

THERAPEUTIC POTENTIAL OF KARNAPOORANA IN THE MANAGEMENT OF
OTALGIA: A REVIEWDr. Hiral Brahmbhatt^{*1}, Dr Akshay Madhav Band², Dr Sonali Arvind Charjan³¹Professor and HOD, Department of Shalaky Tantra, Dr. Rajesh Ramdasji Kambe, Ayurvedic College and Hospital, Turkhed, Tq. Murtizapur, District Akola, Maharashtra, India.²Assistant Professor, Shalakyatantra Department, Dr Rajendra Gode Ayurved Collage, Amravati, Maharashtra, India.³Assistant Professor, Dravyaguna Vignyan Department, Govind Rao Wanjari Ayurved College Hospital, Salli Godhani, Nagpur, Maharashtra, India.***Corresponding Author: Dr. Hiral Brahmbhatt**

Professor and HOD, Department of Shalaky Tantra, Dr. Rajesh Ramdasji Kambe, Ayurvedic College and Hospital, Turkhed, Tq. Murtizapur, District Akola, Maharashtra, India.

DOI: <https://doi.org/10.5281/zenodo.22268132>**How to cite this Article:** Dr. Hiral Brahmbhatt^{*1}, Dr Akshay Madhav Band², Dr Sonali Arvind Charjan³. (2026). Therapeutic Potential of Karnapoorana In The Management of Otolgia: A Review. European Journal of Pharmaceutical and Medical Research, 13(9), 317–319.This work is licensed under [Creative Commons Attribution 4.0 International license](https://creativecommons.org/licenses/by-nc/4.0/).

Article Received on 06/08/2026

Article Revised on 26/08/2026

Article Published on 01/09/2026

ABSTRACT

In Ayurveda *Karnaroga* mainly possesses symptoms of *Karna Shoola* which refers to otalgia as per modern science. The *Shravanendriya* primarily connected to *Akasha Mahabhuta* and perform function of perceiving sound. *Karna Shoola* is reported as a symptom of several ear conditions as well as a separate illness. According to Ayurveda acute otalgia can be effectively managed and recurrence can be decreased with Ayurvedic medications and treatments like *Karnapurana*. According to traditional Ayurvedic teachings, *Karnapurana* is a treatment as well as a preventative measure. It is thought to protect the ear from degenerative changes linked to aggravated *Vata Dosha* and to strengthen and nourish the structures involved in hearing as a daily health-promoting exercise. *Ashtanga Hridaya* claims that *Karnapurana* helps with earache, neck stiffness, jaw abnormalities and other *Vata*-related illnesses. This article explains role of *Karnapurana* in *Karnaroga* with special emphasis to otalgia management.

KEYWORDS: *Ayurveda, Karnapurana, Karnaroga, Otolgia, karna shola.***INTRODUCTION**

Shalakyatantra, known as *Urdhwanga Chikitsa Shastra*, that is comparable to the ENT branch of modern medicine. It includes a range of therapeutic modalities, such as surgery, *Shamana* and *Shodhana* which are used mainly for the management of *Urdhwajatrugata Roga*. These approaches of *Shalakyatantra* also offers great therapeutic role in the management of *Karnaroga* (ear disorders).^[1-3]

Karnaroga includes *Karna shoola* which resembles otalgia of modern science. Ayurveda states that *Karna* is the seat of *Shravanendriya*, or the hearing faculty, which is primarily made up of *Akasha Mahabhuta*. *Karna shoola* is characterized as both a distinct illness and a symptom of many ear conditions. Additionally, it may be linked to *Mukharoga* and manifest as *Purvarupa*, *Rupa*

or *Upadrava* of other illnesses. According to *Dosha* predominance, Ayurveda divided *Karna shoola* into *Vataja*, *Pittaja*, *Kaphaja*, and *Sannipataja* types, each of which has distinctive clinical characteristics. Vitiating of *Vata Dosha* is the main cause of ear problems. Ayurveda suggested various options for the management of otalgia and other ear problems; *Karnapurana* is one such option which helps in many ear diseases. It is said to be helpful for ailments like diarrhoea, edema, eye problems and obesity. The drugs used for *Karnapurana* mainly offers *Laghu*, *Ruksha*, *Ushna* and *Katu* attributes, as well as *Krimighna*, *Vranaropana* and *Vata* relieving capabilities.^[4-6]

Otolgia (Karnapurana)

In Ayurveda, earache is referred as *Karna shoola* (Otolgia) and can be present as a disease on its own or as

an expression of a different disease. Although *Vata* is primarily responsible for *Karna shoola*, there are cases where other *Doshas*, including *Pitta* and *Kapha*, may work together to further worsen the situation depending on specific causes of the problem and signs and symptoms.

