

CLINICAL ASPECTS OF KARNA ROGAS AND MANAGEMENT THROUGH AYURVEDIC PROCEDURES AND DRUGS

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ABSTRACT

Ayurveda system mainly works for the curing of diseases and adopting regimen which keeps optimal health status. Ayurveda prescribed many branches which works specifically in different stream and Shalaky Tantra is one of them. Shalaky Tantra specializes in diseases and treatment situated above the clavicle region and Karna Rogas also comes under this heading. The ear as sensory organ plays important role in hearing as well as maintaining balance of the body. There are many Karna Rogas described in Ayurveda text including Karnasula, Karnapranada, Badhirya, Karnakshveda, Putikarna, Karnakandu, Karnasrava, Karnavarcha, Krimikarna and Putikarna, etc. Shalaky Tantra suggested several therapeutic procedures and drugs for managing these diseases. Shalaky Tantra mentioned Kriya Kalpa as a treatment procedure for Karna Rogas. These includes Karna Prakshalan, Karna Pramajana, Karna Dhoopana and Karna Poorana, etc. This article reviewed Nidana, Samprapti and Ayurvedic management of Karna Rogas.

KEYWORDS: Karna Rogas, Ear, Kriya Kalpa, Shalaky Tantra.

INTRODUCTION

The ancient Ayurvedic texts describe physiology, pathology and treatment of *Jnanendriyas*, including diseases related to the ears. The disease of ear mainly arises due to the exposure of loud volumes, obstruction by earwax, insertion of sharp objects, swimming in polluted water, respiratory and ear infections, etc. Ear is

responsible for hearing and balance, has intricate anatomical relationships with brain. The three main parts of ear are external ear, middle ear and inner ear. As mentioned above ear one of the important part of body, but when suffered by illness it causes serious complications. **Table 1** depicted major classes of ear diseases.^[1-3]

Table 1: Various types of Karna Rogas.

Classification	Examples
General	Vatika Disorders: Karnasula, Karnapranada, Badhirya, Karnakshveda and Karnapratinaha
	Paittika Disorders: Karnapaka, Kshataja Vidradhi and Putikarna
	Slaishmika Disorders: Karnakandu, Karnasrava, Karnavarcha, Krimikarna and Putikarna
Localized	Arsas
	Arbuda
	Sodha
	Vidradhi
Functional	Auditory Dysfunction
	Badhirya, Karnanada and Karnakshveda
	Vestibular Dysfunction
	Bhrama

As mentioned above there are various categories of ear problems along with anatomical category of ear disease

as mentioned in **Figure 1**.

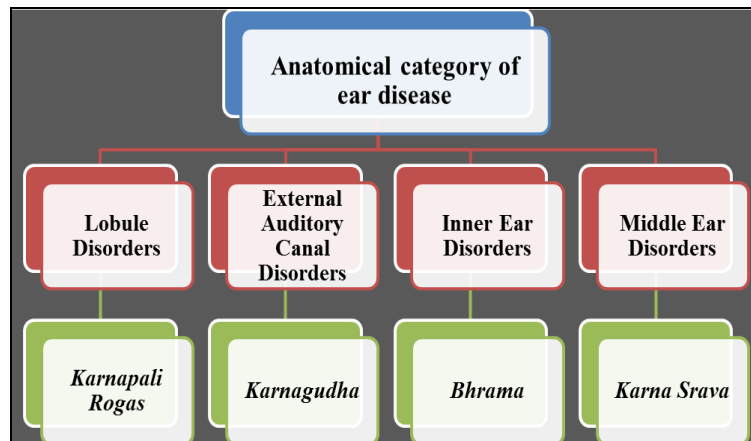


Figure 1: Various types of Karna Rogas according to their location.

Common symptoms of ear diseases include Karnashula, Karnapranada, Karnasrava, Karnakandu, Karnapratinaha and Karnapaka accompanied by discharge. The major causative factors of these ear diseases are as follows.^[4-6]

- ✓ Avashyaya: Prolonged exposure to snow or cold.
- ✓ Pratishtyaya: Nasopharyngeal infections can also spread into ear.
- ✓ Jalakrida: Exposure to polluted water.
- ✓ Karnakanduyana: Accidental puncturing of inner ear.
- ✓ Shirobhighata: Cerebral complications can also cause ear problems.
- ✓ Genetic factors: Hereditary factors can also cause disorder in the ear.

