

ROLE OF KARNADHOOPAN IN PUTIKARNA¹*Sonali Purohit and ²Radhakrishna Bishwal

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Article Received on
23 Feb. 2020,

Revised on 14 March 2020,
Accepted on 03 April 2020,
DOI: 10.20959/wjpr20205-17261

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ABSTRACT

More than a mere system of treating illness, *Ayurveda* is a science of life which aims at maintaining an individual's health and thereafter also focusing on the treatment of diseased condition. It has eight branches. *Shalakya tantra* is included in these *Ashtang Ayurveda* that deals with the *Nidaan, Laksahan, Samprapti and Chikitsa* of *Urdhwajatrugata roga*, so in other words it basically deals with the study of major sense organs. *Karna* related pathologies are one amongst these. *Putikarna* is one of the twenty eight *karna rogas* having the symptoms of thick foul smelling discharge with or without pain which are quite similar to the symptoms of suppurative conditions of middle ear and In *Madhav Nidan* symptom of *Putikarna* is pus or foul smelling discharge^[1] and *karnadhoopan* is one of the most preferable method of treating *putikarna*.

KEYWORDS: *Karnadhoopan, Putikarna, Dhoopan dravyas.*

INTRODUCTION

Dhoopan means fumigation. Burning of drugs of plant, animal and mineral origin which have the specific properties that helps in relieving the symptoms and therefore in treatment of several diseases. The term *karnadhoopan* is coined with two words *karna* and *dhoopan* where *karna* refers to the ear and *dhoopan* is fumigation. So the term *karna dhoopan* means aural fumigation which is done by drugs of plants and mineral origin. *Karnadhoopan* is performed with medicinal plants or minerals which have *Shothahara, Vranashodhan, Vranaropan, Vedanasthapan, Durgandhahar, Krimighna, Putihar, Karna Roga Shamak* properties.

Acharya Charak have also told to cure *karnapaka* and *srava* as with the similar treatment of *vrana*. Thus the diseases of *karna* such as *karnashoola*, *karnasrava*, *putikarna*, *krimikarna*, *karnanaada*, *karnabadhira* and *karnakshveda* has *karna dhoopan* as one of the major treatment.^[2] *Guggulu* specifically mentioned as best amongst them specially in *karnadaurgandhya*. As all these drugs have antimicrobial activity and their specific fragrance helps in treatment of ear ailments.

DESCRIPTION IN TEXTS

Acharya Sushruta has mentioned *dhoopan karma* as one of the *shashti upkrama* especially mentioning *vata dosha* related *vrana* associated with severe pain and discharge.^[4] *Dhoopan dravayas* are also described in *Agropharniya adhyaya* and *Mishraka adhyaya*. With these the treatment of *karnarogas* is specially by *karnadhoopan* which is mentioned in all the *brahitrays*. The detailed description of *dhoopan karma* is mentioned in *Kashyap Samhita's kalpasthana* in *dhoopkalpadhyaya* where different combinations of *dhoopan dravyas* and their types have been mentioned as a protective and therapeutic measure.^[5]

DRUGS USED

Different *samhitas* have mentioned various drugs that can be used individually or in combination form for *Dhoopan karma*. *Guggulu*, *aguru*, *vacha*, *gaur sarshap*, *nimba patra*, *hingu*, *kshauma* mixed with *gaughrita* are some of them. *Guggulu* specifically mentioned as best amongst all of them. *Striveshtak*, *Saral*, *Devdaru*, *Saindhav lavan*, *Sarjarasa* and drugs mentioned by Acharya Sushruta in *Saalsaradi gana* are also specifically mentioned for *dhoopan karma*.^[4] So while mentioning *karnadhoopan* Acharyas have mentioned similar contents for the procedure. Drugs specifically mentioned for *dhoopan* are of herbal origin and *Guggulu*, *Agru*, *Sarjarasa*, *Vacha*, *Gaur Sarshap*, *Saindhav*, *Nimba* and *Gaughrita*, so used as a therapeutic measure in treating *Putikarna*.^[3]