Karna shoola can occur as a result of various types of lifestyle, environmental and dietary factors. Various environmental factors, including exposure to cold air, noise, travel and the delay of natural body reflexes, such as sneezing and coughing, can increase the activity of

Vata. Prolonged exposure to heat, infections, and the use of spicy and hot ingredients can influence *Pitta* levels in the body. These altogether may contributed greatly towards otalgia manifestations.^[5-7]

The *Samprapti* of otalgia include various stages as depicted in **Figure 1**. Continuous exposure to dietary, environmental, and behavioral causes leads to *Dosha* disorder. The *Dosha* spreads through the body *Srotas*, further development produces functional and structural disorders, as well as characteristic symptoms of *Karna shoola*.

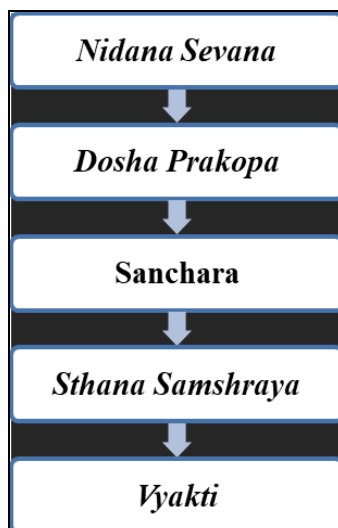


Figure 1: Samprapti of otalgia.

Otalgia possesses different characteristics according to which *Dosha* is most dominant. *Vata* predominant otalgia offers symptoms of pain, piercing, throbbing and pulsating, etc. *Pitta* predominant symptoms include burning pain, redness and inflammation. *Kapha* predominant symptoms of otalgia include itching and presence of serous, mucus-like substances.^[6-8]

CONCEPT OF KARNAPURANA

The Ayurvedic name *Karnapurana*, refers to the therapeutic procedure of filling the external auditory canal of ear with medicinal ingredients. *Purva Karma*, *Pradhana Karma* and *Paschat Karma* are the three steps of the *Karnapurana* process:

- ✓ *Purva Karma* involves placing the patient in a comfortable lateral position, then using medicated

oil and light fomentation to gently massage the ear and surrounding areas. The purpose of this preparation is to enhance local circulation and promote the medication's therapeutic impact.

- ✓ *Pradhana Karma* involves carefully filling the ear canal with lukewarm therapeutic oil and keeping it there for a certain amount of time.
- ✓ After allowing the trapped oil to drain, sterile cotton is used to gently wipe the ear during *Paschat Karma*. After the treatment, the patient is usually recommended to stay away from cold water.

Depending on the clinical state, different medicinal oils are described for usage in *Karnapurana* as depicted in **Table 1**.

Table 1: Major medicinal ingredients suggested for *Karnapurana*.

Taila	Ayurvedic Indication/Property
<i>Dashamoola Taila</i>	Analgesic and anti-inflammatory; useful in earache associated with <i>Vata</i> and inflammatory conditions
<i>Bilva Taila</i>	Mainly indicated in <i>Vata</i> -dominant ear disorders and earache
<i>Apamarga Kshara Taila</i>	Traditionally used in chronic ear diseases and conditions requiring <i>Kshara</i> -based therapy
<i>Narayana Taila</i>	Indicated in neurological and degenerative conditions, particularly those involving <i>Vata</i>
<i>Lasuna Taila</i>	Traditionally used for earache due to its antibacterial and anti-inflammatory properties

