

ROLE OF KARNAPOORANA IN KARNAROGA

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ABSTRACT

Ayurveda a rich science with different kinds of management techniques. In *Shalakyatantra* there are so many general and local procedures are described. *Karnapoorana* is one of the important procedures in *Uradhavajatrugatavikara*. *Karnapoorana* means filling the ear with medicated *Taila* or medicated liquid. Its not only used to cure the disease but a part of healthy living. *Karnapoorana* not only cures the aliment but is also helpful in maintaining well being of ear, neck and head. In *Ayurveda* *Vata* is considered important among there basic *Dosha*. *Vata* is best treated with *Snehana* processes. The *Snehana* grossly divided into *Bahya* and *Abyantara Chikitsa*. *Karnapoorana* is very important in healthy individuals as it is described as part of

Dincharya.

KEYWORDS: *Karnapoorana*, *Uradhavajatrugatavikara*, *Bhruhatrayei*, *Dincharya*, *Snehana*.

INTRODUCTION

Karnapoorana is made up of two words *Karna* and *Poorana*. *Karna* means ear and *Poorana* means filling, so it is a process in which *Karna* filled with medicated *Taila* or medicated liquid for treatment of various *Vyadhi*.

INDICATIONS

Different diseases related to ear, head and cervical spine may be effectively treated by the *Karnapoorana* / *Karnatarpana*.

Karnashoola – Pittarka Swarasa, Bastamutra, Shrungaber Swarasa, Dipika Taila, Shonyak Taila etc.

Karnanad – Yashtivasa Yoga, Swarjika Taila, Apamargakshar taila etc.

Karnanadi- Shambook Taila

Karnastrava- Panchakashay Yoga

Putikarna- Amaradi Taila

Karnakitaknashak- Haritaladi yoga, Shigrumool Swarasa, Sadhyo Madhu, Sadhyo Hingu etc.

CONTRAINDICATIONS

In the condition like perforated tympanic membrane, csom, cholesteatoma *Karnapoorana* should not be performed.

TIME AND DURATION OF KARNAPOORANA

Time divided according to the substance used. If *Karnapoorana* is performed with *Sneha Dravya* then it is performed after *Suryasta*. When *Swarasa* and *Mutra* to be used then it is performed in the morning before taking meal.

Duration of *Karnapoorana*

100 *Matrakal* – *Karnaroga*

500 *Matrakal* – *Kantharoga*

1000 *Matrakal* – *Shiroroga*

In painful conditions duration is until pain resides.

PROCEDURE OF KARNAPOORANA

It is divided into three parts i.e *Poorvakarma*, *Pradhankarma*, *Paschatkarma*.

Poorvakarma

This part includes the preparation of the individual and collection of necessary material.

Material required: *Abhyanga* table, medicated *Taila*/ medicated *Swarasa*/*Mutra*, dropper, cotton, cotton buds, stove/gas, towel etc.

Preparation of the patient includes instruction about the procedure, massage of pinna, the surrounding area of the ear, head and neck. Indications and contraindications of procedure should be kept in mind while performing the procedure.

Pradhanakarma

Position of the patient: *Karnapoorana* is performed in lying down position. If *Karnapoorana* is performed in the right ear then the patient should lie down in the left lateral position.

Fomentation of the ear performed. The ear of the patient is straightened and the lukewarm *Mutra/Swarasa/Taila* is poured in the ear. It is kept in the ear according to the duration given for specific diseases. After removing the drug massage is performed in the ear and around the ear.

Pashchatakarma

After completing the process ear is cleaned with the help of cotton/cotton buds, massage around the ear is done. Same procedure is to be performed in another ear.

MECHANISM OF ACTION

Karnapoorana is preventive as well as curative treatment modality. The preventive action of *Karnapoorana* is based on *Vatashamaka* and *Balya* property of it. Most of the diseases of the ear like tinnitus and deafness are caused by *vata doshaprakopa*. *Karnapoorana* helpful in *Vatashamana* due to the use of *Snehana Dravya* in it, so it prevents these diseases.

Another problem is that happens with aging is again *Indriyadaurbalya* i.e. decreased listening power, hyperacusis etc are due to *Vata Dosha* predominance in old age. *Karnapoorana* provides nutrition to the local *Nadi* and also helpful in *Vatashamana*.

In *Samhitas* special *Dravya* indicated according to *Vyadhis* for *Karnapoorana* which causes *Doshanirharana* and *Doshashamana* simultaneously. e.g. in *Karnashoola Dipika Taila*, *Shonyak Taila* etc. In *Karnanada Swarjika Taila*.

These preparation lead to cure of ailments as they remove Mala and causes *Doshashamana* due to their specific properties.

CONCLUSION

Karnapoorana is one of the important procedures performed in the ear diseases. In this era, prevention is given prime importance because in this era lifestyle i.e., excessive use of electronic devices, earphones thus weakening sense organ that also called *Atiyoga* of *Shotra* in *Ayurveda*. *Karnapoorana* prevents these early changes in the ear. *Karnapoorana* is

important because it acts in all three aspects of the diseases that is Prevention, *Shodhana* and *Shamana*. It removes *Malasanga* and cleaning of *Strotasa*. It also provides *Balya* property of drugs used. *Karnapoorana* is easy to perform and economical also. Its major benefits are that no hospitalisation required, less instrumentation, no allergic reaction and intolerance.

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