

STANDARD OPERATIVE PROCEDURE & PROBABLE MODE OF ACTION OF KARNAPOORANA

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ABSTRACT

Karnapooran is the best modality for karna roga (Diseases of Ear). Karana purana is the process in which warm, medicated oil or medicated liquid is gently, slowly poured into the ears. This lubricates the delicate filaments of the ear canal which sharpens hearing and removes impurities. The treatment begins with an ear and partial head massage. The ear is then gently filled with drops of warm medicated oil. Karnapuran is a unique procedure mentioned in the context of Vicharna Sneha, Which is explained by Acharya charak. Karnapoorana is made up of two words Karna and Poorana. Karna means ear and Poorana mean filling. So it is a process in which the ear is filled with medicated Taila, Mutra, and Svarasa, etc. for treatment of various Vyadhis. The classic Ayurvedic treatment for the ears is an essential part of a healthy quotidian routine. It is called Karnapoorana – where medicated oil is dribbled into the ears and the ears are then thoroughly massaged. We also know there are small bones in the internal ear called ossicles, which vibrate when hit by sound waves. These bones excite nerve endings that communicate signals to the brain to be inferred. From the Ayurvedic perspective, the ear skin and the ossicles can dry out and function can be cooperated. In Karnapooran, medicines are absorbed by ear and perform the action so Karnapoorana cures the diseases of Ear & maintain the health of Ear.

KEYWORDS: Karnapooran, mode of action, standard operative procedure.

INTRODUCTION

Karnapooran is the best modality for karna roga (Diseases of Ear). Karana purana is the process in which warm, medicated oil or medicated liquid is gently, slowly poured into the ears. This lubricates the delicate filaments of the ear canal which sharpens hearing and removes impurities. The treatment begins with an ear and partial head massage. The ear is then gently filled with drops of warm medicated oil. Karnapuran is a unique procedure mentioned in the context of Vicharna Sneha, Which is explained by Acharya charak. Karnapoorana is made up of two words Karna and Poorana. Karna means ear and Poorana mean filling. So it is a process in which the ear is filled with medicated Taila, Mutra, and Svarasa, etc. for treatment of various Vyadhis. Acharya Charak said that those who practice Karnapoorana daily do not suffer from Vataja Karna Roga, Badhirya (deafness), Manya and Hanu roga.^[1] Acharya Sushruta

described it as the treatment of Hanu, Manya Shirah, and Karna Shoola.^[2] Vagbhata explained that it is part of Dincharya and should be followed if one wants to stay healthy.^[3]

AIMS AND OBJECTIVES

1. To develop Standard operative procedure of Karnapoorana
2. To review Probable mode of Action of Karnapoorana

Standard operative procedure of Karnapoorana Karnapuran

The literal meaning of karnapuran is filling of ear with lukewarm taila. Swarasa, Medicated Ghrita or Gaumutra (any liquid).

Purva karma

- Requirements: Therapy room, therapist, Droni, Small steel bowls, Big steel bowls, cotton and Heating operates.
- Examination of the patient: We should examine the patient before starting the procedure, if patient is fit for procedure then we will move on next step of procedure.
- Patient should be made to lie down on right or left lateral depending on the affected side.
- Gentle massage with lukewarm oil around the ear for a short period should be done.
- Mild hot fomentation around the ear like tapa sweda should be done.

Pradhana karma

- The medicated liquid (oil) should be gently warmed.
- The external auditory canal should be straightened by pulling the pinna backward, and upwards.
- The liquid (oil) should be poured in drops till the ear canal is filled up to the base of concha.
- The root of ear should be gently massaged in order to potentiate the action of the drug.
- The medicated oil should be retained in same position for 100 matras (2 minutes).

Duration

In Karna Roga:- 100 Matra, In Kantha Roga:- 500 Matra, In Shiro Roga:- 1000 Matra
In Painful condition: - till pain relives & In Swastha 100 Matra (Approx 2-3 minute)

Time of Karnapoorana

Rasadi dravya – before meal; Tailadi dravya – After Sunset.

Drug use in karnapoorana

- OIL:-Nirgundi Taila, Apamarge Taila, Bilvadi Taila, Ksheera bala Taila, Deepika Taila, Arka taila etc.
- Ghrit (old ghee)
- Milk, Kanji or Sstanya, Mutra (Ashta)
- Swarasa like Arka, Tulsi, Vasa, Lashuna, Aardrak.