According to Ayurveda, the pacification of *Vata Dosha*, which is thought to play a significant role in the pathophysiology of numerous ear problems, is the main explanation for the therapeutic actions of *Karnapurana*. It is thought that the warming, nourishing and unctuous qualities of medicinal oils assist to reduce pain by opposing *Vata* aggravation.^[7-9]

Pharmacodynamic Role of *Karnapurana*

The traditional therapeutic method for treating otalgia is *Karnapurana*, which is an Ayurvedic technique that involves injecting lukewarm medicated oil or herbal juice into the ear canal (*Karna Shoola*). Ayurvedic theory states that otalgia is mostly linked to *Vata Dosha* aggravation, which shows up as tinnitus, dryness and localized pain. As a result, *Karnapurana* is said to be helpful in calming agitated *Vata* and offering therapeutic benefits locally. Certain medications, like *Nirgundi Taila*, *Bilva Taila* or *Paribhadra Swarasa* may help to control pain and inflammation, the warmth of the medicinal preparation may have calming effects and helps to lessen irritation and discomfort.

When *Karna Shoola* is linked to oral or throat problems like tonsillitis, pharyngitis and gingivitis, *Gandusha* and *Karnapurana* can be used together with suitable therapeutic oil. The *Vata-Kapha* relieving qualities and anti-inflammatory actions of medicinal ingredients used for *Karnapurana* offers therapeutic benefits in condition like otalgia. This therapeutic approach helps to lessen local edema. The therapeutic effects of *Karnapurana* are strengthened by the preparatory practices of *Snehana* and *Svedana*. *Karnapurana* promotes local circulation and assists in the removal of blockage of the *Srotas*. According to Ayurveda, the preponderance of *Kapha* throughout childhood may also have a role in the emergence of certain illnesses. Therefore, the primary symptom of ear pain may be relieved by using *Karnapurana* which offers *Vata-Kapha* relieving qualities.^[8-10]

CONCLUSION

The description of *Karna Shoola* in classical Ayurvedic texts encompasses a wider range of manifestations, such as ear pain, impaired hearing, tenderness and heaviness, etc. therefore it can be correlated to the contemporary clinical symptom of otalgia. *Karnapurana* is an effective Ayurvedic treatment method for otalgia. This approach decreases pain, edema and offers anti-inflammatory action thus helps to relieves pathological manifestation of otalgia. The drugs used for *Karnapurana* offers *Laghu* and *Katu* properties, which contributed towards *Krimighna* and *Vranaropana* qualities. These properties of *Karnapurana* drugs offer therapeutic benefits in various ear problems including otalgia.

REFERENCES

1. Laxmanchari Dhingari, *Karna Nasa Shiro Roga*, First edition, Delhi; Chaukhamba Sanskrit Pratisthana, 2005; 127.

2. Mishra Shri. Bramhashankar. Bhavaprakash with Hindi Commentary, 4th Edition, Varanasi; Chaukhamba Sanskrit Sansthan, 1977; 368.
3. Sharma AK. Principles and Practice of Shalakya Tantra 2nd ed. New Delhi: Chaukhambha Publishers, 2020; 142-151.
4. Bayan L, Koulivand PH, Gorji A. Garlic: A review of potential therapeutic effects. *Avicenna J Phytomed*, 2014; 4(1): 1-14.
5. Kumar A, Sharma S. Anti-inflammatory effects of herbal oils used in Ayurvedic therapeutics. *J Ayurveda Integr Med.*, 2021; 12(3): 450-456.
6. Gupta R, Sharma M. Traditional ear therapies and modern perspectives. *Int J Res Ayurveda Pharm.*, 2022; 13(2): 75-81.
7. Singh A, Verma P. Integrative approaches in management of ear disorders. *J Complement Integr Med.*, 2024; 21(2): 115-123.
8. Joshi N, Patel D. Clinical efficacy of medicated oils in otological disorders: A review. *J Res Ayur Siddha*, 2023; 44(1): 22-29.
9. Shashtri A.D. *Sushruta Samhita in Ayurveda Tatva Sandipika*, chaukhamba Sanskrit sansthan.
10. P.V. Sharma *Sushruta samhita vol-3*, chaukhambha visvabharti oriental publishers & distributors.