

CRITICAL ANALYSIS OF *PATHYA* AND *APATHYA* IN *KARNA ROGA*¹*Dr. Aparna and ²Dr. Divya Stuvart¹Post Graduate Scholar ²Associate Professor and Guide;
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ABSTRACT

Ayurveda is a science of life which gives more important on maintaining health of healthy individuals and to cure the diseases of the patients. *Pathya* and *Apathya* plays an important role in maintaining *Swastha* of the individual. *Ayurveda* insists on the ideal food to be consumed to attain and sustain good health. A person needs to follow a healthy diet and regimen so as to prevent disease and to maintain good health. In this article an effort is made to critically analyze different *Pathya* and *Apathya* explained by different *acharya*.

KEYWORDS: *Pathya, Apathya, Karnaroga.*

INTRODUCTION

Ayurveda is a science which given importance to diet and regimen as a part of treatment. Wholesome and unwholesome diet, food and regimen have a major supportive role in the management of diseases. In some stages of Disease, proper following of *Pathya* and avoiding *Apathya* is enough to cure the disease. *Aahara* is one of the important pillars of life describe by our ancient *Acharya*.^[1] It is said to be *Mahabhesaja* by *Acharya Kashyapa*.^[2] *Urdhva Jatru* (supraclavicular region and sensory organs residing there) is also affected as outcome of faulty lifestyle. Fatty diet, junk food, stress, exposure to bright light, working on computers, using head phones, listening to loud music also, air and sound pollution are few examples which exerts damage to the sensory organs.

AIMS AND OBJECTIVES

The role of *Pathya Apathya* and dietary regimen according to different *Acharya* in *Karna roga*.

Samanya Pathya Apathya in Karna roga
Upacharaja Pathya

Swedana: *Nadi Sweda* and *Pinda Sweda* are indicated in *Karna shoola*.^[3] and other *Karna rogas*.

For *Nadi Sweda* *Bilva*, *Erandamula*, *Punarnava*, *Shigru* are commonly used specially, in *Vata* and *Kaphaja Karna shoola*. in the form of *Snigdha* and *Ruksha Sweda* respectively, as these drugs are *Ushna veerya*, which does *Shamana* of both *Vata* and *Kapha*. For *Pinda Sweda* *Mamsa* of *Matsya*, *Kukkuta*, *Lava* is commonly used, due

to its *Ushna Veerya*, *Vrushya Guna*, it does *Brumhana*, *Balya* and *Shamana* of *Vata* and *Kaphaja Karna roga*.

Virechana

Virechana is indicated in *Vataja Karna Shoola*,^[4] *Pittaja Karna Shoola*^[5] *Karna Nada*, *Karna Shoola*, *Badhira* and *Karna Kshweda*^[6] As it does *Vilayana* of *Vikruta Dosh* due to the predominance of *Agni Mahabhoota Dravya*, and because of the *Tikshna Guna* they separate the adhered *Doshas* located in the *Sukshma* and *Shoola Srotas* of whole body as well as *Karna*. Clinically drug of choice will be *Trivruth lehya*, *Gandarvahasthadi eranda taila*, *Triphala Kashaya* etc. depends on *Rogi* and *Roga Bala*.

Raktamokshana

Raktamokshana is considered as the best therapy in *Raktaja* and *Pittaja* diseases, as *Pitta* has similitude with *Rakta*^[7] *Siravyadha* is done in deep seated or generalised vitiation of *Rakta*. Acc to *Sushruta* in *Karnaroga*, *Karna Shoola* above and around the ear *Siravyadha* is indicated. Due to superficial nerve involvement, *Siravyadha* is effective in relieving *Shoola* and also reduces the *Avarana* of *Rakta* in *Karna*.^[8] *Kutharika* (axe shaped blade), *Vrihimukha* (trocar), *Aara* (awl), *Vetasptra* (scalpel) are some of the instruments mentioned in ancient texts used for *Suchivedhan Karma* (puncturing or cutting vein).^[9] In functionally damaged ear or in *Badhira* (loss of hearing), *Siravyadha* is done near ear.^[10] In *Raktaja Karnaroga*, if *Shoola* is not subsiding then *Siraveda* is performed.^[11] In *Utpata* (*Karna Paali Roga*), *Jalaukavacharana* followed by *Sheetala Aashaadha Lepa* is indicated.^[12]

