

A COMPREHENSIVE REVIEW OF KARNASHULA ROGA AND ITS AYURVEDIC MANAGEMENT W.S.R. TO OTALGIA

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ABSTRACT

Ear disorders have a wide range of sharing in a load of global illnesses, and their incidences with a continuous hike and difficulty can be contributed to the obscure understanding of the cause, including their action mechanisms in the generation of ear disease pathology. *Karnaroga Nidan, Samprapti* and its management has been well theorized in *Ayurvedic* classical textbooks. In *Ayurvedic* classics, *Karnashula* is described as one of the 28 *Karna rogas* in which there is severe ear ache mainly due to *vataparakopa*, called *karnashula*. It is also the most common symptoms in all types of *Karnaroga*. *Acharya Vagbhata* has described 5 types of *Karna shoola* depending upon the dominance of *Doshas* namely *Vataja, Pittaja, Kaphaja, Tridoshaja*, and *Raktaj Karnashula*. In Modern science, it can be correlated with the

disease Otagia. Otagia is the condition of ear ache, not a disease but in the majority of aural diseases, it is found as a symptom only. It is very uncomfortable and increases in lying down position when blood supply increases to the ear. The main treatment for *Karnashula* is *shaman aoushadi proyog* and *Karnapoorana*. *Dosha shamak ayurvedic* drugs are used for *shaman aoushadi* and *Karnapoorana* according to the *doshik* type of *Karnashula*. Other treatments like *Karna dhavan, Karna Dhoopan, Nasya, Ghrita sevana*, and *Gandusha* also are useful in the *Karnashula roga*.

KEYWORDS: *Karnashula*, Otagia, Ayurvedic Management, *Bhesaja Proyog*.

INTRODUCTION

Shalakyatantra is a part of *Ayurveda* which deals with disease of sense organs. *Shravanendriya* is one among the five sense organs and its *Adhithana* is known as *Srotra*. In *Ayurvedic* literature the *Karna* is the seat of *Shravanendriya*, the functional aspect of aspect of hearing. The main function of ear is the perception of sound, along with function of hearing. It maintains the equilibrium of body.

Ayurveda being the science of life deals with the detailed description and management of *Karnarogas*. *Karnashula* is one of the most common conditions of ear diseases. According to *Sushruta*, out of 28 types of *Karnaroga*, *Karnashula* is 1st and most important *karnaroga* cause due to *Vata dosha* mainly.^[1] *Acharya Vagbhata* has also described the 5 types of *Karnashula* according to the vitiation of *dosha*. Pain, heaviness, itching, and discharge in the ear are the common symptoms of *Karnashula* depending upon the *doshik* condition.^[2]

Acharya Sushrut has defined, *Karnashula* as the severe pain in the ear caused due to *Vata dosha*, and this *Vata* gets aggravated then obstructed by the other *dosha*, and *dushya* results in *Karnashula*.^[3] According to the different types of *dosha* involved, *Karnashula* is also 5 different types.^[4]

1. *Vataja Karnashula*:^[5] *Jalakrida* (indulging in water sports), *Pratishyaya* (common cold), pricking the ears inside, and *Mithyayoga* of *Shabda* (hearing improper sounds) are the common causes of *Vataja* type of *Karnashula*. Due to all the above causes. *Vata* gets aggravated, localized in the veins of the ear, and produces pain.

Lakshan- *Karnashula* and *Ardhavabhedaka* (Earache with pain in half portion of the head), *Sthambha* (rigidity of the neck and head), aversion to cold, pus formation after a long time, when ripe, exudes little quantity of lymph, the ear feels empty sometimes blocked and sometimes open without any reason.

2. *Pittaja Karnashula*:^[6] *Pittakara ahara* and *vihara* like *ati ushna-tikshna ahara*, *Vidahi bhojana*, etc. causes *pittaja karnahoola*.

Lakshan- Severe type of pain, *Daha* (burning sensation), *Santapa* (local warmth), *Aashupaka* (ripens quickly) *Prapakva Sapitalasika sruti* (and afterripening exudes yellow colored lymph that is *lasika*), Where this fluid comes in contact with all the surrounding places, ulceration, and suppuration of that parts.

3. Kaphaja Karnashula:^[7] *Kapha prakopaka ahara vihara* causes vitiation of *Kapha* which gets obstructed in the ear and causes earache.

Lakshan- *Shira, hanupradesha* and *griva gauravata* (Feeling of heaviness in the head, lower jaw, and neck), *Manda Karna ruja* (mild pain in the ear), *Kandu* (itching), *Shwayathu* (swelling), *Ushna sevana ichha* (desire for warm comfort are present), *Shweta-ghana-struti* (after ripening there is the discharge of white thick exudates).

4. Raktaja Karnashula:^[8] *Abhighata* (Trauma) is the main cause of *Raktaja Karnashula*.

Lakshan- Same as *Pittaja Karnashula* with slightly more troublesome symptoms. Pain is more severe than *Pittaja Karnashula* like a cutting pain.

5. Sannipataja Karnashula^[9]

Lakshan- symptoms of all the 3 doshas together, pain is as per vitiated doshas, swelling, fever, severe pain, the desire of hot and cold alternately, impairment of hearing, discharge is white, whitish black, and red, thick pus flows.

