these *yogas* with their *guna karma's* might have helped in the condition by the

balancing the vitiated *pitta dosha* and also providing *brumhaneeya* and *balya* action.

CONCLUSION

In the present case, it was found that usage of combinations containing *Pittahara*, *Balya* and *brumhaneeya* showed significant relief in the symptoms experienced by the patient. This treatment protocol was found to be effective as it not only helped in giving a symptomatic relief to the patient but also prevented further recurrence in the complaints.

Patient's Perspective

The patient's response to the treatments was highly positive. Following the treatments, the patient reported significant improvement in his symptoms, experiencing substantial relief from vertigo and pulsating pain.

Declaration of Patient Consent

The authors have secured consent from the patient for publication, with assurances of confidentiality and protection of identity.

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Nil

Conflicts of Interest

There are no conflicts of interest.

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