

## AYURVEDIC APPROACH TOWARDS MANAGEMENT OF TINNITUS – A CASE STUDY

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### ABSTRACT

Though tinnitus is not a disease entity by itself, but is highly annoying. It disturbs a person's concentration, daily activities and sometimes sleep, affecting their mental and social health. The etiology of the condition is poorly understood as well. Various modalities are adopted to improve quality of life but there is no cure for chronic tinnitus. In Ayurveda, *Karna nada* is a *Vata pradhana roga*, in which patient hears various sounds like that of *Shringara*, *Krouncha*, *Manduka*, *Kaka*, etc. The line of management in *Karnanada* is *Snehana*, *Svedana*, *Snigda virechana*, *Karna purana*. In this case report, a 40 year old male patient approached the OPD with ringing sound in both ears since 5 months. After thorough examination, the case was diagnosed as *Karnanada* and treated with *Sarivadi vati*, *Ashwaganda churna* and *Goghrita* internally, along with *Nasya* with *Anutaila* followed by *Karnapurana* with *Ksheerabala taila*. The patient had significant improvement.

**KEYWORDS:** Tinnitus, *Karna nada*, *Nasya*, *Karnapurana*, *Sarivadi vati*.

### INTRODUCTION

Tinnitus stands for the perception of sound which has no external stimulus.<sup>[1]</sup> A survey found the prevalence of tinnitus to be 6.7% among the Indian adult population, and most of the participants 76 (76%) reported that their tinnitus is of intermittent nature.<sup>[2]</sup> Though it may be mild in some cases, it produces massive disturbance like anxiety, depression, difficulty in hearing, interference with daily activities and sleep and so on. In contemporary medicine, though there is no cure for chronic tinnitus, there are various modalities of management to

improve one's quality of life. In Ayurveda, *Karna nada* is one of the *karna rogas* mentioned in both *Sushruta Samhita*<sup>[3]</sup> and in *Ashtanga Hridayam*. It's a *Vata pradhana roga* in which patient hears various sounds in the ear.<sup>[4]</sup> Various treatment modalities have been mentioned for *karna nada* like *Snehana*, *Svedana*, *Sneha virechana*, *karnapurana*, etc.<sup>[5]</sup>

## CASE REPORT

A 40 year old male patient approached the *Shalakya tantra* OPD of Government Ayurveda Medical College, Bengaluru on 18/10/2024 with complaints of ringing sound in both ears since 5 months.

The patient gradually developed ringing sound in both ears disturbing his daily routine. It was not associated with hearing loss, vertigo, hyperacusis, malaise, etc.

No history of head trauma/prolonged noise exposure.

## EXAMINATION

	RIGHT EAR	LEFT EAR
Pinna	Normal	Normal
EAC	Clear	Clear
Tympanic membrane	Intact	Intact
Rinne's test	AC>BC	AC>BC
Weber's test	No lateralisation	No lateralisation

## ASSESSMENT CRITERIA

### TINNITUS FUNCTIONAL INDEX<sup>[6]</sup>

Question	Score before treatment	Score after treatment
1. What percentage of your time awake were you consciously AWARE OF your tinnitus?	5	2
2. How STRONG or LOUD was your tinnitus?	3	1
3. What percentage of your time awake were you ANNOYED by your tinnitus?	5	1
4. Did you feel IN CONTROL in regard to your tinnitus?	1	1
5. How easy was it for you to COPE with your tinnitus?	6	1
6. How easy was it for you to IGNORE your tinnitus?	6	0
7. How much did your tinnitus interfere with your ability to CONCENTRATE?	5	1
8. How much did your tinnitus interfere with your ability to THINK CLEARLY?	2	1

9. How much did your tinnitus interfere with your ability to FOCUS ATTENTION on other things besides your tinnitus?	2	1
10. How often did your tinnitus make it difficult to FALL ASLEEP or STAY ASLEEP?	0	0
11. How often did your tinnitus cause you difficulty in getting AS MUCH SLEEP as you needed?	0	0
12. How much of the time did your tinnitus keep you from SLEEPING as DEEPLY or as PEACEFULLY as you would have liked?	0	0
13. How much has your tinnitus interfered with your ability to HEAR CLEARLY?	2	1
14. How much has your tinnitus interfered with your ability to UNDERSTAND PEOPLE who are talking?	2	1
15. How much has your tinnitus interfered with your ability to FOLLOW CONVERSATIONS in a group or at meetings?	2	1
16. How much has your tinnitus interfered with your QUIET RESTING ACTIVITIES?	3	1
17. How much has your tinnitus interfered with your ability to RELAX?	3	1
18. How much has your tinnitus interfered with your ability to enjoy "PEACE AND QUIET"?	4	1
19. How much has your tinnitus interfered with your enjoyment of SOCIAL ACTIVITIES?	4	1
20. How much has your tinnitus interfered with your ENJOYMENT OF LIFE?	3	1
21. How much has your tinnitus interfered with your RELATIONSHIPS with family, friends and other people?	2	1
22. How often did your tinnitus cause you to have difficulty performing your WORK OR OTHER TASKS?	1	0
23. How ANXIOUS or WORRIED has your tinnitus made you feel?	2	1
24. How BOTHERED or UPSET have you been because of your tinnitus?	3	1
25. How DEPRESSED were you because of your tinnitus?	3	1
TOTAL SCORE	27.6	8.4

