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AYURVEDIC MANAGEMENT OF KARNANAAD W.S.R. TO TINNITUS: A CASE STUDY

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ABSTRACT

Ayurveda helps to improve quality of life by prevention and treatment of disease. Proper functioning of all Dhyanendriya (sense organs) is important for the healthy lifestyle. Ear is a site of Karna Indriya, which helps in perception of sound. In Ayurveda various disease of ear are described in Ayurved Samhitas. Karnanaad is one among the 28 Karnarogas described by Acharya Sushrut. The symptoms of Krananaad can be correlated with Tinnitus disease described according to Modern science. Incidence of tinnitus increases with age. It affects 5% of individuals 20-30 years of age, 12% of individuals above 60 years of age. It affects the quality of life of an individual. Tinnitus occurs due to vitiation of Vata dosha. In the present case study patient was treated with Vata Shamana and Bhruhana chikitsa. Treatment helps to relieve the symptoms of karnanaad up to 80%.

KEYWORDS: Karnanaad, Tinnitus, Vata Shamana, Bruhan.

INTRODUCTION

Ayurveda maintains health of a Swastha person and treat the Aatur i.e. diseased person.[1] Also Prasanna aatm indriya is a term maintained in the definition of healthy person. Here Indriya means senses I.e. Eye, ear, Nose, Tongue etc which are above clavicale and are

described in a branch of Ayurveda called Shalakyatantra.[2] If the function of these senses get obstruct it will lower the quality of life.

As per Aacharya Sushruta, Karnannad is explained in the Karnarogas. In Karnanaad different sounds are heard by a person in the ear.[3]

Causative factors for Karnaroga

Causes of Karnanaad are not maintained separately in Ayurveda. But common cause of Karnaroga are described by Acharya Sushruta. Avashyay (Rhinitis, exposure to cold weather), Jalkrida (swimming,) Karnakandu (scratching of ear), Mithya yoga of Shabda and Shashtra (exposure to excess sound, excess or wrong use of instruments in ear) theses all will lead to various Karnaroga.[4,5]

Samprapti

Due to various reasons Vata dosha will get aggravated and this Vata dosha will travel through Vikruta karna strotasa. Which causes Vimargagaman (diversion) of Vata dosha and Stansanshraya (stagnation) in shabdavahana Nadis. This will cause the various sounds in ear.[6]

Symptoms of Karnanaad

Purvarupa of karnanada is not mentioned ayurved samhita. The symptoms of karnanaaada is hearing different sounds like Bheri, Mrudand, Shankha (musical instruments) in the ear.[7]
The karnanaad vyadhi is a Sadhya vyadhi (Treatable disease).[8]

Treatment

In Karnanaad as there is Aggravation of Vata Dosha Vata shaman chikitasa is done. As per Acharya sharangdhar Bhruhan Nasya is advisable with Anutail, Narayan Tail, Mashadi Tail or Medicated ghee with Vataghna drugs.[9] Acharya Yogratnakar has advised Karnapooran with Apamarga kshartail in Bhadhirya and Karnanaada.[10] As Acharya Sushruta, treatment of Karnanaad is according to the treatment of Vataj Karnashool.[10]

The treatment for vataja karnashool is Snehan with Snehapana and Abhyanga, Bashpa Swedan with medicated decoction of vataghna drugs, Snehavirechan with Earand tail etc then again Nadi Swedan is done. Also ghee intake after meal, shrirobasti, nasya and karnapooran is advised in karnanaad.[11]

The symptoms of karnanada co-related with the symptoms of tinnitus.

Tinnitus is described as the ringing sound in the ear. The main feature of the tinnitus is that the sound comes or originates within the patient. Usually occurs unilaterally but may affect both ears. It can vary in intensity. Sounds heard by patients are of different types like ringing, rustling, clicking, hissing type of sounds. It causes more discomfort at night time when the surrounding is silent and the masking effect of environment is absent.[12]Tinnitus occurs due to disturbance of the auditory mechanism or its central connections. Peripheral tinnitus may be subjective or objective. It can be unilateral or bilateral.[13]

CASE REPORT

A 69 year old male patient came to the Shalakyatantra OPD at DMAMCHRC, Nagpur with the complaints of ringing sound in left ear since last 3 years and associated with mild reduced hearing in left ear, generalized weakness.

Patient is a known case of hypertension and receiving regular anti-hypertensive treatment, Tab Amlodipin 5mg once a day since last 5 years.