Otalgia

Earache that is a pain in the ear can be severe, constant, penetrating, intermittent, or deep depending upon the cause.^[10]

- Causes of External ear: Furuncle in auricle or auditory canal, Impacted wax, foreign body, Tumours.
- Middle ear causing ear pain: Acute otitis media, Trauma, Chronic otitis media associated with complications.
- Referred pain causing Otalgia: Dental cause referred through trigeminal nerve e. g. impacted tooth, carious tooth, gum infection. The common source of otalgia due to faulty mastication or incomplete eruption of the molar teeth. Due to acute tonsillitis, peritonsillar abscess, post-tonsillectomy operation, Malignancy, etc.^[11]

AIM

To review and study the ayurvedic concept of *Karnashula* and its *Ayurvedic* management with special reference to Otalgia.

MATERIALS AND METHODS

In this review article, information from different *ayurveda* classical text and modern textbooks in the view of definition, aetiology, patho-physiology, sign and symptoms and

available treatment options as per the stage of this disease and a gist of contemporary texts of *Ayurveda* related to *Karnashula* (Otalgia) have been documented to understand the ayurvedic approach of *Shaman Aoushadhi* and *Karnapoorana chikitsa* towards the management of *Karnashula*.

RESULTS

According to *Acharya Charaka*, in *Karnashula*, *vata* alleviating treatment suggested for *Beshaja payoga*, ointment application, ear drops, and inhalation therapy are beneficial. The line of treatment of *Karnapaka* and *karnasrava* also can be adopted. *Pathya Ahara* and ear drops are used in *karnashula* depending upon the doshik involvement.^[12]

Vataghna drugs made with *sarshapa taila* can be used for *Karnapoorana*. *Sarshapa* is *laghu*, *ushna*, and *tikshna guna* thus helping in reducing the *Vata prakopa* results in reducing the pain in *Karnashula*.^[13]

Ayurvedic formulation used as ear drops

1. Bilwadi Taila
2. Kshar Taila
3. Devdarvadi Taila

Ayurvedic formulation used as *Shaman Aoushadi*

1. *Sarivadi Vati*(*Karna Rogadhikar*)
2. *Naradiya Laxmivilas Rasa*
3. *Praval Pisthi*
4. *Dashamula Kwath*

Vataja Karnashula chikitsa^[14]

- ***Snehana-swedana***- *Snehapana* at night, *Manmsayukta bhojana*, *swedana* after *snehapana*.
- ***Karnapoorana***: with *Bilwadi Taila*, *Dipika taila*, *Devadarvyadi taila*, Any *Mutra* from *Astamutra*, *Chatusneha* (*Ghruta*, *Taila*, *Vasa*, *Majja*) +*Amla rasa yukta* drugs, *Vataghna* drugs.

Pittaja Karnashula chikitsa^[15]

Snehana with *ghritapana*, *swedana* is not advised.

1. *Kakolyadi gana* + *milk siddha taila*

2. *Madhu+Yashti+dhamasa+Chandan siddha taila.*

3. *Tiktak ghrita,*

4. *Aja mutra+saindhava+Koshna jala*

***Kaphaja Karnashula chikitsa*^[16]**

- ***Snehan-*** *Snehan with Pippali siddha ghrita*
- ***Swedana-*** *Ruksha sweda*
- ***Karnapoorana:*** *Lashuna swaras, Adraka swarasa with Ishat ushna jala, Sarshapa taila.*

***Raktaja Karnashula chikitsa*^[17]**

- Same treatment should be follows as pittaja Karnashula.
- Raktamokshana should be done by siravedha for immediate relief.

***Sannipataja Karnashula chikitsa*^[18]**

- ***Karnapoorana-*** *Karnapoorana can be done with Shyonaka taila for better relief.*

DISCUSSION

The word *Karnashula* means pain or discomfort in the ear which can be from the external ear or middle ear and rarely from the internal ear or due to referred pain. *Karnashula* can occurs mainly due to *Pratishyaya*, *Jalakrida* and other *nidanas* described by our *Acharyas*. *Vata* and *Kapha* gets proactive which results in the vitiation of *doshas* and leads to the accumulation of *dosha* in the ear (external auditory canal). *Agantuja nidana* like water entry in the ear during bath or swimming, scratching of ear causes dosha prakopa which leads to local *twaka* and *mamsa dhatu dushti* which responsible for pain, itching, discharge from the ear. *Karnashula* can be correlated to Otalgia which is a common clinical entity in ENT clinics. In *Ayurveda*, *Shaman aoushadi prayoga* and *Karnapoorana* is the most effective treatment for *Karnashula*.^[19]

CONCLUSION

Karnashula is one of the major symptoms and disease among the 28 *Karnarogas* and it is commonly seen as a symptom in most *Karnarogas*. *Acharya Vagbhata* has described 5 types of *Karnashula* according to the *doshik* predominance. *Vataja Karnashula* is associated with mainly earache with *Ardhavabhedaka*. Severe pain in the ear, *Daha*, and *Paka* are specific *Lakshana* of *Pittaja Karnashula*. Slight ear pain with more *kandu* and *gauravata* is the main sign of *kaphaja Karnashula*. Symptoms of *Raktaja Karnashula* are the same as *pittaja* but

more severe and *Sannipataja Karnashula* involves symptoms of all doshas. *Shaman Aoushadhi prayoga* and *Karnapoorana* is the first-line treatment for the management of any type of *Karnashula*. *Sariwadi vati*, *Naradiya laxmivilas rasa* are commonly used for *shaman aoushadhi* and *Sarshapa taila* is commonly used for *Karnapoorana* for immediate relief of pain in *Karnashula Roga*.

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