

**AYURVEDIC MANAGEMENT OF KARNANADA W.S.R. TO  
TINNITUS - A CASE REPORT****Dr. Yogesh Kumar Sharma\*<sup>1</sup> and Prof. Shamsa Fiaz<sup>2</sup>**<sup>1</sup>PG Scholar, Department of Shalakya Tantra, National Institute of Ayurved Jaipur, India.<sup>2</sup>Professor and Head, Department of Shalakya Tantra, National Institute of Ayurved Jaipur,  
India.Article Received on  
06 Dec. 2024,Revised on 27 Dec. 2024,  
Accepted on 17 Jan. 2025

DOI: 10.20959/wjpr20253-35345

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Institute of Ayurved Jaipur,  
India.**ABSTRACT**

Among the branches of Astanga Ayurveda is Shalakya Tantra. One of the Karnagata Rogas described in the Shalakya Tantra is Karnanada. In Shalakya's clinical practice, it is the most frequent complaint. The primary pathogenic variables in the Karnanada instance are vatadominant tridosha and raktapresents. Tinnitus and Karnanada can be connected. It is the state where, in the absence of outside stimuli, there is a perception of sound that seems to originate in the head. According to epidemiological data, this condition affects 38% of those under 40 and 68% of people over 40. This is a case study of male around 28 years old who complained of a ringing sound in her left ear for last 1 year at Shalakya Tantra OPD. Sound perception that seems to come from the head when there are no outside stimuli present. According to epidemiology, 38% of people under 40 have this ailment, and 68% of people have complained of a slight ringing sound in their right ear for the past year. His symptoms have worsened over the past

15 days, and He has also reported deafness disturbances. For 1 month the patient received oral Indu Vati and 14 days (between 7 days gap) the patient received Nasya and Karnapoorana with Dhanwantari 101Taila and Shirodhara with Bilwapachotyadi Taila. The patient's tinnitus symptoms significantly improved. After 45 days of follow-up, there was no recurrence. The results of the treatment demonstrate how well Ayurvedic treatments work to manage tinnitus.

**KEYWORDS:** Karnanana, Tinnitus Dhanwantari 101 Taila, Bilwapachotyadi Taila, Indu Vati.

## INTRODUCTION

Tinnitus is a common auditory condition characterized by the perception of sound, such as ringing or buzzing, in the absence of external stimuli. It can result from various factors, including exposure to loud noise, ear infections, age-related hearing loss, or underlying health conditions. The experience of tinnitus can vary significantly among individuals, affecting their quality of life, concentration, and emotional well-being.

*Karnanana* is one among the 28 *Karna Rogas* described in *Sushruta Samhita, Uttar Tantra* which is characterized by various types of hearing sounds. This disease can be correlated to Tinnitus on the basis of its signs and symptoms. Tinnitus is a ringing sound or noise in the ear of varying pitch or loudness which has been described as roaring, hissing, swishing type of sound. The specific characteristics of Tinnitus is that the origin of the sound is subjective and heard by the patient himself. Subjective Tinnitus is associated with many causes, but most commonly it is caused due to otologic factors which may also cause hearing loss.

In Allopathic science there is no effective treatment for this disease with the incidence of Tinnitus increasing day by day. Very few research works are available on *Karna Nada* in *Ayurveda* which has given the scope to conduct this research work. *Nasya* is an important procedure advocated in all *Urdhwa Jatrugata Vikaras* due to the fact that, *Nasa* is the gateway for *Shiras* which is a unique concept found only in *Ayurveda* which shows the importance of *Nasya* as an important route of drug administration to the head. *Karnapooran* is an important topical procedure recommended in *Karna Rogas*. Hence based on this concept, *Nasya Karma* and *Karna Pooran* with *Dhanvantari 101 Taila* was selected which is an important formulation having *Vata Shamak* properties and is recommended in *Karnanana* as it promotes *Indriya Tarpana*. *Shirodhara* is specially recommended in Nerve related disorders and in present study *Bilwapachotyadi Talia* was selected for *Shirodhara* which is *Vata Kapha Shamaka* and *Sroto shodaka* thereby clearing any *margaavarodha* which occurs in the pathway of *Vata*. *Shirodhara* provides soothing and relaxing sensation to the brain there by stimulating the sensory nerve endings and may thus promote a tranquilizing effect in Tinnitus.

