ABSTRACT

Introduction: Karnanada (Tinnitus) is the most common complaint encountered in clinical practice of Shalakya. It is the perception of sound within the human ear in the absence of corresponding external sound. Vata dominant Tridosha along with Rakta presents as the chief pathological factors in the case of Karnanada. Karnanaada can be correlated with Tinnitus. It is a condition in which there is a perception of sound that appears to originate in the head in the absence of external stimuli. Epidemiologically this disease is present in 38% population below the age of 40 years and 68% population above the age of 40 years. This is a case study of patient aged about 52 years who is having symptoms of tinnitus since 2 years. Methods: The subject who approached Shalakya tantra opd of government Ayurveda medical college Bengaluru with symptoms of bilateral ringing sound in the year associated with disturbed sleep since 2 years was treated with Anu Taila Nasya, Sarshapa Taila Karnapoorana, Ashwagandha choorna and Sarivadi vati. Patient got better relief. Results: Marked results observed symptomatically. 60% to 70% of relief patient got after 1 month of treatment. Discussion: Anu taila Nasya is Brihmana, Sarshapa taila nasya vatahara in nature and internal medicines like sarivadi vati and Ashwagandha choorna Brihmana, Vatahara and Rasayana these treatment modalities relieved Karana Nada symptomatically.

KEYWORDS: Karn a nada, Anu taila, Karnapoorana, Nasya.

INTRODUCTION

Ayurveda describe Karnanada as different types of sounds in the ear like that of Bheri (cuttle drum sound), Mrudanga(roaring sensation), Shankha (ringing sensation) caused by vitiated Vata Dosha either enters into other channels (Vimarga Gamana) or encircled (sang) by Kaphadi Doshas in Sabdvaha shrotas (auditory canal). Etiological factors of Karna Rogas...
such as swimming, picking or probing of external auditory canal has been mentioned by Acharya Yogaratnakara\cite{2} and Vagbhata.\cite{2}

Tinnitus is one of the common and prevalent ailments which we come across our daily medical practice which is characterized by annoying ear noises which can be soft as a whistle or loud enough to be completely debilitated. Tinnitus is the perception of sound within the human ear in the absence of corresponding external sound. The causes of tinnitus include aging or exposure to loud noise. The clinical features of Karnanada is very similar to tinnitus.

The common treatment regimen of Krana Roga can be grouped as Ghritapana (use of ghee), Rasayana (rejuvenation), Ayyayama (no exercise), Ashirasnana, Brahmacharya, Akatthana.\cite{5} Among Krana Roga, the treatment line of four diseases such as Karnashoola, Pranada, Karnakshweda, and Badhirya are similar.

This disease lowers the quality of life of patient hence proper Ayurvedic Management is necessary.

MATERIALS AND METHODS

Case report
Age - 52 years old
Occupation – Textile industry worker
Sex - Male
Religion – Hindu
Socioeconomic status – Middle class
Consulted - Shalakya Tantra OPD of Sri Jayachamarajendra Institute of Indian Medicine Hospital, Bangalore.

Chief complaints
Complaints of Ringing sound in bilateral ear and reduced sleep since 2 years.

History of present illness
The subject was apparently normal 2 years ago. Then he gradually developed Ringing sound in right ear then he has observed similar sound occasionally in left ear also associated with reduced sleep. He approached allopathic doctor there ear drops were given still he didn’t find any relief and with all these complaints he approached the Shalakya Tantra OPD to get
Ayurvedic Treatment.

