

**“CASE REPORT OF SARSHAPA TAILA KARNAPOORANA IN  
KARNANADA”****Manikanda Prabhu<sup>1\*</sup>, Mayur Shiralkar<sup>2</sup>, Pallavi Jagtap<sup>3</sup> and Santosh Rahinj<sup>4</sup>**

<sup>1</sup>PG Scholar, Department of Shalakya Tantra, Dr. D.Y.Patil College of Ayurved and Research Centre, Dr D.Y.Patil Vidyapeeth, Pimpri, Pune.

<sup>2</sup>HOD & Professor, Department of Shalakya Tantra, Dr. D.Y.Patil College of Ayurved and Research Centre, Dr D.Y.Patil Vidyapeeth, Pimpri, Pune.

<sup>3</sup>Professor, Department of Shalakya Tantra, Dr. D.Y.Patil College of Ayurved and Research Centre, Dr D.Y.Patil Vidyapeeth, Pimpri, Pune.

<sup>4</sup>Associate Professor, Department of Shalakya Tantra, Dr. D.Y.Patil College of Ayurved and Research Centre, Dr D.Y.Patil Vidyapeeth, Pimpri, Pune.

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**\*Corresponding Author**

**Manikanda Prabhu**

PG Scholar, Department  
of Shalakya Tantra, Dr.  
D.Y.Patil College of  
Ayurved and Research  
Centre, Dr D.Y.Patil  
Vidyapeeth, Pimpri, Pune.

**ABSTRACT**

*Ayurveda* is ancient science of holistic heading through its herbal remedies. *Ayurveda* is comprised of eight parts called the ‘*Ashtanga*’ of *Ayurveda*. *Shalakya Tantra* is branch out for these *Ashtanga*.<sup>[1]</sup> *Shalakya Tantra* is one of the important branches of *Ashtanga Ayurveda* that deals with the study of diseases of eye, ear, nose and throat. This *Tantra* contains the detailed information and diseases, related to the body parts above the neck i.e. *Urdhvajatrugata*.<sup>[2]</sup> Sense organs [*Indriyas*] are mentioned as important parts of the body. *Ayurveda* describes these sense organs as *Indriya*. The ear is called ‘*Karnendriya*’.<sup>[3]</sup> Different *Acharyas* described various preventive measures to keep healthy ear. *Karnanada* is one of the important disorders mentioned among *Karnarogas*, which is correlated with Tinnitus in modern science. Also, it has various treatments mentioned among this *Karnapoorana* is used in daily routine practice. *Sarshapa Taila* is mentioned in *Bhaishajya Ratnawali* for the management of

*Karnanada*. In this case study, *Sarshapa Taila* is used for *Karnapoorana* in the management of *Karnanada*.

**KEYWORDS:** *Karnanada*, Tinnitus, *Sarshapa Tail*, *Karnapoorana*.

## INTRODUCTION

*Karnanada* is one of the *Karna Roga* studied under *Urdhavajatrugata Vikara*. The term *Karna* refers to organs which are responsible for the perception of the sound (includes external, middle and internal ear. The vitiated *Vata dosha* either entering into other channels or encircled by *Kapha dosha* goes in *Shabdavaha Strotas* produces different types of sounds.<sup>[4]</sup>

*Karnanada* described as a condition in which one hears sounds like *Bheri*, *Mridanga*, etc. In modern science, *Karnanada* can be correlated with Tinnitus.<sup>[5]</sup> *Karnanada* considered as illness caused due to vitiated *Vata Dosha* in which a person hears different types of sound in absence of any relevant external stimulus; it can be unilateral or bilateral and stable or transient type.

Tinnitus is life threatening disorder may be related with the unhealthy conditions of ear only, ear along with head disease, only head disease or it may be associated to general body condition. In tinnitus patient experiences ringing, buzzing or other sound in one or both the ears which might be constant associated with hearing loss. Causes for Tinnitus may be associated with external, middle or internal ear or related with brain.<sup>[6]</sup>

*Karnanada* is managed by *Vata Shamaka Chikitsa*. *Karnapoorana* is given with the *Taila* as one of the *Bahya Snehana* and *Brihamana* in nature. *Sarshapa taila* mentioned in the *Bhaishajya Ratnawali*, for the management of *Karnanada*. The mode for the treatment is by *Karnapoorana*. It had *Krimighna*, *Kandughna*, *Kushthaghna*, *Karnarogaghna* etc. properties.<sup>[7]</sup> Which helps to relieve the signs and symptoms of *Karnanada*. As *Sarshapa Taila* is known *Taila*, which is easily available and cost effective.