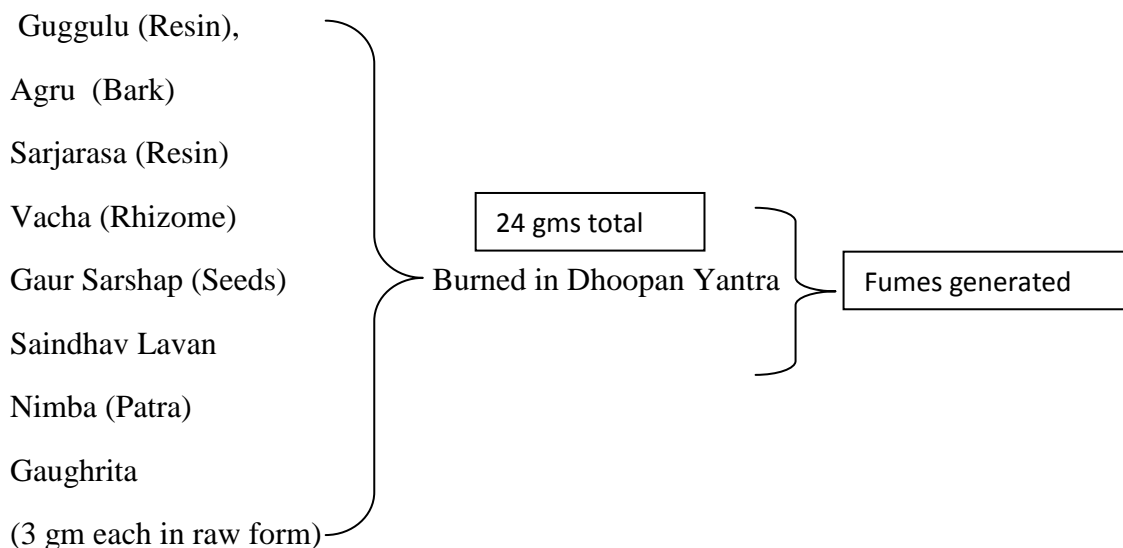
ततो गुग्गुल्वगुरुसर्जरसवचागौरसर्षपचूर्णैर्लवणनिम्बपत्रविमिश्रैराज्ययुक्तैर्धूप्यते।
(सुश्रुत संहिता सूत्र स्थान 5/18)

PROPERTIES OF DRUGS USED- As *Putikarna* has the vitiation of *pitta dosha* along with the involvement of *kapha dosha* and the properties of each *dosha* is different to one another therefore *Dhoopan* drugs selection is on the basis of mixed properties that relieves the vitiated *doshas* with also subsiding the symptoms produced by disturbed *pitta*, *kapha dosha* and also stabilizes the *vata ashrita* in *karna*. *Guggulu*, *Agru*, *Sarjarasa* and *Vacha* are *laghu*

