

AYURVEDIC MANAGEMENT OF KARNANADA (TINNITUS) - A CASE STUDY

Dr. Abhishek Shukla*¹, Dr. Manjiri Keskar², Dr. Janat Sheoran³ and Dr. Gautam Dabhi⁴¹Final Year, PG Scholar, Department of Shalaky Tantra P.I.A, Limda, Vadodara, Gujarat.²Professor, Department of Shalaky Tantra P.I.A Limda, Vadodara Gujarat.³Assistant Professor, Department of Shalaky Tantra Mai Bhago Ayurvedic College Muktsar Punjab.⁴Final Year, PG Scholar, Department of Shalaky Tantra P.I.A, Limda Vadodara Gujarat.

*Corresponding Author: Dr. Abhishek Shukla

Final Year, PG Scholar, Department of Shalaky Tantra P.I.A, Limda, Vadodara, Gujarat.

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ABSTRACT

Acharya Shushrut has explained *Karna-Nada* in *Karnagata rogas*. To find the etiopathogenesis of *Karna-nada* And Explain the Concept Of '*Vatvyadhi*vat Chikitsa'. Acharya Sushruta was First, who had explained the *Karnaroga* 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 *Karna Rogas* and while describing *Karna Rogas*, Acharya Sushruta has explained about *Karnanada*.^[1] Vitiated *Vata Dosha* either entering into other channels (*Vimarga Gamana*) or surrounded by *Kaphadi Doshas* (*sangam*) in *Sabdavaha Srotas* produces many types of sounds in the ear is known as *Karnanada*.^[2-3-4] Tinnitus is one of the most inexpressible conditions that health care professionals face. Studies conducted by the National Centre for Health Static estimate that 35-45% of the common people is affected by tinnitus. Tinnitus affects one third of adults in their lives, whereas 10-15% are disturbed enough to seek medical evaluation.^[5] A blind person or a lame person can easily be visualized as a handicap and thus they get sympathy. But no one sympathize with a human being suffering from ear problem as his handicap is not visible.

Tinnitus is a Ringing, Buzzing, Whistling, and Hissing or other noise, heard in the ear during lack of environmental noise. Tinnitus is characterized by irritating ear noises which can be soft as a whistle or loud enough to be totally unbearable.

The prevalence of tinnitus increases with hearing loss 74%.^[6]

A rare form of tinnitus is caused by abnormalities in blood vessels around the ear which cause noise when muscles contract in the ear.^[7]

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.^[8] *Karna* being one of the *Adhithana* 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 *Karna-Nada*. *Vata* turn into the pathological factor in the disease of *Karnanada*. Acharya says *Rasayana* is useful for the management of *Karnanada*,^[9] *Ashwagandha* and *shatavari Churna* are also easily available so we will systemic use these drugs for management of *Karnanada*.^[10]

CASE REPORT

A 32 year old Male Patient Visited in *Shalaky 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 Shalaky Tantra department, Parul Ayurved Hospital in limda, 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

Temperature	A febrile
Pulse rate	76/min
Respiratory rate	20/min
Blood pressure	130/90 mmHg
Height	5'8"
Weight	73 kg

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 leuke warm 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 *Karnapoorana* and some oral medications.

Mode of action of Ayurvedic medication

Karnapoorana- *Karnapoorana* 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 & Rakta*) *Shabdavaha Sira*. According to "*Kedarakulya Nyaya*" *Karnapoorana* may improve the blood supply of ear first. As the result of *Karnapoorana*, *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 *Bilwa taila* and *Ashwagandha Choorna, Shatavari choorna* (internal medicine) in *Karnanada* (tinnitus) are effective.

So both drugs (*Karnapoorana* & 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).

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