

EVALUATION OF DEEPIKA TAIL KARNAPURANA IN KARNASHOOLA– A PILOT STUDY

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ABSTRACT

Ayurveda has main aim of prevention as well as management of diseases.^[1] It has eight main principles which are mentioned as ‘Ashtanga Ayurveda’ includes Urdhwanga Chikitsa i.e. Shalakyta Tantra.^[2] This Urdhwanga Chikitsa includes all Urdhwajatrugata organs, its diseases, prevention as well as treatments.^[3] Karnashoola is one of the important disorder found in daily general practice. It is found in various conditions as a symptom also. Karnashoola has types according to the Dosha predominance like Vataj, Pittaj, Kaphaj etc. In Shalakyta Tantra there are various treatments mentioned like Karnapurana, Karna Sthanika Swedana, etc. In Samhitas various Tail described for management of Karnashoola. In which Deepika Tail is used for the management of Karnashoola. Here in this Karnashoola case study, Deepika Tail Karnapurana is used in the treatment of Karnashoola.

KEYWORDS: *Deepika Tail, Karnapurana, Karnashoola.*

INTRODUCTION

Ayurveda described *Urdhwanga Chikitsa* which is also known as ‘*Shalakyta Tantra*’.

Karnashoola is one of the important and known disorder found in ENT practice. It has various types according to its *Dosha* dominance. As we know, *Shoola* is developed due to the *Vata Dosha Prakopa*.

Acharya Sushruta explained that *Karnashoola* is developed due to the *Mithya Aahara-Vihara* present at the ear region, which causes *Vata prakopa* leads to *Avarana* over *Pitta, Kapha & Rakta* results into *Vedana, Ruja* at ear region.^[4]

The main causative factor responsible for *Karnashoola* is *Vata Prakopa* and its *Prasarana* in all over the ear. It may be *Kashtasadhya* or *Asadhya* depending on the condition of *Vata*. There are *Abhyantara* as well as *Bahya Nidana*.

In modern science it can be correlated with the Earache or Otolgia. Pain in the ear may make the patient very uncomfortable. The pain may increase on lying down due to increased blood supply to the ear in the recumbent position. There are local causes present in external ear and middle ear. Earache is developed due to the referred pain also. The ear is a very sensitive structure, if there is any painful lesion around the ear, and is supplied by a nerve which also supplies to the ear. Referred pain causes due to the Trigeminal nerve, facial nerve, glossopharyngeal nerve, vagus nerve, second & third cervical nerve lesion.^[5] In modern science otalgia is oftenly treated with analgesics, corticosteroids. As these symptomatic management become temporary there is need to find out permanent solution to the same.

Acharya Sushruta mentioned *Deepika Tail* for the management of *Karnashoola*. It includes *Bruhatapanchamoola* and *Tila Tail*.^[6] In this *Karnashoola* case study, *Deepika Tail Karnapurana* is used for *Karnashoola* treatment.

Objectives of the study

To study the role of *Deepika Tail Karnapurana* in the management of *Karnashoola* w.s.r. to Earache.

MATERIALS AND METHODS –CASE HISTORY

Patients attending the OPD of *Shalakya tantra* of our institute who were having characteristic features of *Karnashoola* [Earache] were selected.

Total 10 patients were treated with *karnapoorana* twice a day for 7 days.

Method of study

The patients were selected and diagnosed according to the signs and symptoms of *Karnashoola*. Written informed consent taken and nature of study was explained to the patients.

Inclusion criteria

- Age group is between 20 to 50 years.
- Irrespective of gender, religion, occupation, socioeconomic status, etc.
- Patients having signs and symptoms of *Karnashoola* [Earache].

Exclusion criteria

- Suppurative otitis media.
- Perforated ear drum.
- Pregnant and lactating women.
- *Karnashoola* developed due to injury, trauma.
- Systemic disorders like HTN, DM, Hyperthyroidism, etc.

Assessment criteria

In this case study, *Karnashoola* is managed by the help of *Deepika Tail Karnapurana* for about 7 days of study duration are assessed before and after treatment. Improvement was assessed according to the symptoms.

Subjective parameter

Subjective parameter	Grade	Description	Score
1] <i>Karnashoola</i> [Earache/Otalgia]	0	None	0
	1	Mild	1
	2	Moderate	2
	3	Severe	3
2] <i>Karna Kandu</i> [Ear Itching]	0	None	0
	1	Mild	1
	2	Moderate	2
3] <i>Karna Strava</i> [Ear Discharge]	3	Severe	3
	0	None	0
	1	Mild	1
	2	Moderate	2
	3	Severe	3

Investigations

- Blood tests – CBC, Hb%, ESR

Overall assessment criteria

Improvement in result	Assessment
1. Poor improvement	< 25 % relief in sign and symptoms
2. Mild improvement	26 – 50 % relief in sign and symptoms
3. Moderate improvement	51 – 75 % relief in sign and symptoms
4. Marked Improvement	76 – 100 % relief in sign and symptoms

Management

- In this study 10 diagnosed patients of karnashoola treated with Deepika Taila Karnapoorna in the morning for 7 days. After Poorva karma of Sthanik Snehana & Swedana, karnapoorna done for 100 matras i.e. 100 seconds(around 1min 40 sec). Thereafter excess of *Deepika Tail* poured in the ear taken out of external auditory canal by the help of dry cotton.