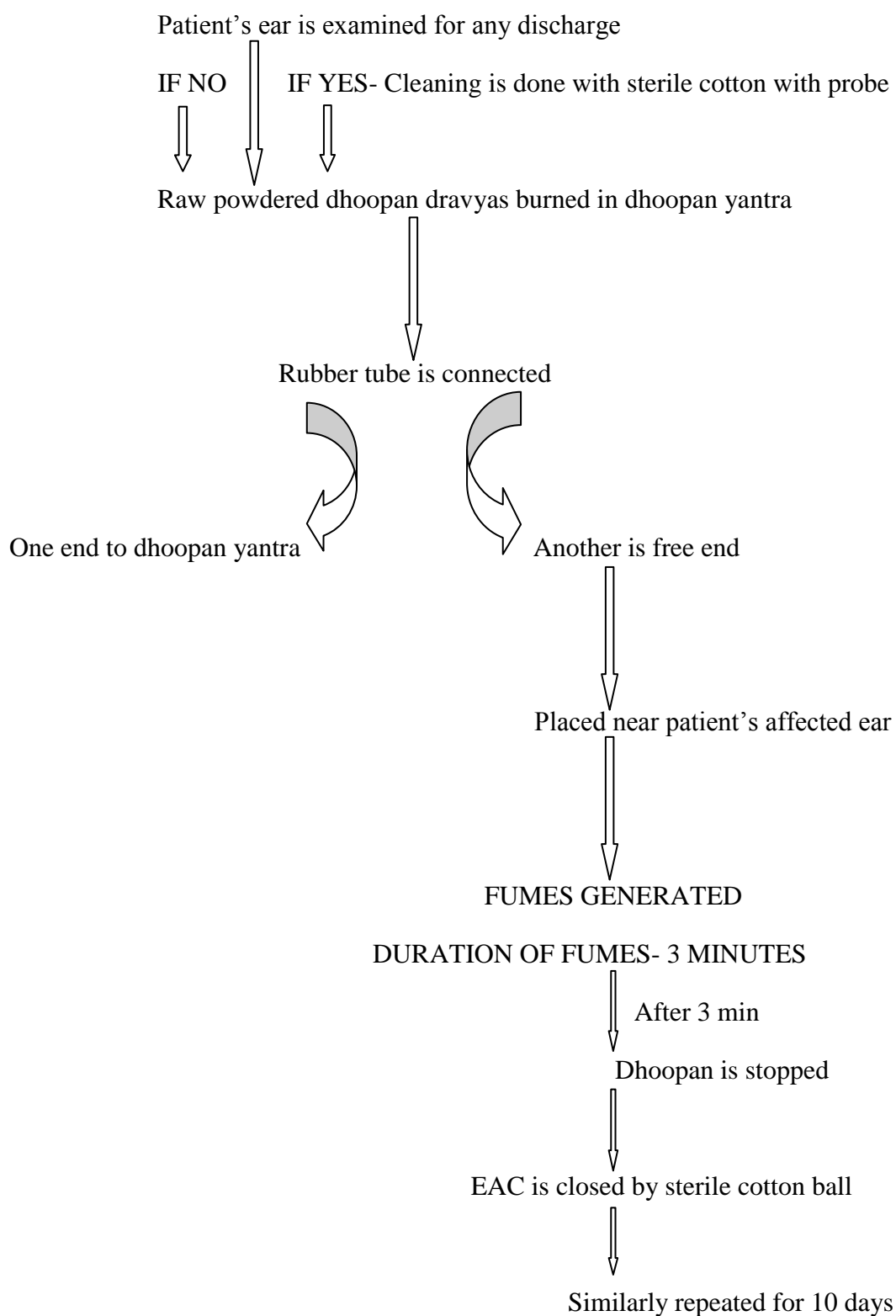
and *ruksha*, *Agru* and *vacha teekshna* in *guna*, *Guggulu*, *Agru*, *Vacha* and *Sarshap Ushna veerya* it helps to act against the symptoms of *sleshma (kapha)* i.e., *puya*, *kleda* and *srava*. *Sarjarasa*, *Lavan*, *Nimba* and *gaughrita* have *sheet veerya* thus relieving in vitiated *pitta dosha* and its presenting symptoms. And the *dosha karma* of the *dhoopan dravya* is such that it helps to resolve the symptoms of vitiated three *dosha* by their *pitta*, *kapha* and *vata sanshaman* properties.

PHARMACOLOGICAL ACTION OF DHOOPAN DRUGS- The *dhoopan dravyas* use in this study have common action of being *Shothahara*, *Vranashodhan*, *Vranaropan*, *Vedanasthapan*, *Durgandhahar*, *Krimighna*, *Putihar*, *Karna Roga Shamak* thus helping in the treatment of *putikarna* against the symptoms of *puya*, *puti*, *vedana* and *shotha* thus inhibiting further damage to ear and also helps in rapid healing.^[9] Several studies have scientifically proven the action of these drugs to be anti-inflammatory^[7], antibacterial, antimicrobial^[6], antifungal^[6], antipyretic, analgesic^[7], antiulcer and antiseptic individually and in combinations thus acting against the suppurative condition of otitis media with the symptoms and signs of discharge, foul smell, inflammation, earache and TM perforation.