Nasya

“Nasa hi Shiraso dwaram” as quote says Nasa is the gateway for Shira and any medication instilled through nose reaches Shiras. The drug administered through nostril reaches *Sringataka*, a *Sira Marma* by *Nasa srotas* and spreads in the *Murdha* reaches at a junctional place of *Netra*, *Srotra*, *Kantha siramukhas* it removes *vikruta doshas* present in *Urdhwajatru* and expel them from the *Uttamanga*. As *Karna* is one among the *Uttamanga* it removes *Doshas* accumulated in it. *Nasya* is indicated in *Karna shoola*^[13] *Karna Kandu*^[14] *Unmatha*^[15], *Karna Srava*, *Pooti Karna*, *Krimi Karna*^[16]. Some commonly used drugs for *Nasya* are *Sata-Paki Bala Taila Nashya* is indicated in *Karna shoola*. In *Nasa-Arsha*, *Shikari Taila* and *Taila* processed with *Gruhadhooma*, *Pippali*, *Devadaru*, *Karanja*, *Yava Kshara*, *Saindhava* and *Apamarga* is used as *Nasya*. *Tikshna Nasya* is indicated in *Karna Kandu*. In *Unmatha Tikshna Nasya* indicated with *Katphala Twak Churna*. *Shirovirechana* is indicated in *Karna Srava*, *Pooti karna* and *Krimi karna*.

Vamana

Vamana is a process in which vitiated *Dosha* are expelled out through the upper route, through mouth.^[17] It is the principal treatment in *Kaphaja* disease.^[18] *Vamana* is not indicated in *Bala* and *Vrudda*.^[19] In *Vamana karma*, the *Apakwa Pitta Dosha* and *Kapha* are forcibly expelled out through the oral route.^[20] In *Vamana Karma* the *Kapha* followed by *Pitta Dosha* is expelled out through oral route.^[21] *Vamana* is indicated in *Karna Vidradhi*^[22] *Karna nada* and *Badhirya*^[23] *Krimi karna*^[24] *Karna Kandu*, *Kaphaja Karna shoola*, *Pooti Karna*^[25] *Karna Sotha* and in *Karna Kelda*.^[26]

If there is *Kapha* predominance in *Karnanada* and *Badhirya* then *Vamana* followed by *Dhoomapana* and *Nasya* are recommended. In *Karna Kandu*, *Vamana* is probably due to *Kapha* predominance.^[27] Similarly, in *Kaphaja Karnasoola*, *Vamana karma* is indicated after *Snehapana* with *Pippali* and *Ghritha*.^[28]

Karnapurana

Karna purana is the process in which medicated oil / liquid poured into ears. *Abhyanga* and *Swedana* as a *Poorva karma* brings more absorption of drug. As the efferent vasodilator nerves are spread on the superficial surface of the face, obtains stimulation by *Swedana* and it may rise blood flow to the brain. Instilled medicine in ear canal travels through skin lining of external auditory meatus and tympanic membrane and spreads to systemic blood flow. According to *Ayurveda* drugs in contact are absorbed by *Bhrajaka Pitta* in skin and spectacles its effects on body and local tissue, the drug instilled in the form of *Taila*, *Mutra* etc. in the ear by reviving inflammation thus it reduces *Karna roga*.

Commonly used drugs are *nirgundi taila*, *Apamarga taila*, *Deepika taila*, *Kanji*, *Sihanya*, *Astha mutra* and *Swarasa* like *Tulsi*, *Vasa*, *Lashuna*, *Aardraka*. In *vataja karna shoola Kukkuta vasa purana*.^[29] in *Pittaja karna*

shoola sthanya with *draksha* and *yasti churna purana*^[30], *Sarsapa taila*, *Lasuna taila purana* in *Kaphaja karna shoola*^[31], *Bilwadi taila* in *Badhirya*.^[32]

