



Ayurvedic Management Of Karnanada – A Case Study

1) Dr. Manjiry Kouskiya

P.G.Scholar , Department of Shalakyatantra, D.Y. Patil School of Ayurveda, Navi Mumbai

2) Dr. Kavita Thorat Jadhav

Associate Professor, Department of Shalakyatantra, D.Y. Patil School of Ayurveda, Navi Mumbai

3) Dr. Ashwini Patil

Professor and HOD, Department of Shalakyatantra, D.Y. Patil School of Ayurveda, Navi Mumbai

4) Dr. Nita Pawar

Assistant professor, Department of Shalakyatantra, D.Y. Patil School of Ayurveda, Navi Mumbai

Abstract:

- **Introduction:** According to Acharya Sushruta, Karnanada is one of the Karnagata Roga explained in Shalaky Tantra. Vata dominant Tridosha along with Rakta presents as the chief pathological factors in the case of Karnanada. Karnanada can be correlated with tinnitus. It is the condition in which there is a perception of sound that appears to originate in the head in the absence of external stimuli.
- **Main clinical finding:** A 66-year-old male patient had been experiencing symptoms of ringing sound in his left ear for 7 days.
- **Diagnosis:** In this case, a 66-year-old male patient approached OPD No.5 of D. Y. Patil Ayurvedic hospital, Shalaky tantra department, Navi Mumbai, experiencing following complaints as Ringing sound in left ear for 7 days. History of decreased hearing for 1 year. No any history of systemic disease. No abnormality present on local examination of external ear.
- **Interventions:** Karnapurana with Bilwadi taila, Vidhhakarma and an Ayurvedic medication (sarivadi vati, Sukshma triphala, saraswatarishta) were used in this study for one months.
- **Discussion:** Karnanada is a Madhyama marga gata Vatavyadhi in which prakupita vata dosha settles in Shabdavaha Shrotas as a result of Vimargagamana. Hence the drugs need to have vatahara properties in order to normalize vitiated vata dosha. Snehana is described as an important procedure in treatment of vata dosha.
- **Conclusion:** Hence it can be said that Ayurvedic medicine and procedures can be useful in the management of Karnanada (tinnitus).

- **Keywords:** Karnapurana, Bilwadi taila, Vidhhakarma, sarivadi vati, Sukshma triphala, saraswatarishta

Introduction

Karnanada is a Karnaroga studied under JatruUrdhwagata Vikara. The vitiated Vata Dosha either entering into other channels (Vimargagamana) or encircled by Kaphadi Doshas in Shabdavaha Srotas¹ (auditory canal) produces different types of sounds in the ear like Bheri, Mrudanga, Shankha etc. is known as Karnanada or Karna Pranada².

The vitiated Vayu gets lodged in the Shabdavaha Srotas, thereby causing different types of sounds in the ear called as Karnanada³.

Etiological factors of Karna Roga such as Avasyaya (exposure to snow), Jalakreeda (swimming, diving), Karna Kandooyana (probing of EAC) and Mithya Yogena Shastrasya (improper use of instruments during examination of ear and during treatment) has been mentioned by Yogaratnakara⁴.

Karnanada can be correlated to Tinnitus - perception of sound (ringing or noise), which has external stimuli. Approximately 1/3rd people experience tinnitus sometime in their lives⁵.

Tinnitus represents one of the most common and distressing otologic problems, and it causes various somatic and psychological disorders that interfere with the quality of life.

Methodology

In this case, a 66-year-old male patient approached OPD No.5 of D. Y. Patil Ayurvedic hospital, Shalakyatantra department, Navi Mumbai, experiencing following complaints as Ringing sound in left ear for 7 days. History of decreased hearing for 1 year. No any history of systemic disease. No any significant family history. No abnormality present on local examination of external ear.

On examination

In Ear patient presented with normal tympanic membrane and external acoustic canal.

In nose presented deviated septum to right side, left inferior turbinate hypertrophy, and normal nasal mucosa.

In examination of throat no abnormality was detected.

On performing auditory test, Rinne's test resulted in air conduction more than bone conduction in both ears, and weber's test resulted in lateralisation to right ear.