Management of Karna Rogas: The treatment of Karna Rogas includes oral intake of medicated Ghrita, Rasayanas, Avyayamam, Ashira Snanam, Bhramacharyam and Akathanam.

For specific diseases, the treatments vary as follows.^[6-8]

- ✚ Snehana, Svedana, Nadi and Pinda Sweda, Sneha Virechana indicated for Karna Pranada, Badhirya, Karna Shula and Karnakshveda.
- ✚ Shirovirechana, Karna Avachoorana, Karna Prakshalana, Karna Dhupana and Karna Purana for Putikarna, Krimikarna and Karna Srava, etc.
- ✚ Sheeta Lepa and Pariseka for Karna Paka.
- ✚ Nadi Sweda, Dhumapana, Karna Dhupana and Tikshna Nasya are suggested for Karna Kandu and Karna Sopha.
- ✚ Karna Purana and Svedana Karna are considered beneficial for Karna Guthika.
- ✚ Snehana, Svedana and Shirovirechana for Karna Pratinaha.
- ✚ Kshara and Agni Karma can be used for Karna Arshas.

Clinical Significance of Karna Kriyakalpas

- Karna Purana affects the systemic circulation and increase absorption of drug being used in therapy.

Kshara Taila and Murivenna can be used as drug in this therapy.

- Karna Pichu offers prolonged release of medicine to cure conditions like ear discharge and infection.
- Karna Avacurnanam helps to treat conditions like ear discharge and prevent further infection.
- Karna Mala Nirharana prevents obstruction and improves hearing power.
- Karna Prakshalanam flushes out foreign bodies or ear debris.
- Karna Pramajana clears discharges from the ears and to dry inner ear.
- Karna Dhupanam eradicates infection or infestations in the ears.
- Karna Lepana relieves pain and inflammation.
- Nasya relieve the problem of ears by relieving congestion.

Herbs and Ayurvedic Formulations: Bilwadi Taila is considered useful for Vata-Kapha disorders characterized by obstruction. Dashamoola Taila is useful in reducing pain due to Vata disturbances in ear. For conditions such as tinnitus Karna Bindhu Taila is suggested. Nirgundi Taila has anti-inflammatory property, while Anu Taila eliminates blockages of ear.

Haridra Churna offers antimicrobial and anti-inflammatory effects in ear problems. Trikatu Churna removes Kapha-type blockages and Dashamoola Churna imparts pain relieving action. Dashamoola Kwatha, Nirgundi Kwatha and Guduchi Kwatha balance Dosha and cure symptoms of ear infection and inflammation.

Yogaraja Guggulu addresses Vata-Kapha imbalances in chronic ear problems and Kaishore Guggulu addresses ear infection. Rasayanas such as Ashwagandha and Shatavari promote ear health and auditory function.

Chandraprabha Vati is considered effective in ear infections, Mahavat Vidhwansan Rasa helps to address tinnitus caused by severe Vata and Vrihat Vata

Chintamani Rasa is recommended for chronic Vataja Karnaroga.^[8-10]

CONCLUSION

Treatment for Karna Rogas needs consideration of concept of Nidana Parivarjana or removal of the cause responsible for ear disorders. Ayurvedic treatments such as Shiro Abhyanga, Karna Purana, Karna Abhyanga and Pratimarsha Nasya should be incorporated into daily life for the prevention of ear diseases. Kriya Kalpas are very effective treatment options for Karna Rogas which not only eradicate disease but also promote general auditory functions. Medicines which offer Dipana, Pachana, Vata Anulomana and rejuvenatives effects help to reduce recurrence of ear conditions. Tinnitus, deafness, ear pain and itching can be treated with Svedana, Nadi Sweda, Snehana, Sneha Virechana and Pinda Sweda. Karna Avachoorana, Dhupana, Purana and Shirovirechana help to treat discharge, infections and earworms. Karna Bindhu Taila, Nirgundi Taila, Dashamoola, Nirgundi, Guduchi Kwatha, Guggulu and Chandraprabha Vati, etc. prevent ear infections and helps to maintain auditory health.

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