Karna Dhoopana

Dhoopana is administering *dhuma* with the help of *Dhoopana dravya*. The residual exudates and *Karna Krimi* should be dried and killed by giving *Dhoopana*. It is done with *Dhoopana Yantra*, after that fill the ear canal with honey (if necessary). Common drugs used for *Dhoopana* are *Guggulu*, *Agaru*, *Haridra*, *Hingu*, *Vidanga*, *Ela*, *Guggulu*, *Krishna Tulasi*, *Nimba Patra*, *Haridra*, *Vaca*, *Jatāmamsi* Make *Varti* with *Triphala Kashaya*, dried well and used for fumigation.^[33]

AHARAJA PATHYA**Godhuma**

Godhuma is having *Madhura guna*, *Snigdha guna*, *Madhura vipaka*, *Sheeta virya*, *Vatapittahara* properties also contains carbohydrate, fats, iron, Zinc, Manganese, Magnesium, Vitamin B, Ferulic acid, dietary Fibers in it. Zinc may help in increasing inner ear resistance to age related hearing loss and Ferulic acid has antioxidant, antimicrobial properties.

Shasthika Shali

Shasthika Shali having *Madhura rasa*, *Laghu snigdha guna*, *Madhura vipaka*, *Sheeta virya*, *Tridosha shamaka* property.^[34] It has phytoconstituents like carbohydrates, Fiber, protein, thiamine, riboflavin, niacin. It may be effective in neurological disorder like auditory neuropathy, sensory neural hearing loss, it can be effective in *Vata* induced disorders like *Vataja Karna shoola*, *Karna nada*, *Badhirya*.

Mudga

Mudga has *Madhura rasa*, *Laghu ruksha guna*, *Sheeta virya*, *Katu vipaka*, *Kapha Pittahara* property.^[35] Contains phytoconstituents like potassium, magnesium, phosphorous, folic acid. Magnesium may help to reduce the severity of tinnitus and hearing loss and it helps in maintain nerve function and protect the hair cells in the inner ear when exposed to loud noises. Potassium may help in preventing age related hearing loss. Folic acid it helps to fight off free radicals to keep from reducing blood flow to inner ear and from damaging sensory cells.

Ghritha

Ghritha Madhura rasa, *Guru guna*, *Sheeta virya*, *Madhura Vipaka*, *Vatapittahara shamaka* property and has vitamin D, E, K, triglycerides, free fatty acid. Vitamins may effectively fight against sudden hearing loss. Vitamin D deficiency is associated with cochlear deafness.

Kukkuta Mamsa

Kukkuta Mamsa has *Kashaya rasa*, *Guru guna*, *Ushna virya*, *Kaphahara* property and has unsaturated fatty acid, Linolenic Acid, Alpha Linoleic Acid, Vitamin A, D, E, K and B12, because of its *Balya Brumhana Karma* it

nourishes ear, as Linoleic acid and Alpha linoleic acid are it is neuro protective, it may help in neurological disease of ear and Vit B12 helps in healing nerve damage.

Patola

Patola has *Tikta rasa, Laghu guna, Ushna virya, Madhura Vipaka, Pittakaphahara* and has Vitamin A, C, E, Riboflavin, Zinc, Iron, Magnesium. Due to rich in Vitamin A, C, E it may help in Sensory neural hearing loss and Magnesium help to reduce the severity of tinnitus and hearing loss.

Vartaka

Vartaka has *Tikta Katu rasa, Laghu guna, Ushna virya, Madhura vipaka* and has Manganese, Folate, Potassium, Vitamin K And C. Folate (vit B9) may help in preventing hearing loss and tinnitus, it increases blood flow to cochlear system and Vitamin C can protect ears from Noise-induced hearing loss.

Karavella

Karavella has *Tikta Katu rasa, Laghu guna, Sheeta virya, Katu vipaka, Kapha pittahara* and has Zinc, Potassium, Folic Acid, Vitamin A, C, B1.B2, B9, Iron, Calcium. as it is rich in Zinc, it may help to boost the immune system and ward off ear infections, Potassium may help in preventing age related hearing loss and Folic acid may help to fight off free radicals to keep from reducing blood flow to inner ear and from damaging sensory cells.

