AYURVEDIC MANAGEMENT OF KARNANADA (TINNITUS) - A CASE STUDY

Dr. Abhishek Shukla*1, Dr. Gautam Dabhi2, Dr. Janat3 and Dr. Manjiri Keskar4

1,2Final Yr. Pg Scholar, Dept. of Shalakya Tantra, PIA, Parul University, Limda, Vadodara.
3Assistant Professor of Shalakya Tantra dept., Mai Bhago Ayurvedic Medical College, Sri Muktsar Sahib.
4Professor of Shalakya Tantra dept. PIA, Parul University, Limda, Vadodara.

*Corresponding Author: Dr. Abhishek Shukla
Final Yr. Pg Scholar, Dept. of Shalakya Tantra, PIA, Parul University, Limda, Vadodara.

ABSTRACT
Acharya Shushrut has explained Karna-Nada in Karna-Nada rogas. To find the etiopathogenesis of Karna-nada And Explain the Concept Of 'Vatvyadhivat Chikitsa'. Acharya Sushruta was First, who had explained the Karna-Nada in detail. According to modern science Karna-Nada can be correlated with Tinnitus. The noise can intermittent or continuous, & can vary in loudness. On analyzing the disease condition with Ayurvedic point of view, it seems to be Vata Kapha dominant Karna-Nada and needs to be treated at local as well as systemic level. Karnapoorana means administration of drug through ear. It is useful in Ear disorders. Bilwa Tail is easily available so in this study Bilwa Tail is used for Karnapoorana. Ashwagandha and Shatavari churna are also easily available so we will systemic use these drugs for management of Karna-Nada.

KEYWORDS: Karna-Nada, Tinnitus, Bilwa tail Karnapoorana, Rasayana.

INTRODUCTION
Acharya Sushruta has explained twenty-eight types of Karn Unnat Dosha and while describing Karn Naga, Acharya Sushruta has explained about Karnanada. Vatvyadhivat Chikitsa. Acharya Sushruta has explained the Vatvyadhivat Chikitsa. Acharya Sushruta has explained the

A rare form of tinnitus is caused by abnormalities in blood vessels around the ear which cause noise when muscles contract in the ear. According to Modern science, treatment available for Tinnitus includes – sedation and tranquilizer, faith, psychotherapy, masking of tinnitus etc. But there is no any useful and undying cure for this disease. Karna being one of the Adhisthana of Vata-Dosha, Snehana becomes important to manage the limited improved Vata Dosha.

Bilwa taila having Vata-Kapha Shamaka properties is taken as the drug of choice to control Karnanada (Tinnitus).

In contrast, Ayurveda has an efficient line of treatment in the managing of Karnanada. Vata turn into the pathological factor in the disease of Karnanada. Acharya says Rasayana is useful for the management of Karnanada. Ashwagandha and shatavari Churna are also easily available so we will systemic use these drugs for management of Karnanada.

CASE REPORT
A 52 year old Male Patient Visited in Shalakya tantra opd (109), Parul Ayurved hospital, Limda, Vadodara with chief complaints of Ringing sound or noise in his both ears since 2 months. Patient had history of too much use of headphones since 1 year. Clinical examination
through otoscope revealed bilateral normal external auditory canal and tympanic membrane. Audiometry showed normal hearing. Routine investigations like Hb, CBC, and RBS were within normal limits.

History of present complaints
Patient was asymptomatic before 2 months. Gradually patient found ringing sound in his both ears. Patient was taken allopathy medication but he could not get any relief. So, he came to OPD of Shalakya Tantra department, Parul Ayurved Hospital in linnda, for the better treatment of Karnanada (tinnitus).

History of past illness
No history of HTN and DM.

Family History
No any family history found.

General Examination

<table>
<thead>
<tr>
<th>Temperature</th>
<th>A febrile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulmonary</td>
<td>76/90 mmHg</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>130/90 mmHg</td>
</tr>
<tr>
<td>Height</td>
<td>5'8&quot;</td>
</tr>
<tr>
<td>Weight</td>
<td>73 kg</td>
</tr>
</tbody>
</table>

Systemic Examination
R.S- Clear
CVS- S1 and S2 heard
CNS- well oriented no abnormality detected.

On Local examination
- Bilateral pinna, external auditory canals are normal.
- Otoscopy revealed the bilateral tympanic membrane normal. No discharge, growth and perforation were found.