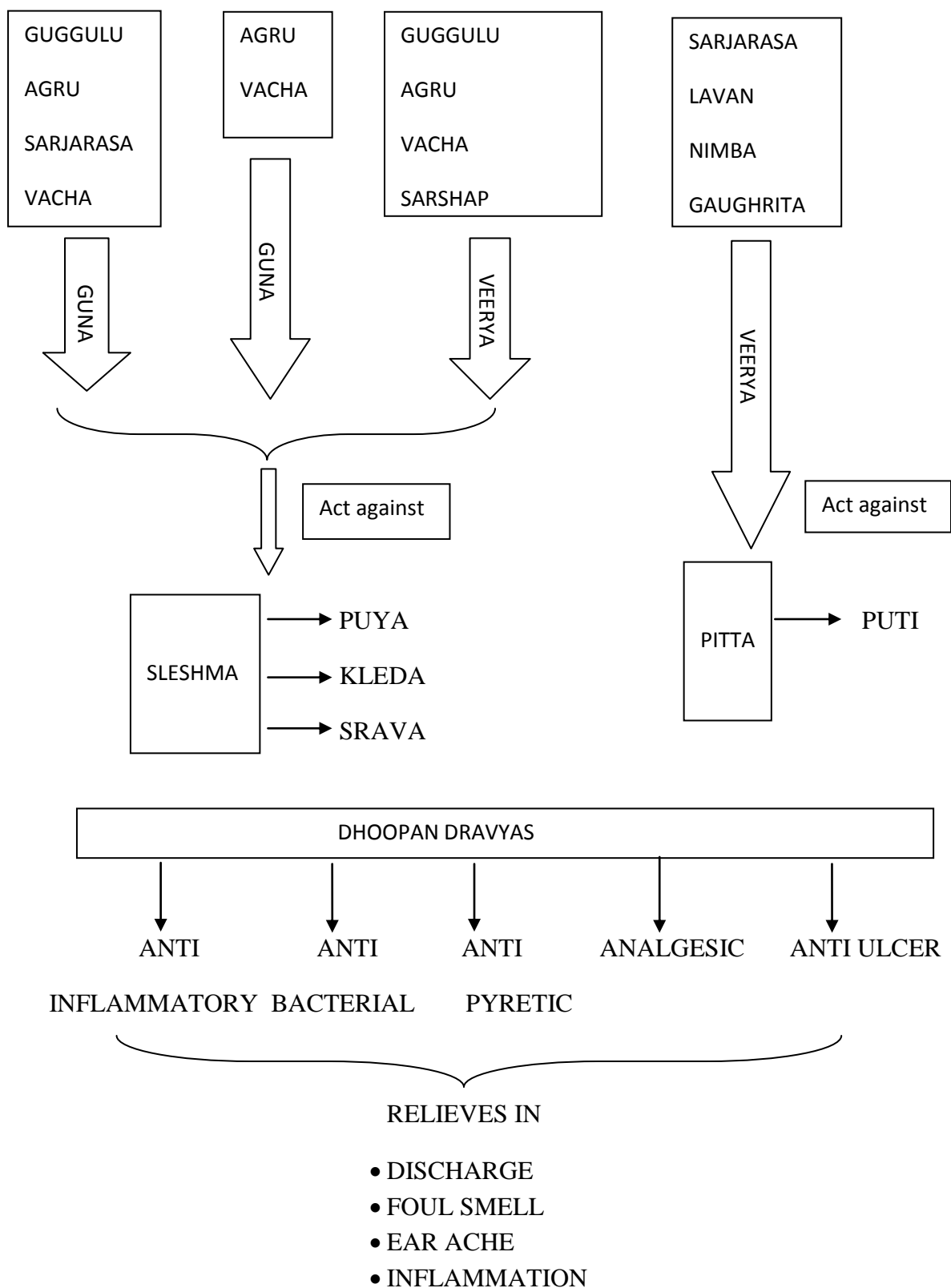
METHOD OF PREPARATION



METHOD OF ADMINISTRATION



PROBABLE MODE OF ACTION



Fumes generated dilates blood vessels and helps in oxidation of blood. It leads to adequate tissue perfusion and oxygenation.^[8] Thus, helps in reduction of inflammation, foul smell, earache and discharge.

DISCUSSION

It has a huge advantage over modern medicines as in modern medical treatment antibiotics are not giving satisfactory results and recurrences are also common because it disturbs the microbial flora of the ear. Widespread use of antibiotics is commonly known to lead to resistance.^[10] The changes are occurring in the microbiological flora following the advent of sophisticated synthetic antibiotics.^[11] *Karna dhoopan karma* is cost effective, easy mode of administration with local therapeutic effect that spreads over a wide area and does not lead to any major complication and is comparatively faster acting.

CONCLUSION

So *Karnadhoopan* can be stated as a better mode of treatment in the management of *putikarna* due to its advantages of faster action, less complication and easy mode of administration but still further work is to be done on fumes temperature standardization and better methodology of administration.

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