

Role of Viddhakarma in Management of Gandhanasha W.S.R. to Hyposmia -A Clinical Study

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Abstract: Ghranendriya:

In Ayurveda, Ghranendriya refers to the sense organ of smell, which is responsible for perceiving odors and fragrances. It plays a crucial role in our overall sensory experience and is closely linked to the nasal passages.

Functions of Ghranendriya

1. *Smell Perception: Ghranendriya enables us to perceive different smells and fragrances.*
2. *Nasal Health: A healthy Ghranendriya is essential for maintaining nasal health and preventing conditions like anosmia (loss of smell).*

Importance of Ghranendriya in Ayurveda

1. *Sensory Experience: Ghranendriya is one of the five sense organs in Ayurveda, and its health is crucial for a balanced sensory experience.*
2. *Nasal Health: Ayurveda emphasizes the importance of maintaining nasal health to prevent conditions like rhinitis, sinusitis, and anosmia.*
3. *Holistic Well-being: A healthy Ghranendriya is believed to contribute to overall well-being and quality of life.*

Factors Affecting Ghranendriya

1. *Environmental Factors: Exposure to pollution, dust, and strong odors can affect Ghranendriya.*
2. *Nasal Conditions: Conditions like rhinitis, sinusitis, and nasal polyps can impact Ghranendriya.*
3. *Aging: Aging can lead to a decline in the sense of smell. Ayurveda usually defines hyposmia as Gandhanasha. Which is cause due to many etiologies, including trauma, chronic sinusitis, neoplasms, and respiratory viral infections. Sushruta has described Viddhakarma as a treatment modality for Gandhanasha. Olfactory dysfunction has been associated with alteration in appetite and mood.*

Keywords: Ghranendriya

