

ROLE OF KARNPOORANA IN THE MANAGEMENT OF TINNITUS

¹*Dr. Komal Jain, ²Dr. Rishabh Sikarwal and ³Dr. Gulab Chand Bairwa¹PG Scholar, PG Dept. of Shalakya Tantra, Madan Mohan Malviya Govt. Ayurved College
Udaipur (Raj).²PG Scholar, PG Dept. of Shalakya Tantra, Madan Mohan Malviya Govt. Ayurved College
Udaipur (Raj).³Prof. and HOD, PG Dept. of Shalakya Tantra, Madan Mohan Malviya Govt. Ayurved
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*Corresponding Author

Dr. Komal Jain

PG Scholar, PG Dept. of
Shalakya Tantra, Madan
Mohan Malviya Govt.
Ayurved College Udaipur
(Raj).

ABSTRACT

Tinnitus refers to the experience of hearing sounds, such as ringing in the ears. It disrupts the quality of life for affected individuals. This condition is a frequent complaint and can sometimes be the only observable symptom of an ear related issues. In ayurveda tinnitus is linked to "*Karnnada*". Ayurveda identifies three fundamental *doshas*(biological energies), which are *vata*, *pitta*, *kapha*. *Karnnada* arises from the disturbance of *vata* (Air element) disturbance of *vata* is caused by the obstruction of *shabdwhi srotas* (auditory pathway) by other *doshas*, leading to the vitiation of *vata* and development of *Karnnada*. In ayurveda *vata* is regarded as the most significant of the three fundamental *doshas*. Different types of medications such as antidepressants, antihistamines, antianxiety and anticonvulsants drugs can alleviate tinnitus, but their effectiveness is minimal. Ayurveda encompasses various clinical methods and *Karnpooran* is one of them. *Karnpooran* is a form of *snehana*. *Snehana* is regarded as the most effective treatment for *vata dosha*. This article emphasizes the efficacy of *Karnpooran* in alleviating tinnitus by balancing *vata dosha* and enhancing the overall health of the ear.

KEYWORDS: *Karnpooran*, tinnitus, *dosha*, *Ayurveda treatment*, *snehana*.

INTRODUCTION

Several factors influence the condition of tinnitus. Due to its complexity, identifying the precise cause of condition can be challenging. In classical ayurvedic literature tinnitus is likened to *karnnada*. In *karnnada*, *karnpooran* aids in restoring the balance of aggravated *vata dosha*, addressing the root cause of the condition. In *karnpooran* therapy, warm medicated oil or specially formulated liquid is gently poured into the ear.

Karnpooran is referenced in traditional ayurvedic literature as a treatment for ear related problems like tinnitus, hearing impairment, earaches and conditions impacting the head and neck.

METHODOLOGY

The research methodology incorporates the scrutiny of both classical ayurvedic text and present day scientific study inclusive of modern research investigations and clinical trials. They firmly aid in the assessment of efficacy of various therapeutic approaches in the management of tinnitus. The data from authoritative ayurvedic scripture, relevant modern research literature and scholarly articles published in prestigious scientific journals, becomes the sources of study of research methodology.

RESULT

Ayurveda claims, the imbalance of *vata dosha* gives rise to tinnitus in an individual. According to the ancient text, the aggravation of *vata* causes disturbance in the path of blood vessels and other channels of the body. This disturbance often leads to abnormal auditory sensations and consequently distinct sounds may be perceived incidentally. *Karnpooran* approach address the exact cause, discussed above by medicating the ear with warm oil or specially formulated liquid such as ghee or herbal extracts which genuinely helps in alleviating inflammation within the ear, consequently diminishing symptoms of tinnitus.

Mode of action

Karnpooran is an essence of *Snehana* therapy, which is grouped under *vicharana snehana* provided by Charak Samhita. It serves both curative and preventive purposes. *Karnpooran* cure tinnitus by lessening the already enhanced *vata dosha*, in that way balancing the physiological functioning of the auditory system.

The process of *karnpooran* begins by letting the patient lay on the bed by turning into either side and giving him/her *sneha* (oilation) and *svedana* (sudation) therapy. Thereafter the warm *sneha*, *swarasa* is slowly poured into the ear. During the procedure lobule is continuously squashed by finger. Ayurveda claim to count until 100 matra (~3minute) as the time limit for *karnpooran*.

Timing for *karnpooran* as per the substance used

Karnpooran is performed before meal if done with *swaras* (fresh extract of the herb, in liquid form) and after sunset if done with *sneha* (oil or ghee).

Benefits

- 1) *Dosha* balancing- the varied nature of *vata*, *pitta*, *kapha dosha* is specifically cured by *karnpooran*.
- 2) Inflammation reduction- The treatment is helpful in reducing inflammation with in the ear and provide reliefs to the individual.
- 3) Strengthening auditory functions- intensifying the comprehensive health of auditory system which reduces stress and anxiety thereby results in reducing the severity of tinnitus.
- 4) Improves ear circulation- reduction of tinnitus involves promoting optimal ear functioning by enhancing blood circulation with in the ear.
- 5) Nourishment of ear- the medicated oil or ghee utilized in *karnpooran* deeply nourishes and fortifies the ear, fostering overall auditory health.

DISCUSSION

Karnpooran therapy adopts a thorough and holistic strategy for managing tinnitus, on the conditions causes instead of relieving its symptoms. Its effectiveness is backed by both traditional ayurvedic knowledge and modern scientific studies. The therapy is ability to balance *doshas*, improves blood flow and reduce stress and anxiety highlights its strength as a treatment option.

CONCLUSION

While the research on *karnpooran* therapy is still limited, ayurvedic treatments have shown promise in alleviating tinnitus. *Karnpooran* is acknowledged as a significant ayurvedic method for treating this condition by addressing *doshic* imbalance and supporting ear health. The use of various *dravyas* enhances its diverse therapeutic effects, allowing it to target all

three *doshas* effectively. *Karnpooran* provides a holistic treatment option for those dealing with tinnitus. Although classical ayurvedic texts offer considerable support for its benefit, *karnpooran* therapy has considerable potential to provide long lasting relief, especially when combined with a comprehensive ayurvedic treatment plan.

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