No history of other metabolic disorder, neurological, psychological disease or any other major illness. No History of ear pain, any discharge, Tympanic membrane perforation, vertigo, trauma, since last 5 years ototoxic drug intake or any other ENT diseases.

Occupational History: History of working in factory.

Examination

General – Patient's general condition was good, well oriented, pulse was 78/Min, BP was 130/80 mmHg, Respiratory rate was 22/Min, Temperature was 98F.

Local – Ear – Both ear pinna, external auditory canals, pre and post auricular areas were normal. Tympanic membranes were intact with normal cone of light.

Hearing Tests were done

Rinne's Test – Right ear - AC>BC

Left Ear – AC>BC

Weber's Test – Sound was lateralized to right ear.

ABC Test – Reduced bilaterally.

Nose, Throat and Oral cavity were normal

Management

Tinnitus was caused by imbalance of Vata Dosha. [14] So, treatment Plan for the patient was to achieve balanced Vata dosha. As patient was old age and it was Dhatukshay janya vitiated Vata dosha. Snehana, Bruhan Nasya and Vata shaman chikitsa was advised to the patient.

MATERIAL AND METHOD

1. Karnapooran with Bilwadi tail
2. Bruhan nasya with Anutail
3. Shaman Aushadh –

A. Aamapachak vati 2 tablet after food twice a day for first 3 days.
B. Sarivadi Vati 2 tablet after food twice a day.
C. Sarswatarishta (10ml with equal water, twice a day)
D. Triphala Ghruta paana (1 TSF with Luke warm water at morning time)

Follow up – Patient was asked to give follow up after 7days after every setting of Nasya and karnapooran.

Procedures

Nasya – Bruhan Nasya was described in the treatment of karnanaad.[15] The process in which medicated liquids or oils are poured inside the nose is called as nasya.[16] It is the most important and special treatment modality which helps in the management of all Urdhwajatrugata diseases.[17]

Nasya was done in patient with the following steps,

Purvakarma[18]

- Patient was asked to lie down on nasya table in supine position with slight head low position.
- Eyes of patient should be covered with cotton or cloth
- Snehan (Massage) of shir, lalat, kapol was done with Luke warm til tail.
- Swedan (Hot fomentation) of Gal, Kapol, lalat was done with hastaswed.

Pradhankarma[19]

- Tip of nose of a patient was raised with left thumb and with the right hand Luke warm Anutail was poured inside the each nostril one by one.
- Matra – 8 bindu anutail in each nostril was administred.

Paschatkarma

- Patient was asked to keep calm and quite after for some time and the patient's ear, forehead, neck, shoulder, palm and feet were gently massaged.[20]
- Patient was advised to spit out the excess amount of kapha dosha came into the throat. Gandush with Triphala kwath was done to expel out excess kapha dosh.[21]
- Signs and Symptoms for hinyoga, atiyoga or samyak yoga of nasya were observed.
- Signs and symptoms of Samyak nasya were observed, feeling of lightness in head, all channels of body were clear and opened, all senses were stars functioning properly.[22]

Bruhan naysa with anutail was administered to the patient for 7 days in the morning time and 7 days gap. Total 3 setting of nasya were done with 7 days gap in between each setting. As nasya gets habitual if done more than 9 days so we had taken a gap in between each setting.[23]

Karnapooran[24,25]

Karnapooran is a procedure in which ear is filled with Luke warm mutra, medicated oil, swaras for the treatment of various vyadhis. It is described for the treatment of various karnaroga as per Acharya Vagbhat and Acharya Sharangdhar.

Acharya charak had described that those who do daily practice of Karnapooran does not suffer from Vataj karnaroga, Badhirya (Deafness), Manya roga and Hanu roga.[26]

Procedure

Purvakarma

- Patient was asked to lie down on bed on right lateral side.
- Massage (Vimardan) of the pinna, surrounding area of ear was done with luck warm oil.
- Hot fomentation (Swedan) around the ear was done.

Pradhankarma

- Bilwadi tail is warmed by keeping it in the hot water.

- Pinna is pulled of straightened the external auditory canal.
- Luke warm oil is poured drop by drop into the left ear until the ear can fills up and retained in ear for 100 matra.
- Dharankala:
- In painful condition – Till pain subsides.
- In swashta - The medicated oil is retained in the ear for 100 Matra which is approximately 5 minutes.

Pashchatkarma

- The excess oil is taken out and external acoustic canal is cleaned with dry cotton.
- Gandush with Triphala Kwath was done.