**CASE REPORT**

Age- 28 years

Occupation-student

Sex-Male

Religion- Hindu

Consulted-Shalakya Tantra OPD of NIA Jaipur

**Chief complaints**

Complaints of ringing sound in the Left ear for the past  
1 year

**Associates Complaints**

Deafness in bilateral ear for past 1 year

**History of present illness**

The subject was apparently normal 1 year ago. Then He gradually developed ringing sound in the Left ear since a year. Later she noticed symptom has aggravated from past 1 month associated with deafness. She approached allopathic doctors, there ear drops and medicines were given still she didn't find any relief and with all complaints she came to our college hospital and approached the Shalakya Tantra OPD to get Ayurvedic Treatment.

**History past illness**

No history of Nasal allergy.

Not a known case of DM and Hypertension

**Personal history**

Diet: Vegetarian type of diet

Appetite: Moderate

Koshta: Madhyama

Micturition: regular and normal

Bowel habits: regular and normal

Sleep: Normal sleep

**Vitals**

Respiratory rate: 20/min

Temperatre: 98.5°F

Blood pressure: 120/80 mm of Hg  
Pulse: 82/min  
Physical examination  
Weight: 62kg  
Height: 172 cm  
Pallor: No pallor  
Lymphadenopathy: no lymphadenopathy

**Systemic examination**

CVS - Normal  
CNS – Normal  
RS – Normal  
GIT – Normal

**Examination of ear**

Pinna: Normal  
Pre and post auricular area: Normal  
External auditory canal: Normal  
Tympanic membrane: no discharge, no perforation, bilateral TM is intact  
  
Qualitative test for hearing by tuning fork  
Rinne's test - AC>BC (B/L)  
Weber's test - lateralized to Left ear  
The oral cavity proper, Larynx and Nose – Normal

**PTA TEST**

Right Ear – Mild CHL  
Left Ear - Mild SNHL

**Laboratory Investigation**

CBC- Normal  
RBS- 105.8 mg/dl

**Treatment modalities**

Nasya - with Dhanwantari Taila with proper Mukha Abhyanga and Swedana, 8 drops into each nostril for 14 days.( Between 7 days gap)

Karnapoorana - with Dhanwantari101 Taila after proper Karna Abhyanga for 14 days (Between 7 days gap).

Shirodhara- with Bilwapachotyadi Taila for 14 days (Between 7 days gap)

Indu Vati - 1bd with Amalaki swaras for 1 month.

## OBSERVATIONS AND RESULTS

After every follow-up patient reported comfort and improvement. After 1 month patient came for followup and explained that his problem is almost cured. He has 90% relief. His condition is improved with Deafness. Previously He has complaints of Deafnes in bilateral Ear, but now He is listned proper. He is asked to maintain healthy lifestyle and stay away from stressful situations

## DISCUSSION

Non-surgical, non-invasive and cost effective management of tinnitus is possible with the adoption of Ayurvedic procedures coupled with that of proper diet routine, code of conduct, and habit. Karna is one of the Adhistana of the Vata Dosha, and Acharya Charaka described Karnanada as a Vataja Nanatmaja Vyadhi. Karananada is caused by mostly vata-related elements. In the case of Karnanada, Sneha becomes the preferred therapy option to manage the elevated and localized Vata Dosha. One kind of Bahya Snehana is Karnapoorana. Since Dhanwantari101 Taila is made with Sneha and other Dravya that specifically work as Vatashamaka, it is a good Vatashamaka medicine. When used for Nasya, Dhanwantari101 Taila and Shirodhara with Bilwapachotyadi Taila is most beneficial for Vatashamaka and works well for neurological conditions like Karnanada. The greatest Shamanoushadi offered in all forms of Karna Roga is Indu Vati. After treatment PTA result is hearing sensivity with in normal limit.

The drugs used in this case study produced noteworthy outcomes.

## CONCLUSION

The potential of Ayurvedic procedures and medicines is yet to be exploited. Ayurveda is capable of playing a major role in combating tinnitus with deafness and subsequently in checking compromised quality of life without imposing any adverse reaction to the user. In the present case patient having symptoms of Karnanaada treated with Vata Shamaka Chikitsa. Nasya and Karnapoorana with Dhanwantari101 Taila and Shirodhara with Bilwapachotyadi Taila along with oral medications. In the modern era, people follow an

unhealthy lifestyle which is the cause of many disorders. Our environment where we live and where we work should be healthy. In the case of tinnitus noise-free places should be opted to work. Ayurvedic literature also mentioned that Atiyoga and Ayoga of Indriya should be avoided. Prevention should be given prime importance in the management of the disease.

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