

Ayurvedic Review Article on Karnapoorana

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Abstract - Karnapooran is considered the ideal treatment for karna roga (Diseases of Ear). Karana purana refers to the method where warm, medicated oil or medicated liquid is gently and slowly poured into the ears. This process lubricates the sensitive filaments of the ear canal, enhancing hearing and eliminating impurities. The treatment starts with a massage of the ear and partial head. Following this, drops of warm medicated oil are softly placed into the ear. Karnapuran is a distinctive technique highlighted in the context of Vicharna Sneha, as described by Acharya Charak. Karnapoorana consists of two components: Karna and Poorana. Karna signifies ear while Poorana indicates filling. Thus, it is a procedure in which the ear is filled with medicated Taila, Mutra, and Svarasa, among other substances, for addressing various Vyadhis. The traditional Ayurvedic approach for ear treatment is a vital element of a healthy everyday routine. It is referred to as Karnapoorana – where medicated oil is dribbled into the ears, followed by a comprehensive massage of the ears. It is also understood that there are tiny bones in the inner ear known as ossicles that vibrate when impacted by sound waves. These bones stimulate nerve endings that transmit signals to the brain for interpretation. From the Ayurvedic viewpoint, the skin of the ear and the ossicles can become dehydrated, hindering their function. In Karnapooran, medicines are absorbed by the ear and take effect, thus Karnapoorana treats ear diseases and preserves ear health.

Keywords: Karnapoorana, Snehana, shalakyatantra

INTRODUCTION

Karna means ear and Pooran 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, Badhriya (deafness), Manyasa and Hanu Roga.[1] Acharya Sushruta described it as the treatment of Hanu, Manyasa Shirah, and Karna Shoola.[2] Vagbhata explained that it is part of Dinacharya and should be followed if one wants to stay healthy.[3] According to Ayurveda, it is not only used to cure diseases but also

as part of a healthy lifestyle. In Ayurveda, diseases of the ear, nose, and throat are classified and numerous treatment regimens are outlined in Urdhvaajatrugata Vikara. It involves surgical techniques, medicines, and various procedures such as Karnapoorana, Akshitarpana, Nasya, etc. Because of the wide range of causes, therapy should likewise be varied. Karnapoorana not only treats diseases but also helps to preserve the health of the Ear, Neck, and Head. Ayurveda cures diseases using Dosh vikruti Avastha[4], which are impacted by a variety of elements such as Vaya, Bala, Ahara etc[5,6]

Karnapoorana is a kind of Bahya Snehana[7]. Karnapoorana drugs are chosen based on disease, Dosha, Prakriti, Avastha, and Desha etc. Time and duration are also according to Dravya and Vyadhi. Karnapoorana is highly significant in healthy people since it is a part of Dinacharya[8]. Karnapooran should not be performed in the conditions like a perforated tympanic membrane, CSOM, Cholesteatoma because it may lead to complications as it is difficult to make complete sterile conditions. Drugs to be used for Karnapoorana are selected on the basis of disease. Different kinds of Taila, Mutra, and Svarasa, etc. can be used. Some of the drugs mentioned in Samhita specially for Karnapoorana[9,10]

The procedure of Karnapoorana:

It is divided into three parts Poorvakarma, Pradhanakarma, Pashchatakarma. Poorvakarma: This part includes the preparation of the individual and collection of necessary material. Material enquired: Abhyanga table, medicated Taila/Svarasa/Gomutra, dropper, cotton, cotton buds, stove, towel, etc. Preparation of the patient includes instruction about the procedure, massage of ear pinna, the surrounding area of the ear, head, and neck. Indication and contraindications of the procedure should be kept in mind while performing the procedure.