Karnapooran with Bilwadi Tail was administer to the patient for 7 days in the Evening time after sunset[27] and then 7 days gap was given. Total 3 settings of Karnapooran were done with 7 days gap in between each setting.

The administration of Bilwadi tail which is helpful in treatment of Bhadhiya and it is a Shehan dravya. So, it helps in the elimination of Vata dosha.

RESULT

Follow up of patient was taken. After every setting of Nasya and Karnapooran patient shows slight improvement. After complete treatment of 3 settings of Nasya and Karnpoorana and internal medicine, patient came for follow up. Patient told that he had approximately 75-80% relief. The intensity of ringing sound in ear has marked reduction which provides comfort to the patient.

Probable Mode of Action

1. **Nasya with Anutail:** The cause of tinnitus in this case was aggregation of Vata dosha and age related Dhatukshaya (Degeneration). Anutail Nasya is a Bruhan Nasya which helps in elimination of Vata. Content of Anutail is Til tail which is best for vatashamana and Bruhan.[28,29]

2. **Karnapooran with Bilwadi tail:**[30] The contents of Bilwadi tail are Apakwa Bilwa phala majja, Aja ksheer, Gomutra, Til tail.

Bilwa have Madhur, Laghu, Sheeta, guna and Madhur vip aka.[31] Aja ksheer has is Madhur and have Sheet potency.[32] Til tail is best for Bala Vardhan and Snehan.[33] This helps in Vata shaman and Bala Vardhan which reduces the symptoms of tinnitus.

3. **Sarivadi vati:** It is Ayurved preparation described in Bhaishjya Ratnavali. Contents of sarivadi vati are Sariva, yashtimadhu, Triphla, Guduchi, Jaturjat, Abhrak Bhasma, Loha Bhasma etc.[34] It helps to reduce Karnaroga. The content of sarivadi vati are Vata and kapha shamak.

4. **Sarswatarishta:** It is described in Bhaishjya Ratnavali which contains Bramhi, shatavari, Vidarikanda, Ardrak, Sauf, Trivrut, Pippali, lavang, Vekhand, Kushtam, Ashwagandha, Bibhitaka, Guduchi, Ela, Vidang, Twak, Suvarna. The contents have Vata Pitta shaman and Bruhan properties. It has Ohovardhak(Immunity booster), Balvardhak properties. It helps to improve memory and hearing capcity. It specifically works on Vatavah nadi.[35]

5. **Triphla Gruta**[36] It is Sneha dravya and has Rasayan properties. It is helpful in nourishment. It helps to slow down the degenerative changes causing Vata agrrevation.

DISCUSSION

In modern medicine there is no permanent cure for Tinnitus. In Ayurveda, among the various 28 Kranaroga described by Acharya Sushrut we can co-relate symptoms of Karnanaad with Tinnitus.

Karnanaad is a disease caused due to vitiation of Vata dosha. This aggravated Vata goes through Vikrut Strotasa (Distorted Channel - Ear) and get deviate which then get stangnant in Shabdhavaha nadi. These results in various sounds in ear like Bheri, Nrudang, Shankha etc (Sound of instruments) without any reason.

In Ayurveda there are many procedures like Panchakarma, Local Kriyakalpa are described for the treatment of various disease. These helps in shodhan of sarvadehik and sthanik Dosha. Bruhan nasya and Karnapooran helps to eliminate aggrevated Vata dosha, which helps to reduce the symptoms of Karnanaad.

Also there is Vardhakyajanya Dhatukshya which can be the cause of Karnannad. So, for that Snehaan and Rasayan dravya Triphala Ghrut was given which also acts as antioxidant.

CONCLUSION

In this case study, patient had symptoms of ringing sound in left ear since last 3 years and associated with mild reduced hearing in left ear, generalized weakness.

We had given Vata Shaman and Bruhan chikitsa to the patient. Patient was treated with Nasya with Anutail which helps in Vata Shaman and also Bruhan in nature. Karnapooran with Bilwadi tail helps in Sthanik Vata shaman and Balavardhan, also helps in age related deafness. Shaman medicine given internally was Sarivadi vati, Sarswatarishta and Triphla grut. Sarivadi vati helps in Karanaroga treatment. Sarswatarishta and Triphla grut help to reduce the vitited Vata and and also works as Rasayana. The patient gets relief in the symptoms of Karnanaad around 75-80% after the above treatment.

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