Shigru

Shigru has *Tikta Katu rasa, Laghu guna. Sheeta virya, Katu vipaka, Kapha pittahara karma*. And it is rich in Vitamin A, B1, B12, B3, B5, B6, B9 and C, Magnesium, Phosphorous, Potassium, Sodium Iron. Anti-inflammatory properties of moringa may help treat ear edema, Vitamin A, C and E alongside Magnesium are associated with lower risks of hearing loss, as they help protect against inner ear cell damage caused by free

Pathya^[37]

Upacharaja	Aharaja	Viharaja	Bheshaja
<i>Swedana</i>	<i>Godhuma</i>	<i>Brahmacharya</i>	<i>Rasayana sevana</i>
<i>Virechana</i>	<i>Shastika Shali</i>	<i>Abhashanam</i>	
<i>Vamana</i>	<i>Mudga</i>		
<i>Nasya</i>	<i>Yava</i>		
<i>Dhoomapana</i>	<i>Lava, Mayura, Harina, Tittira, Vanakukkuta mamsa</i>		
<i>Raktamokshana</i>	<i>Patola</i>		
<i>Karnapoorana</i>	<i>Shigru</i>		
	<i>Vartaka</i>		
	<i>Karavella</i>		

APATHYA

Viharaja Apathya Vyayama

Excessive *Vyayama* leads to vata *Vruddi* and *Karna* being *Sthana* of *Vata dosha* further vitiation causes

radicals. Magnesium has been linked to combating tinnitus and hearing loss and it may help in maintain nerve function and help protect the hair cells in the inner ear when exposed to loud noises.

Rasayana sevana

Prolonged exposure to *Nidana* and due to progression of age, people are usually affected with deafness, tinnitus. To prevent or delay the progression of the diseases *Rasayana* is advised. *Vata* is main *Dosha* involved in *Karna rogas*. *Vataja vyadhi* commonly principates in *vrudha* which involves high chances of *Karna rogas*. For any *Karna rogas* after administration of *Shamana aoushadi*, *Rasayana* should be administrated, these improve the quality of perception of sound and strengthens the *Indriyas*. *Rasayana dravya* possessing the *Ushna, Laghu, Ruksha and Katu, Tikta, Kashaya rasa* may be acting at the level of *Agni*, Vitalizing the organic metabolism leading to an improved structural and function pattern of *Dhatu*s, may cause *Srotoshodhana* and production of the *Rasayana* effects.^[36]

Abhashanam

Due to *Abhashanam*, *Vatadi dosha* get aggravated and lead to conditions like *Karna shoola, Karnanada, Badhirya*, *Abhashanam* can help to reduce discomfort and prevent further worsening of condition. Temporomandibular joint located below ear, so talking, yawning may affect directly to tympanic membrane. *Shabdamithyoga* is one of the causes of ear disease. Due to *Atibhasha*, it vitiates *Udana vata* and *Prana vata*, it does *Parthiloma gati* of doshas to *Urdhva Jatru marga*, as *Karna* is one among the *Urdhva Jatru* is causes *Karna rogas*.

Bhramhacharya

Some traditional systems propose that excessive sexual activity or indulgence could deplete the body's vital energy, potentially affecting various organ systems, including the ears. *Atimaitihuna* may lead to *Vata prakopa* and leads to many diseases.

Vataja Karna shoola, Karna nada. In *Karna Srava*, *Vata prakopa* is main cause. *Vyayama* leads to vitiation of *Vata dosha*, hence it is important to avoid *Vyayama* in *Karna srava*. *Vyayama* is contraindicated in vitiated *Vata Pitta* disease.^[38]

Shirasnana

In *Shirasnana* water may enter in External auditory canal. It changes the PH of meatus skin from acid to alkali, which favours the growth of pathogens. *Shirasnana* is not indicated, as it increases moisture which in turn help in growth of bacteria in ear. If the ear infection involves the middle ear, water entering the ear canal may increase the risk of the infection spreading or becoming more severe. The defence mechanism of cerumen has bacteriostatic property and insect repellent become derangement. also, it changes pH of meatus skin from acid to alkali which Favors the growth of pathogen trauma can result from scratching the ear canal with unskilled instrument to remove foreign body vigorous cleaning of ear canal breaks the continuity of meatal lining after swimming already macerated meatal skin sets the ground for organism to invade.^[39] If *Jala* is *Sheeta* in *guna* leading to *Kapha* vitiation, spending more time in water leads to *Vata prakopa*. It led to some diseases like *Karna shoola*, *Karna Srava*, *Karna kandu*.