Pradhana karma: (this is the main procedure) Position of the patient: Karnapooran is performed in lying down position. If Karnapooran is performed in the right ear than the patient should lie down in the left lateral position. Fomentation of the ear is performed. The ear of a patient is straightened and then lukewarm Mutra/ Svarasa/ Taila is poured in the ear. It is kept in the ear according to the duration given for specific diseases. After removing the drug massage is performed in the ear and around the ear. Pashchata karma: After completing the process ear is cleaned with the help of cotton. Massage around the ear is done. If the procedure is to be performed in both ears than fellow ear is prepared for the procedure and performed.

Mechanism of Action Karnapoorana is preventive as well as a curative treatment modality. The preventive action of Karnapoorana is based on Vatashamaka and Balya property of it. Most of the diseases of the ear like tinnitus and deafness are caused by Vata Dosha Parakopa. Karnapoorana causes Vatashamana due to the use of Snehana Dravya in it so it prevents these diseases. Another problem that happens with aging is again Indriya Daurbalya that is decreased listening power, hyperacusis, etc. are due to Vata Dosha predominance in old age and decreased nutrition to Uttartotar Dhatus.

Karnapoorana provides nutrition to the local Nadi thus preventing Indriya Daurbalyata. When Karnapoorana is performed with Mutra it causes Shodhna of Srotasa thus removing Mala which is again caused if many diseases like otitis externa, ASOM, furunculosis, Krimikarna, karnashoola, etc. In Samhitas special Dravya indicated according to Vyadhis for Karnapoorana which causes Dosha Nirharana and Dosha Shamana simultaneously. For example in Putikarna Brihat Panchmula Taila, Madhuyashtyadi Ghrita, in the case of karna Shoola Lashunadi Svarasa and Sarshapa Taila. These preparations lead to the cure of ailments as they remove mala and cause Dosha Shamana due to their specific properties.

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:- Rasadi dravya – before meal; Tailadi dravya – After Sunset

Drug use in karnapoorana:

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

DISCUSSION

Benefits of Karnapoorana:- Karnapoorana has many benefits in ear disorder. It improves hearing quality, helps in hearing loss and reduces frequent ear infections. Other benefits of Karnapoorana are given below:

1. Medicated oils are used in Karnapoorana. Those oils have strengthening properties for ear structures. Those oils nourish all parts of the ear including external ear, middle ear, inner ear and eardrum.
2. It is very helpful for balance disorders. Balance disorder is characterized by vertigo, dizziness and loss of balance.
3. If you are suffering earaches, then it is the good therapy for your ears. The Ayurvedic oils used in therapy of Karnapoorana are beneficial for reducing inflammation and pain of the ears.
4. Karnapoorana also improves hearing capacity and quality. It nourishes the acoustic nerve and improves signal quality to the brain. It also enhances better interpretation of sounds by the hearing centre of brain.
5. The mind disturbs due to many reasons such as depression, sleeplessness, emotional trauma etc. Karnapoorana helps to calm the brain and mind as well.
6. It increases sense of sound by enhancing ear functions.
7. If Karnapoorana taken regularly in interval of six months, it helps to prevent frequent ear infections.
8. Karnapoorana helps in headache and migraine that are associated with body balance problems.

Contraindications of Karnapoorana:

Karnapoorana therapy is contraindicated in following cases:

- Eardrum rupture, Ear injury, Cuts in the skin of ear, Burns that affects ears.

Side effects of Karnapoorana:

There are very rare side effects with Karnapoorana. These are:

- Ear infection if the medicated oil is not preserved properly or infected with microbes.
- Some people may experience some discomfort in the ears after the procedure, but it will be only for a little time

CONCLUSION

Karnapurana serves as an integral technique within Ayurvedic medicine aimed at promoting ear health and preventing disease. By leveraging warmed medicated liquids tailored for individual ailments, this practice addresses both therapeutic and preventative aspects of health. The increasing prevalence of sense organ ailments in modern society highlights the need for traditional methods like Karnapurana to mitigate early aging and enhance overall well-being. It is imperative for individuals to consider incorporating such practices into their daily routines to maintain auditory health and balance within their body's systems.

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