**History of past illness**
No history of Nasal allergy. Not a known case of DM and Hypertension.

**Personal history**

**Appetite:** Patient had taken a mixed type of diet, Katu rasa dominance, Moderate appetite.

**Koshta:** Madhyama Koshta.

**Micturition:** Regular and Normal

**Bowel habits:** Regular and Normal.

**Sleep:** Reduced sleep

**Vitals**
- **Respiratory rate:** 24/min
- **Regular temperature:** 98.6°F
- **Blood pressure:** 120/90 mm of Hg
- **Pulse:** 104/min

**Physical examination**
- **Weight:** 46 kg
- **Height:** 150 cm
- **Pallor** - No pallor
- **Lymphadenopathy** - No lymphadenopathy

**Ashta sthana pareeksha**
- **Nadi:** 72/min
- **Mutra:** 4-5times/day
- **Mala:** Parkrutha
- **Jihwa:** Alipta
- **Shabda:** Prakrutha, shushka
- **Sparsha:** Prakrutha
- **Drik:** Shuskatha
- **Akriti:** Madhyama
Systemic examination
- CVS – Normal
- CNS- Normal
- RS- Normal
- GIT- Normal

Examination of ear
- Pinna - Normal
- pre and Post aural area - Normal
- External auditory canals - Normal
- Tympanic membranes – No discharge, No perforation, bilateral TM is intact

Qualitative test for hearing by tuning fork
- Rinne’s test- AC>BC (B/L),
- Weber’s test- lateralized to better hearing ear (Rt.) and
- ABC - NORMAL (B/L).

The oral cavity proper, Larynx and Nose - Normal

Treatment modalities
- Nasya- Anu Taila with proper senhana and swedana 8 drops into each nostril for 14 days with 7 days gap.
- Karnapoorana – With Sarshapa Taila after proper snehana to pinna and surrounding areas of ear.
- Ashwagandha choorna – 1 tsp bd with warm milk daily for a month
- Sarivadi vati – 2 bd with warm water.

OBSERVATIONS AND RESULTS
After every follow-up patient reported slight comfort and improvement. After 30 days patient came for follow up and explained that his problem is not completely cured but he has 60 to 70% relief. His hearing loss is improved with a sound sleep. Previously he used to be irritated due to lack of proper sleep now he is relaxed.

He is asked to maintain a healthy and noise-free workplace. He is advised to take healthy food and stay away from stressful situations.
DISCUSSION

Ayurveda is a science that emphasizes not only the treatment of disease but there is more importance given to the prevention of disease.

Karnanaada is a disease caused by vitiated Vata. There are many causes described which are responsible for the occurrence of disease. Specific Hetus for Karnanaada is Jalakreeda, Karnakandu, Mithya Yoga of Shastra, etc. Other factors responsible are Ratrijagaran, Ati-Vyayama, Pramitashna, etc. Lack of proper diet causes Dhatukshya which ultimately causes Vata Prakopa and when Vata goes to Shabdavaha Srotas it causes Karnanaada. The patient hears sounds like Bheri, Mridang, etc.

Tinnitus can be correlated with Karnanaad because of the similarity in clinical features. Tinnitus is a disease in which one hears ringing, Tapping sound in the ear. There are many causes of tinnitus stress, loud noise, hypertension, lack of proper diet and sleep, weak immunity, etc.

Brihmana nasya with Anu taila helps in vatashamana and it gives strength and nourishment to the karna. Karnapoorana with vathara taila like sarshapa taila helps in relieving aggravated vata in karna.

Ashwagandha is best Rasayana and neurotonic it helps in relieving the symptoms and induces good sleep. Sarivadi vati is the best shamaoushadi given in all type of karna roga. these medications adopted in this case study given remarkable results.

CONCLUSION

In the present case-patient having symptoms of Karnanaada treated with Vata Shamaka Chikitsa. Nasya with Anutaila and Karanpooran given with Sarshapa taila as a process of Bahya Snehana along with oral medications which are potent Vata pacifiers and Brihman in nature.

In the modern era, people follow an unhealthy lifestyle which is the cause of many disorders. Our environment where we live and where we work should be healthy. In the case of tinnitus noise-free places should be opted to work. Ayurvedic literature also mentioned that Atiyoga and Ayoga of Indriya should be avoided. Prevention should be given prime importance in the management of the disease.
REFERENCES