Dantakashta

Due to excessive brushing or using hard bristles it led to gingival edema and periodontal infection, the trigeminal and facial nerves linking the jaw, tooth and it also innervate the ear. If using excessive *Danta kashta* and infection it causes injury to gums and other structures, as mouth is supplied by this nerve, it gets stimulated and cause referred pain in ears.

Sheetajala sevana

Drinking frequently cold water can cause increased sensitivity or discomfort in the ear. Cold beverages might affect the Eustachian tubes, which help regulate pressure in the ears. It causes a temporary constriction of these tubes, impacting their function and potentially causing discomfort. This can lead to *Karna shoola* and other *Karna rogas* cold drinks and beverages does the Vaso constriction, this lowers the immunity and cause the *Karna rogas*.

Kanduyana Tushara

By *sevana* of *kaphahara nidana* accumulation of *Kapha* occurs in ear canal and produces severe itching sensation and inflammation. Scratching of ear, it causes abrasions resulting in swollen and tender skin, leading to accumulation of debris or pathogens. The continuous itching can also cause *Karna Vidradhi*.^[40] Ear pain and purulent discharge also occurs and if further neglected it can lead to infection of the ear and sometimes cause perforation of tympanic membrane. Probing or insertion of external objects such as stick, grass, hair pin, pencil etc. into the external auditory canal to relieve itching. But in turn it pushes the debris, earwax, or infectious material further into the ear canal. This may worsen the infection and produce other complications. Itching may also occur due to acid eructation, The caries tooth without much pain may produce itching in ears, Temporomandibular joint pathology, Itching associated

with blocking sensation of ear, mostly preceded by an attack of rhinitis.^[41]

Kaphakara and guru Aahara sevana

Heavy and oily foods can contribute to inflammation in the body. Individuals with ear infections may already experience nausea or discomfort. Consuming heavy, oily foods can exacerbate these symptoms and make the overall experience more unpleasant. As *Kaphakara* and *Guru aahara* cause *Kapha prakopa*, which in turn leads to *Sroto avarodha*, if *Sthana samsraya* takes place in ear leads to many *Karna roga*.

Apathya in Karna roga^[42]

Aharaja	Viharaja
Kaphahara Aahara sevana	Vyayama
Guru Aahara sevana	Shirasnana
Sheetajala sevana [A.H]	Dantakashta
	Kanduyana Tushara
	Shirasnana [A.H]

DISCUSSION

Pathya and *Apathya* plays important in role in preventing disease, *Karna* is one among the *Shiraso uttamanga*, by following the *Pathya* and avoiding the *Apathya* one can be *Swastha* and can further prevent the occurrence of disease. In *Karna roga Pathya* like *Aahara-Godhuma*, *Shali*, *Mudga*, *Yava*, *Mamsa of lavapakshi*, *Mayura*, *harina*, *tittira*, *Vana kukkuta*, *Patola Shigru Vartaka Karavella*, and *Vihara- Bhramhacharya*, *Abhashanam*, intake of *Rasayana* and following *Upakrama* like *Nasya*, *Swedana*, *Vamana*, *Virechana*, *Raktamokshana*, *Karnapurana*. One should abstain from *Apathya* which is mentioned in *Yogaratanakara*, *Bhaishajya ratnavali* and *Sushruta* for *Karna roga* like *Vyayama*, *Shirasnana*, *Danta kashta*, *Sheeta Vayu*, *Sheeta Jala sparsh*, *Kanduyana Tushara*, *Kaphakara* and *Guru padartha sevana*.

Concept of *Pathya Apathya* should be followed by every individual to prevent *Karna roga* and maintain normalcy of ear.

CONCLUSION

The knowledge of *Pathya* and *Apathya* is necessary to treat a disease along with *Chikitsa*. *Pathya Apathya* is based on *Avastha*, but *Desha* and *Sthanika* importance should be given. *Karna* is Among the *Navadvaras*, which is situated in *Shiras*, there is always a susceptibility for exposure. Hence, regular *Shodhana* is a *pathya* for *Karna roga*. The adoption of a contemporary lifestyle has an impact on ear health and cause misery in human society. *Ayurveda* offers a light of hope for resolving these issues. A healthy lifestyle involving good daily routine, dietary habits and avoidance of causative factors leads to disease free condition.

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