**TREATMENT**

DAY	SEVERITY OF TINNITUS BEFORE TREATMENT - SCORE	TREATMENT GIVEN
18/10/2024- 20/11/2024	27.6	<i>Sarivadi vati</i> 2-0-2, A/F <i>Ashwagandha churna</i> 1 tsp, HS, with w.milk <i>Goghrita</i> 0-0-1tsp, B/F, with w.water
21/11/2024- 26/12/2024	24	<i>Sarivadi vati</i> 2-0-2, A/F <i>Ashwagandha churna</i> 1 tsp, HS, with w.milk
27/12/2024-29/12/2024	24	<i>Chitrakadi vati</i> 1-0-1, B/F
30/12/2024-05/01/2024	24	<i>Nasya with Anutaila</i> 12 drops, each nostril <i>Karnapurana</i> with <i>Ksheerabala taila</i>

**RESULTS**

TFI score after treatment of 8.4 from 27.6 shows that the patient had significant subjective improvement.

**DISCUSSION*****SARIVADI VATI*<sup>[7]</sup>**

Sarivadi vati is indicated in all karna roga.

***ASHWAGANDHA CHURNA***

Ashwagandha is *vata kaphahara, balya, rasayana, ushna* in *virya, tikta* and *Kashaya* in *rasa*.<sup>[8]</sup>

An investigative clinical study aimed to compare the efficacy of Gingko biloba and Ashwagandha combined with Caroverine in managing idiopathic tinnitus was conducted and results indicated that both treatment regimens led to significant reductions in THI score.<sup>[9]</sup>

***GOGHRITA***

*Goghrita* has been advised as a *Samanya karnaroga chikitsa*.<sup>[10]</sup> Acharya Vagbhata has also indicated *Ghruta* in *karna roga*.<sup>[11]</sup>

**NASYA**

Nasya is the gateway of medicine for all *Urdhva jatrugata roga*.<sup>[12]</sup>

Due to large surface area, high vascularity, avoidance of hepatic first pass metabolism and gut wall metabolism, it has occupied a very important place in the field of drug delivery technology.<sup>[13]</sup>

The *Nasya aushadhi* acts on higher brain centers that control many neurological, endocrine, and circulatory functions, reaching the brain via the nasal route and having both local and systemic effects.<sup>[14]</sup>

**ANUTAILA<sup>[15]</sup>**

*Anutaila* is *Tridosahara, indriya balaprada*.

**KARNAPURANA**

*Karnapurana* practiced regularly prevents *Vataja karnaroga, manyagraha, hanugraha, uchchai shruti, badhira*.<sup>[16]</sup>

**PROBABLE MODE OF ACTION<sup>[17]</sup>**

Cells in many tissues are protected from stress-induced apoptosis by the activation of heat shock proteins (HSPs). This protective effect is mediated at least in part by the chaperone activity of HSPs and by direct inhibition of apoptotic signaling pathways. In the inner ear, activation of the heat shock response improves the survival of hair cells exposed to ototoxic drugs. Similar action is brought about by the heat of medicine used in *Karnapoorana*. The heat generated by the warm oil after instillation causes pseudo congestion of vessels of tympanic membrane and thus enhancing drug entry into middle ear. Animal experiments show that the Round Window Membrane behaves like a semipermeable membrane. The permeability of the RWM can be influenced by the factors such as size, configuration, concentration, lipo-solubility and electrical charge of the substance, and the thickness and the condition of the RWM, thus probably absorbed oil from round window membrane nourishes the nerve terminals and thereby preventing degeneration.

**KSHEERABALA TAILA**

The continuous administration of this formulation prevents the release of abrupt electric discharges and improves the physical and mental condition of the patient. It has profound soothing and relaxing effect on mind.<sup>[18]</sup>

## CONCLUSION

*Karnanada* can be effectively managed through Ayurvedic approach. As this is a single case study, further exploration would provide a deeper understanding.

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