Karnapurana Vidhi^[7]

A) *Poorva karma*

- The patient should be lied down in left lateral position.
- Gentle massage [*Abhyanga*] was done with lukewarm *Tila Taila* around ear, Neckregion.
- Mild *Swedana* is done to the ear, with towel soaked in lukewarm / boiled water by touching / waving for some time about 10 min.

B) *Pradhana karma*

- *Deepika tail* should gently warmed.
- External auditory canal should be straightened by gently pulling pinna upwards and backwards.
- *Deepika Tail* should be poured in the form of drops till the ear canal filled up to the base of concha.
- *Deepika Tail* should be retained for about 100 *Matras*.

C) *Pashchata karma*

- The excess of *Deepika Tail* poured in the affected ear should be taken out of external auditory canal by the help of dry cotton.
- After retaining the *tail* in the affected ear, the excessive oil should be cleaned with dry cotton.
- Same procedure is repeated in the other ear for bilateral affected patients

OBSERVATIONS AND RESULTS

The effect of treatment on *Karnashoola* [Earache in the right ear] is as follows.

	Symptoms	Before treatment	After treatment
VAS Scale	<i>Karnashoola</i> [Earache]	9	2
	<i>Karna Kandu</i> [Ear Itching]	3	2

	<i>Karna Strava</i> [Ear Discharge]	3	2
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Gradations of symptoms

1 - 3 = Mild, 4 - 6 = Moderate, 7 - 10 = Severe

1= Mild, 2= Moderate, 3 = Severe

Observations

Sr. No.	Karnashoola [Earache]		Karna Kandu [Ear itching]		Karna Strava [Ear Discharge]		% Relief
	BT	AT	BT	AT	BT	AT	
1	3	1	2	0	2	0	85.71%
2	2	0	2	0	2	1	83.33%
3	2	0	3	1	2	0	85.71%
4	2	0	3	0	3	0	75%
5	2	1	2	0	2	1	66.66%
6	1	0	2	0	3	1	83.33%
7	3	1	3	1	1	0	71.42%
8	2	0	1	0	2	0	80%
9	2	1	2	0	2	0	100%
10	3	1	3	1	2	0	75%

[For % relief Formula used = $BT - AT / BT \times 100$]

Statistical analysis on subjective parameter

[This Mean, SD, W, Z Value calculated using MS Excel][$SE = SD / \text{Square root of } N$]

Subjective parameter	Mean		SD		SE		W	Z
	BT	AT	BT	AT	BT	AT		
<i>Karnashoola</i> [Earache]	2.2	0.5	0.6	0.5	0.18	0.15	55	-5.60
<i>Karna Kandu</i> [Ear Itching]	2.3	0.4	0.64	0.48	0.2	0.14	48	-4.58
<i>Karna Strava</i> [Ear Discharge]	2.1	0.4	0.53	0.48	0.16	0.15	51	-5.19

From above observations, Deepika Tail Karnapurana is found effective in the management of Karnashoola.

DISCUSSION

Discussion of the study is done on the *Samprapti Bhanga* of *Karnashoola* with the action of *Deepika Tail Karnapurana* and its mode of action, which are as follows.

Samprapti bhanga of karnashoola [Probable mode of action of drug]

Deepika Tail is described in the *Sushruta Samhita* for the management of *Karnashoola*.

Deepika Tail contains *Bruhatapanchamoola* which contains the drugs having *Tikta*, *Kashaya Rasa*, *Katu Vipaka*, *Sheeta Virya*, having action over the *Vata Dosha*. *Abhyanga & Swedana* before *Karnapurana Vidhi* helps to increase blood flow and helps to remove toxins. *Karna* [Ear] is the place for *Vata Dosha* and it is responsible hearing and equilibrium. *Deepika Tail* is one of the *Sneha Dravyas*, it helps to reduces *Vata Dosha* also not exceeds the *Kapha Dosha*.

CONCLUSION

In this *Karnashoola* study, presenting signs & symptoms *Karnashoola* [Earache] are markedly reduced in all 10 patients in 7 days of Study. In conclusion, *Deepika Tail Karnapurana* is found significantly effective in the management *Karnashoola* with proper follow up of *Pathya* and *Apathya*.

Scope of the study

As *karnashoola* is one of the the common symptom in many diseases. *Deepika Taila*

Karnapoorana is seen effective to manage the Karnashoola. It needs to be further studied in larger samples to acquire more efficacy.

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