AYURVEDIC MANAGEMENT OF KARNANAADA (TINNITUS)-A CASE STUDY

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ABSTRACT
Ayurveda is the eternal science of life. The goal of Ayurveda is to maintain the health and cure of the diseases. Sense organs are most important part of the body. Ayurveda describes sense organs as Indriya. The ear is called Karna Indriya. Different Acharyas described many safety measures to keep ear healthy. But even then, if diseases occur, there are many treatment modalities to cure them. Karnanaada is one among the ear diseases. It is described as a condition in which one hears sounds like Bheri, Mridanga, etc. In modern science, 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. Tinnitus is not merely a life-threatening disorder. It costs quality of life (QoL) by impairing hearing loss of sound sleep and irritation. In this case study patient presented with symptoms of tinnitus. She is treated by adopting Snehana and Brihmana chikitsa. Patient got 70% relief with this treatment.

INTRODUCTION
Karnanaada
Karnanaada is a karna-roga studied under jatru-urdhwagata vikara.
The term Karna refers to organ which is responsible for the perception of the sound (includes external, middle and internal ear). The term Nada or Ninada refers to that which produces rhythmic sounds in the ear.
The vitiated *Vata dosha* either entering other *srotas* or encircled by *Kapha dosha* in *Shabdavaha Srotas* produces different types of sounds\(^1\) like *Bheri, Mrudanga, Shankha*, etc. in the ears is known as *Karnanaada*\(^2\).

The vitiated *Vayu* gets lodged in the *Shabdavaha Srotas*, thereby causing different types of sounds in the ear called as *Karnanaada*\(^3\).

**Nidana of Karnanaada – (Etiology) General Aspects**
The following are the aetiological factors responsible for the causation of the *Karnanaada - Pratishyaya* (Rhinitis), *Avashyaya* (Exposure to cold wind currents), *Jalakreeda* (Swimming), *Karna Kanduyana* (constant rubbing or irritating the ear with finger or any other instruments), *Mithya yoga* of the *Shastra* (improper usage of instrument for diagnosis and treatment on the ear), *Atiyoga, Ayoga, Mithya yoga* of the *Shabda* (In compliable correlations of sensation of sound (excessive, low, nil) with the organ of hearing) and other factors causing *Vata Prakopa*. Among three *doshas*, *Vata* is considered major *dosha* for the causation of *Karnanaada*.

**Clinical features**
*Karnanaada* is described as an independent disease. It is also present as *Lakshana* of other diseases. There are no *Poorvaroopa* explained for *Karnanaada* but it is a *Poorvaroopa* of many *Roga* for example- *Apasmara, Vataja Unmada, Grahini*.

**Roopa (Clinical features)**
*Nanavidha Shabdan* – Different types of sounds hearing in *Shabdavaha Srotas*, *Vividhaan shabda* like *Bheri, Mrudanga, Shankha, Bhrungaara, Kauncha, Mandoora, Tantri, Saamturyasvanam* are heard in *Shabdavaha Srotas*.

Acharya Haritha explained that *Karnanaada* can be caused by different *dosha* and sounds produced accordingly in the disease. If one hears sounds like crepitus of teeth, flute with burning than it is due to *pitta dosha*. If one hears sounds of thundering its due to *Kapha dosha*\(^4\). It is also has been explained as *lakshana* of various diseases like *Vataja jwara, Vataja arsha, Krimija Shiroroga, pandu, Vataja Shiroroga, Sannipataja jwara*.

**Samprapti of Karnanaada**
Hetus, as described in *Nidana*, causes vitiation of *Vata*. *Vata* gets lodged in the *Shabdavaha Srotas*. It causes a perception of different sounds and causes *Karnanaada*. 
Tinnitus

Tinnitus is a perception of any sound originating in an involuntary manner, either unilaterally or bilaterally, in the absence of any external acoustic or electric stimulus. Such as perceived sound may range from a quiet background noise to a noise audible over loud external sounds. It interferes with the quality of life and results into emotional distress, cognitive distress, intrusiveness, auditory and perceptual difficulties, sleep disturbances, and various somatic complaints.

Symptoms can be unilateral or bilateral, present with or without hearing loss, and resemble ringing, hissing, whistling, humming, buzzing, chirping, or clicking sounds.

