AYURVEDIC MANAGEMENT OF KARNANADA (TINNITUS) - A CASE STUDY

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ABSTRACT
Acharya Shushrut has explained Karn-Nada in Karanagata rogas. To find the etiopathogenesis of Karn-Nada and Explain the Concept of ‘Vatvyadhivat Chikitsa’. Acharya Sushruta was First, who had explained the Karnarogya in detail. According to modern science Karn-Nada can be correlated with Tinnitus. The noise can be intermittent or continuous, and can vary in loudness. On analyzing the disease condition with a handicap, it seems to be Vata Kapha dominant. 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. Karn-Nada being one of the Adhisthana of Vata-Dosha, Snethana becomes important to manage the limited improved Vata Dosha.

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

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CASE REPORT
A 32 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 limda, for the better treatment of Karna nada (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>Febrile</th>
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<tbody>
<tr>
<td>Pulse rate</td>
<td>76/min</td>
</tr>
<tr>
<td>Respiratory rate</td>
<td>20/min</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>130/90 mmHg</td>
</tr>
<tr>
<td>Height</td>
<td>5’8”</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**
- **Karna poorana 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 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.

**Pathyapathy**
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 Karna nada 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**
Karna poorana- Karnpoorana is one of the basic treatment mentioned in Ayurvedic literature for all Karna rogas.

**Bilwa taila** is having Vata kapha 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 the deeper tissues through (Rasa & Rakta) Shabdavaha Sira. According to “Kedarakulya Nyaya” Karnpoorana may improve the blood supply of ear first. As the result of Karnpoorana, Kapha and Vatasthamana takes place which may correct the microcirculation, thus maintaining the normal function of hearing and relieving sounds in the ear (Karna nada).

**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 withstand 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 most 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 (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