## Objectives of the study

To study the effect of *Sarshapa Taila Karnapoorana* in the management of *Karnanada* w.s.r. to Tinnitus.

## MATERIALS AND METHODS

### CASE REPORT

A 40-year-old male patient visited in *Shalakya Tantra* OPD with presenting complaints of Tinnitus [Ringing type of sound in left ear] since from 2-3 days.

**History of present illness**

Patient was okay before 2-3 days, then he developed ringing type of sound in left ear, therefore for relief patient has come to OPD.

**General examination**

- ❖ PR = 78/min
- ❖ BP = 130/80 mm of Hg
- ❖ RR = 18/min
- ❖ P/A = Soft, No tenderness
- ❖ CVS = No murmur, S<sub>1</sub> S<sub>2</sub> normal
- ❖ CNS = Conscious, Oriented
- ❖ RS = Clear, No abnormality
- ❖ Mala = Samyaka
- ❖ Mutra = Samyaka
- ❖ Jivha = Niram

**Past history**

No H/O – any disease illness.

**Treatment / Surgical history** – No any H/O any treatment or surgery.

**Ear examination**

No any deformity in external, middle ear, auditory canal, tympanic membrane.

**Management**

In this study, *Sarshapa Taila Karnapoorana* is used in the management of *Karnanada* [Tinnitus] in the left ear. This *Sarshapa Taila* is mentioned in *Bhaishajya Ratnawali* for *Karnanada*. *Sarshapa Taila* having *Katu*, *Tikta Rasa*, *Laghu*, *Snigdha Guna*, *Ushna Virya*, *Katu Vipaka*, *Kaphavataghna* properties. It is having *Kandughna*, *Krumighna*, *Kushthaghna* action.<sup>[8,9]</sup>

***Sarshapa Taila***

Drug	Latin name	Family	Rasa	Guna	Virya	Vipaka	Doshakarma	Prayojyanga	Karma
<i>Sarshapa</i>	Brassica juncea	Cruciferae	<i>Katu Tikta</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavataghna</i>	<i>Beeja</i>	<i>Kandughna Krumighna</i>
<i>Tila Taila</i>	-	-	<i>Madhura</i>	<i>Sukshma Vyavayi</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Param Vatahara Kaphapittaghna</i>	-	<i>Twachya Balya Keshya</i>

***Karnapoorana Vidhi*<sup>[10]</sup>**

In *Karnaroga*, putting liquid extract of medicinal plants in ear is known as *Karnapoorana*. It helps in reducing several *Shiroroga*.

**Procedure**

- Right Lateral position was given to the patient.
- *Swedana* (Moist air fumes) was given to the effected ear.
- After *Swedana*, luke warmed *Sarshapa Taila* was taken.
- Put it in the left ear fully. (Instillation)

**Duration**<sup>[11]</sup>

- 100 *Matra*.
- Time taken for pinching hand all around knee is called as 1 *Matra*.

**OBSERVATIONS AND RESULTS**

The effect of treatment on ringing sound in the left ear is as follows;

	Symptoms	Before treatment	After treatment
VAS Scale	Ringing sound in the left ear	10	3

**Gradations of symptoms** - 1 - 3 = Mild, 4 - 6 = Moderate, 7 - 10 = Severe

*Sarshapa Taila* helps to reduces *Vata Dosha*. *Shotra* [Ear] is the place for *Vata Dosha*. In this case study, *Sarshapa Taila Karnapoorana* is given for 7 days of study and it shows effective in the management of *Karnanada*.

**DISCUSSION**

*Sarshapa Taila* is mentioned for *Bhaishajya Ratnawali* for *Karnanada*. It has *Krumighna*, *Kandughna* properties and also having action over *Pitta*, *Rakta Dosha*. *Sarshapa* has *Katu*, *Tikta Rasa*, *Katu Vipaka* and acts on *Vata & Kapha Doshas*. *Karnapoorana* helps to remove toxins from the ear, helps for vasodilatation and reduces *Vata Prakopa* and responsible for hearing loss.

**CONCLUSION**

*Sarshapa Taila* has Antimicrobial, Analgesic, Anti-inflammatory properties helps to heal complaints of *Karnanada*. In this case study, *Sarshapa Taila Karnapoorana* is given for about 7 days of treatment. In conclusion, *Sarshapa Taila Karnapoorana* is significantly effective in the management of *Karnanada* w.s.r. to Tinnitus.

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