The clinical features of Karnanaada are very similar to tinnitus.

The common treatment regimen of Karna Roga can be grouped as Ghritapana (use of ghee), Rasayana (rejuvenation), Avyayama (no exercise), Ashirasnana, Brahmacharya, Akatthana.[5] Among Karna Roga, the treatment line of four diseases such as Karnashoola, Pranada, Karnakshweda, and Badhirya are similar.[6]

MATERIALS AND METHODS

Case report
Age – 51 years
Occupation – Homemaker
Sex - Female
Religion – Hindu
Consulted - Shalakya Tantra OPD of Sri Jayachamarajendra Institute of Indian Medicine Hospital, Bangalore.

Chief complaints
Complains of ringing sound in the left ear for the past 6 years and reduced hearing for last 3 months.

History of present illness
The subject was apparently normal 6 years ago. Then she gradually developed ringing sound in the left ear since 6 years. Later she noticed reduced hearing in left ear from past 3 months associated with reduced sleep. She approached allopathic doctor, there ear drops were given
still she didn’t find any relief and with all these complaints she 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: 98.6F
- Blood pressure: 110/80 mm of Hg
- Pulse: 70/min

**Physical examination**
- Pallor - No pallor
- Lymphadenopathy - No lymphadenopathy

**Ashta sthana pareeksha**
- Nadi: 70/min
- Mutra: 3-4 times/day
- Mala: Parkrutha
- Jihwa: Alipta
- Shabda: Prakrutha, shushka
- Sparsha: Prakrutha
- Drik: Shushkatha
- 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
- The oral cavity proper, Larynx and Nose - Normal

**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).

**Treatment modalities**

- **Karnapoorana** – With *Brihatmasha Taila* after proper *Snehana* to pinna and surrounding areas of ear for 7 days.
- **Shiropichu**- with *Ksheerabala Taila* for 7 days
- **Ashwagandha choorna** – 1 tsp bd before food with warm milk for 1 month.
- **Sarivadi vati** – 2 bd after food with warm water for 1 month.

**OBSERVATIONS AND RESULTS**

After every follow-up patient reported slight comfort and improvement. After 1 month patient came for follow up and explained that her problem is not completely cured but she has 60 to 70% relief. Her hearing loss is improved with a sound sleep. Previously she used to be irritated due to lack of proper sleep now she is relaxed. She is asked to maintain a healthy and noise-free workplace. She 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 Ratrijagarana, Ati-Vyayama, Pramitashana, etc. Lack of proper diet causes Dhatukshaya which ultimately causes Vata Prakopa and when Vata goes to Shabdavaha Srotas it causes Karnanaada. The patient hears sounds like Bheri, Mridanga, etc.

Tinnitus can be correlated with Karnanaada 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 like stress, loud noise, hypertension, lack of proper diet and sleep, weak immunity, etc.

When it comes to prognosis of disease Karnanaada cannot be cured completely but its associated symptoms can be relieved by using various procedures and drugs.

Treatment of the disease is first of all preventive measures that should be considered. Patients should be advised to take proper food and sleep and to follow a healthy lifestyle. Treatment of underlying cause must be done first.

In Ayurveda, there are lots of procedures and medicines which can be given to patients for treatment.

In the case of Vataja disorders like Karnanaada, Snehana karma is considered as the best procedure because of its tremendous effects on Vata dosha.

Dhatukshaya is also considered as a cause of Karnanaada so Brihamana line of treatment is beneficial.

Karnapoorana is the type of Bahya Snehana. Brihatmasha taila is a very good Vatashamaka drug as it is prepared with Sneha along with other dravya which acts especially as Vatashamaka. Shiropichu is a form of murdhni taila. Ksheerabala taila used for shiropichu is best Vatashamaka and effective in neurological diseases like Karnanaada.

Ashwagandha is best Rasayana and neurotonic it helps in relieving the symptoms and induces good sleep. Sarivadi vati is the best shamanoushadi 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. Karnapoorana given with Brihatmasha taila and Shiropichu with Ksheerabala taila along with oral medications which are a potent Vata pacifiers and Brihamana 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
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