

GLIMPSE ON KARNAPOORANA PROCEDURE: ARTICLE REVIEW**Dr. Shamsuddin^{1*}, Dr. Vinod Jadhav² and Dr. Venkangouda Pralhad Naganur³**

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ABSTRACT

Ayurveda has Originated along with the birth of this universe. It is an eternal science non has been searching for miraculous cures and answers for various ailments that he suffers from, since the dawn of civilization. Ear is considered as one of the Nava dwara. There are various diseases affecting the ears. As a preventive therepy our Acharyas have mentioned Karna-Poorana i.e filling of medicated taila in Dinacharya. Actually Karna-Poorana is considered as a Superior and effective treatment in Karnarogas as explained by all classical texts. It not only used to cure Rogas but a part of healthy living. According to Ayurveda, I mean to say that not only cures ailments but also helpful in maintaining well being of Ear, Neck and Head. Ayurveda treats diseases based on Doshik parametres, which are influenced by many factors such as Kala, Vaya, Desha, Ahara- Vihara etc. Due to this

variety of factors treatment should also be of snehana process. This snehana divided into Bahya and Abhyantara. Karna-poorana is a type of Bahya snehana drugs used for this procedure are selected. According to disease, Dosha prakruti. It is very important in healthy life as described in Dinacharya.

KEYWORDS: Karna-Poorana, Snehana, Dinacharya.**INTRODUCTION**

Karnatarpana is used synonymously with Karna- Poorana.

Meaning of Karna- Poorana

Karna –The ear /behind the ear

Karne – Into the ear

Poorana- The act of filling of ears with only taila/substance used for that purpose Sushruta said, it is the chikitsa for Hanu, Manya, Shira, Karna- Shoola^[1]

Synonyms

Karnpoorana

Karna poorana Karna Purn Karna Tarpana Karna Basti

Indications

- * Apamarga kshara taila & Sarshapa taila in Karna Badhirya as Karna-Pooran^[2]
- * As per Ashtanga Hridaya , Karna-Poorana is told as daily regimen to be followed^[3]
- * Karna-Poorana eliminates Hanu, Manya, Shirashoola^[4]
- * Ear diseases due to vata torticollis, Lock jaw, Hardness of Hearing and Deafness are prevented^[5]
- * Shambhuka taila :In the treatment of Badhirya used as Karna-Poorana^[6]
- * In Vataja Karna shola

Pittaja Karna shoola Kaphaja Karna shola Poothikarna

Karna- Nada Krimi –Karna

Karna- Badhirya

Karna - Kshweda

- * According to Charaka

Those who practice Karna-Poorana, daily they will not suffer from Deafness (Badhirya), Vataja Karna rogas, Hanu, Manu rogas^[7]

Contra-indications

1. Eardrum rupture
2. Ear injury
3. Burns that affects ears
4. Cuts in the skin of Ears
5. Cholesteatoma
6. CSOM
7. Perforated tympanic Membrane

As per vagbhata, this Karna-Poorana is a part of Dinacharya and should be followed if one wants to stay healthy^[8]

Benefits

1. Strengthening properties for ear structures
2. Nourish all parts of the ears including external ear, middle ear, inner ear and ear drum
3. Reducing inflammation and pain of ears
4. It is very helpful for Balance Disorders. Balance disorders are characterized by vertigo, dizziness, and loss of balance
5. Improves hearing capacity and quality.

Sneha

- * Bilwa taila
- * Katu taila
- * Chatwari taila
- * Dipika taila
- * Hingwadi taila
- * Syonaka taila
- * Nirgundi taila

Are some of the snehana dravya used for Karna-Poorana

According to Charaka – Diseases of Karna rogas such as Badhirya, vataja karna roga can be prevented by Karna tarpana^[9]

Mutra

- Ashta mutras explained in Samhitas, mainly that are used for medicinal purpose As per sharangadhara above said all 8 mutras usually used for Karna- Poorana^[10]
- Chaghamutra yoga^[11] used as Karna-Poorana

Svarasa

- * Shigru patra, Moolaka patra, Adraka, Arkaankura

Dharana kala

- A. Rasa /Svarasa and Mutra - Before meals Taila - After meals^[12]
- B. Sneha dravya - After suryasta (sun-down)
Svarasa dravya - Before food

Mutra - Before food^[13]

Dosage of karna - Poorana taila

For Karna Roga - 100 Matra Kala

Kantha Roga - 500 Matra Kala

Shiro Roga - 1000 Matra Kala^[14]

* Mainly in vedana/Painfull situation – Duration is until pain decreases^[15]

Karna-Poorana vidhi

Karna-Poorana is a unique Local procedure, for disorders of ear for local action. The procedures of dropping, the medicated oil pour in to ears is known as Karna-Poorana.

* This one is kept for a stipulated period according to dosha and the type of disease

Poorva-karma

Includes

- 1) Preparation of the individual and collection of necessary material
- 2) Material required: Abhyanga Table, Dropper, Cotton, medicated taila/ svarasa/ Gomutra, Cotton buds, Stove, Towel

Preparation of the patient: Having

* Instruction about the procedure, massage of ear pinna, the surrounding area of the Ear, Head, Neck

* Patients were adviced to take normal diet. One spoon of ghee with lunch, avoid sheeta Ahara-vihara, Shira snana duing the procedure.

Pradhana- karma

- * Possition of the patient
- * Karna-Poorana is done in lying down position

I mean Karna-Poorana performed in the Right ear than the patient should belie down in the Left ear position

* **Swedana (Fomentation)**^[16]

The patients ears is straightened and then Luke warm mutra/ svarasa/ taila isdropped in the ear.

Paschat – Karma

After completing the procedure, Ear is cleaned with help of cotton, Massage around the ear is done OR In other words After Pradhana

ABHYANGA**SVEDA****KARNAPOORANA****PRAMARJANA**

Karna, medicated taila should be removed from Karna by using cotton wick: mild swedana is done around the ear.

Precautions to be taken during the procedure

- * Mrudu swedana should be conducted before procedure
- * Medicated taila used for procedure, it should be neither too hot nor too cold
- * Patients should be still during the procedure
- * After procedure, mild swedana should be performed around the ear

Probable mode of action

Snehana is the principle line of treatment for controlling vata. Karna-Poorana is a type of Bahya snehana. Thus it is a best treatment for Vata Nigraha

Charaka says that vata roga does not stay in Koshta which is softening by snehana. In Badhirya, vata becomes vimarga gamana in shabda vaha srotas. The vimarga gamana could be due to prakopa of vata OR obstruction of kapha and the end result is Badhirya by doing Karna-Poorana, It relieves the obstruction in shabda vaha srotas and controls the vata^[17]

- * Indira dourbalya i.e reduced hearing power, hyperacusis are due to vata predominance in old age and decreased nutrition to Uttarottar dhatus.
- * When this Karna-Poorana procedure is done with mutra, it will remove all types of mala

CONCLUSION

- * Very detailed and practical description of Karna-Poorana have been mentioned in classics
- * Karna-Poorana is an effective local treatment procedure in Karna-roga
- * Karna-Poorana prevents early aging changes in the ear (like weakening of sense organs)
- * It is easy to do and very economical
- * It acts on 1) Prevention 2) Shodhana 3) Shamana
- * Leads to multi-dimensional property
- * Removes mala sanga and cleanses the srotas
- * Provides strength by Balya properties of drugs used
- * Thus it performs important function with very easy procedure

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