Paschata karma

- The excess oil should be taken out of the external auditory canal by dry cotton.
- After retaining the medicated oil for the prescribed time, the ear should be cleaned with dry cotton mopping.
- In bilateral case, the same procedure should be repeated in the fellow ear also.

Pathya: The pathya for karnarogas (diseases of the ear.) is mentioned by Sushruta and Yoga Ratnakara. It is more elaborately described in Yoga Ratnakara. According to him diets like Godhuma (wheat), shali rice, mudga, yava, purana ghrita, patola, shigru, vartaka and sunnishnaka etc. are recommended for the karnarogas. Viharas like swedana, virechana, vamaana, nasya, dhuma, sira

vedhana, brahmachrya, abhashana etc. are recommended. Not only vegetables, but also he has clearly mentioned the nonvegetarian articles like Lava, Mayura, Harina, Kukkuta etc. above all, all the sorts of rasayanas are mentioned as pathya for the karna roga. (Su. Ut. 21/3 and Yoga Ratnakar - 1/3).

Apathya: A person suffering from ear disease should always try to avoid humid climate, introducing stick, blade of glass or metallic objects etc., into the ear. He should avoid head bath, brushing teeth with hard brush made out of tender branches. Excessive talking, vyayama heavy exercise should be avoided as these increase vat'.

Probable mode of Action Karnapoorana

Karnapoorana is one of the type of Snehan, it nourishes the tissues & cells. A more detailed description regarding the mode of action of Karnapoorana is not existing in Ayurvedic classics. But as Karna Tarpanana is stated as Sneha

- Pravicharana its mode of accomplishment can be understood as Sthanika Snehana, if Sneha Dravaya is used for it.
- In Purva Karma placid massage is done with lukewarm medicated oil around the ear and pinna for a short duration of time (Approx.5-7 min.). Massage also shelter lateral portion of neck mediocre to ear. This causes rise of blood circulation in ear. After this heat is applied around ear with towel sodden in boiling water by waving, poignant and pressing for some time (Approx.10 min.). This reason vasodilatation and thus rise permeability of capillaries. As a outcome of both Abhyanga and Swedana abridges more absorption of drug. As the efferent vasodilator nerves are banquet out on the superficial surface of the face, obtains stimulation by fomentation and it may rise blood flow to the brain.
- Inculcated medicine in ear canal acquires fascinated by skin lining external auditory meatus and tympanic membrane and spreads systemic blood flow, according to Ayurveda drugs contracts absorbed by Bhrajaka Pitta extant in skin and spectacles its effects on body and local tissue. Person is asked to do champing activities or tragus is gently pressed by finger 5-6 times to enable more drug absorption. The drug inculcated in form of oil, urine etc. is used lukewarm it helps in reviving inflammation thus it reduces ear ache, and by counter effect of heat it also revives pain of nearby structures like mandible or neck. Generally Tila Taila or other medicated oil is used in Karnapoorana, Taila is having asset of Vata Shamana but do not aggravate Kapha. In this way Karnapoorana eradicates disease of ear which ensues due to vitiation of Vata. In addition to this medicine is used Luke warm so Vata is eliminated also by Ushna Guna. These properties do not only have advantageous effect on Vata but also eliminates Aavarana of Kapha. As medicine for Karnapoorana is made by Snehapaka method all fat soluble active

ingredients of drug get enclosed. Fat soluble active principle can be easily integrated through nerve endings. As a combine effect of all these Karnapoorana is useful in Badhirya.

CONCLUSION

The classic Ayurvedic treatment for the ears is an essential part of a healthy quotidian routine. It is called Karnapoorana – where medicated oil is dribbled into the ears and the ears are then thoroughly massaged. We also know there are small bones in the internal ear called ossicles, which vibrate when hit by sound waves. These bones excite nerve endings that communicate signals to the brain to be inferred. From the Ayurvedic perspective, the ear skin and the ossicles can dry out and function can be cooperated. In Karnapooran, medicines are absorbed by ear and perform the action so Karnapoorna cures the diseases of Ear & maintain the health of Ear.

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