Treatment

The integrated care plan of internal medicinal and local treatment is adapted. In systemic management, Saraswatarishta 15ml twice a day with equal amount of water after meal, Sarivadi Vati 160mg two tablets twice a day with lukewarm water after meal, Sukshma Triphala 250mg two tablets twice a day with lukewarm water after meal, were administered for 1 month with follow up on 7th, 14th, 21st, 28th day. In local management, karnapurana with bilwadi taila was done once a day for 5-7 minutes from 1st to 7th day and 14th to 21st day. With vidhhakarma once a day two angula above vidhur marma on every 3rd day from 1st to 7th day and 14th to 21st day.

Assessment of symptoms

Sr. No.	Symptoms	Day 1 st	Day 7 th	Day 14 th	Day 21 st
1.	Ringing sound in Left Ear	Severe	Moderate	Moderate	Nil
2.	Disturbed sleep	Severe	Moderate	Mild	Nil
3.	Mild hearing loss	Mild	Mild	Mild	Mild

Discussion

The present study explored the effectiveness of an integrative Ayurvedic approach comprising Karnapurana with Bilvadi Taila, Vidhha karma & and internal administration of sarivadi vati, Sukshma triphala, saraswatarishta.

Probable mode of drug action:

Bilvadi Taila: Having VataKapha pacifying properties. When used in Karnapooran, it nourishes and lubricates the auditory canal, which may help to reduce the subjective intensity of Tinnitus by pacifying the aggravated Vata.

Viddha karma: It is a minimal invasive panchakarma technique targeting localized Vata dushti & may reduce the local congestion and improve circulation around ears, thereby contributing to symptoms relief in Tinnitus.

Saraswatarishta: It is known for its adaptogenic and nervine tonic effects, aids in reducing stress related components of tinnitus and enhance systemic Vata pacification. It is a medhya has neuroprotective and anxiolytic properties. It reduces tinnitus associated symptoms anxiety insomnia.

Sarivadi Vati: Sarivadi Vati is one of the most commonly used Ayurvedic medicines for tinnitus (Karnanada) and early-stage hearing loss, especially of Vata origin. It supports the auditory system, calms aggravated doshas, and rejuvenates nerves when taken regularly with appropriate supporting therapies. It is the best Shamanoushadi given in all types of Karna Roga.

Sukshma Triphala: Acts as Srotoshodhana, Vata-Kapha Shamana, Anti-inflammatory & Antioxidant, Nerve Stimulant (Prabhava of Kajjali), Enhances microcirculation to ear tissues.

Conclusion

The case report demonstrates clinical improvement in Karnanada with Ayurvedic management with Karnapurana with Bilwadi taila, Vidhhakarma and Ayurvedic medications (sarivadi vati, Sukshma triphala, saraswatarishta).

Treatment used here is effective, easily approachable, Simple and Economical.

This being single case study, better conclusions can be derived with a greater number of patients.

As this is the single case study, it may be useful to clinicians and researchers for exploring the treatment of Karna srava.

References

1. AmbikadattShastri, Sushruta Samhita of Sushruta with Ayurveda Tatva Sandipika Hindi Commentary, Uttartantra, Reprint Edition, 2011 chapter 20 verses 7, Varanasi: Chaukhambha Sanskrit Sansthana, 2011; 115.
2. Prof. Yadunandana Upadhyaya, Madhva Nidana of Madhavakara with Madhukosha Commentary by ShriVijayarakshita and Shrikanthadatta with Hindi Vidyotini Commentary, Reprint edition-2019, chapter 57 verses 2-3 Chaukhambha Prakashan, 2019; 286.
3. Atrideva Gupt, Ashtanga Hridaya of Vagbhata with Vidyotini Hindi Commentary, Uttarsthana, Reprint Edition, 2012 chapter 17 verses 9, Varanasi: Chaukhambha Prakashan, 2012; 692.
4. Yogaratnakara, Yogaratnakara, Karnarogadhikara, edited by Shree Laxmipati Shashtri, Chaukhambha Prakashan Varanasi, 2013; 309: 1 – 2
5. Mohan Bansal, Diseases of Ear, Nose and Throat 3rd Edition, New Delhi: Jaypee Brothers Medical Publishers,2021; 111.