Treatment Administered
- Karnapooran with Bilwa Taila: 3 courses of Karnapurana for 7 days in both ears with an interval of 3 days in between
- Poorva Karma (Pre-operative procedure): In this stage- Mrudu Abhyanga done with tila taila on the lateral surface of face and post-auricular area and hot fomentation.
- Pradhana Karma (Operative procedure): In this stage- Bilwa taila made into leukewarm and filled external auditory canal with lukewarm oil- up to 10 minutes (100 matrakala).

Doses- 10-12 drops in each canal.

Paschat Karma (Post-operative procedure)
In this stage- Oil was removed from external auditory canal and again hot fomentation done on the face and post auricular area. During the period of treatment, patient is strictly advised to avoid these things.
- Heavy exercise
- High volume music sounds.
- Excessive use of mobile phones.
- Consume of excessive cold water/drink.

Shamana Chikitsa
Ashwagandha choorna and Shatavari choorna with Godugdha (Anupana) after meal at night for 1 month.

Pathyapathya
Patient was advised to avoid spicy and junk food, least use of mobile and earpiece and use of Goghruta, Draksha, Kharjura and Amalak in diet.

RESULTS
After one month of therapy there was significant improvement in the complaint of sound in both ears. There was no side effect observed during the management as well as after the achievement of treatment. The patient was more confident after treatment.

DISCUSSION
In this case report subject suffering from Karnanada got satisfactory relief from all the symptoms. In this Ayurvedic treatment, no any type of side effect seen. The subject was having ringing sound of both ears and it was relieved by Karnpoorana and some oral medications.

Mode of action of Ayurvedic medication
Karnapoorana- Karnapoornana is one of the basic treatment mentioned in Ayurvedic literature for all Karna rogas.[11]

Bilwa taila is having Vata Kaphahara property. It is mentioned all classical text of Ayurveda. It is hypothesized that Bilwa Taila helps in the absorption through epithelial tissue of outside ear-canal and tympanic membrane that can continue normal function of hearing and equilibrium. Diffusion of the drug in to the deeper tissues through (Rasa & Raktu) Shabdavaha Sira. According to “Kedarakulya Nyaya” Karnapoornana may improve the blood supply of ear first. As the result of Karnapoornana, Kapha and Vatashamana takes place which may correct the microcirculation, thus maintaining the normal function of hearing and relieving sounds in the ear (Karnanada).

Oral medications
Ashwagandha choorna & Shatavari choorna-Ashwagandha (Rasayana, Balya and Brumhana) & shatavari has health tonic thus it can prevent age related degenerative changes in the inner ear. It is used as an adaptogen, a substance said to increase the ability to with stand the stress of all types. Like other adaptogens Ashwagandha is supposed to improve the strength of a particular organ (cochlea and the hearing capacity), overall health, strengthen the immunity and normalize the cholesterol levels. All these properties help in improving the blood supply of the inner ear and reduce...
the acuity of the tinnitus felt by the patient Ashwagandha & shatavari has anti-anxiety action and produces sound sleep which is very essential to a person suffering from tinnitus. Anxiety caused due to tinnitus, increases the tinnitus and worsens the condition. Ashwagandha & shatavari plays an important role here and helps to reduce the tinnitus.

It has been proved that noise exposure is one of the commonest cause for tinnitus and it is called as early degenerative tinnitus. Ashwagandha & shatavari has promising results in reducing the stress caused by noise and also improves the hearing capacity of the individual.

Stress is not a straight cause of tinnitus but it will normally make an already live case worse.

Ashwagandha choorna & Shatavari choorna is known for its anti-stress activity.

The serotonin content of Ashwagandha helps in reducing the stress and pain caused by tinnitus which is a major relief for the patient.

CONCLUSION

Concluding the study, the Karna poorna with Bilva taila and Ashwagandha Choorna, Shatavari choorna (internal medicine) in Karnanada (tinnitus) are effective.

So both drugs (Karnapoorna & oral medicine) should advice in the treatment of Karnanada. Nidana parivarjana is also plays an significant role for the management of Karna-Nada.

This case study reveals that patients with Tinnitus can gain important relief in symptoms with smallest risk and high patient receipt through Ayurveda organization. Although the boundaries of this case study, the therapy may be a helpful option in the treatment of Karnanada (Tinnitus).

REFERENCES