

## KARNAPURANA- A REVIEW ARTICLE

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### ABSTRACT

Ears are considered to be the main place for Vata and there are high chances of them being vulnerable to Vata. Basically, Vata is governed by busy lifestyle, nonstop work, dry winds, cold etc. It might also be caused due to constant noise by computers or sounds of TV. Due to this, the ears are affected and the whole vata flow of body is also affected. In Ayurveda, it is believed that protecting and cleaning sense organs is very important. Moreover, symptoms are common such as earaches, tinnitus, hearing loss; they can be prevented by karnapoorana. Karnapoorana is an Ayurvedic therapeutic measure comes under Vicharana Sneha which means the different special method of administration of Sneha that require regular tom achieve Sneha affect. Karnapoorana is the process of filling the sarasa, taila etc into ear to cure different disease affecting ear, neck and head. Drugs used for Karnapoorana are selected according to disease, Dosha, Prakriti, Awastha, and Desha. Karnapoorana is very important in healthy individuals as it is described as part of Dinacharya. Time and duration are also according to Dravya and Vyadhi.

**KEYWORDS:** Karnapoorana, Snehana, Badhirya.

### INTRODUCTION

*Karnapoorana* is made up of two words *Karna* and *Poorana*. The procedure Karnapoorana where the Sneha administered does not undergo the process of digestion in the gastrointestinal tract is included in Vicharana Sneha. The literal meaning of karnapoorana is filling of ear with luke warm Swarasa, Sneha Dravya or Gomutra etc. Acharya Charak said that those who practice Karnapoorana daily do not suffer from Vataja Karna Roga, Badhirya (deafness), Manya and Hanu Roga.<sup>[1]</sup>

Acharya Sushruta described it as the treatment of Hanu, Manya Shirah, and Karna Shoola.<sup>[2]</sup> Vagbhata explained that it is part of Dinacharya and should be followed if one wants to stay healthy.<sup>[3]</sup>

### Indications

Different diseases related to the ear, head, and cervical spine may be effectively treated by the *Karnapurana/Karna Abhyanga* and the same are listed below.

*Vataja Karnaroga* •Prevents diseases of the vitiated *Vata Dosh* in the ears.

*Manyagraha* •Cures stiffness of the sides of the neck.

*Hanugraha* •Relieves stiffness of the mandible.

*Hanushula* •Effective in painful mandible.

*Manyashula* •Cures pain in the sides of the neck.

*Shirashula* •Relieves headache due to different causes.

*Karnashula* •Gives spontaneous relief in earache.

*Badhirya* •Protects ear from damage and hence a person does not develop deafness even happens to hear a loud noise

### Contraindications

In the conditions like a perforated tympanic membrane, CSOM, Cholesteatoma Karnapoorana should not be performed because it may lead to complications as it is difficult to make complete sterile conditions.

### Types

Through not mentioned clearly, Karnapoorana can be classified in this manor, according to use.

A - As Daily Procedure (Dinacharya).

B - In Pathological condition.

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 *Samhitas* especially for *Karnapoorana* are.

**Mutra:** there is 8 type of *Mutra* (*Ashtamutra*) explained in *Samhitas* that are of medicinal use. *Acharya Sharangadhra* explained that all these types of *Mutra* can be used for *Karnapoorana* alone or with other drugs.<sup>[4]</sup>

**Sneha:** *Deepika Taila*, *Katu Taila*, *Bilva Taila* are some of *Snehana Dravya* used for *Karnapoorana*.

**Svarasa:** *Arkankura svarasa*, *Adraaka svarasa*, *Shigru Patra Svarasa*, *Moolaka Patra Svarasa* etc.

**Duration**

In Karna Roga:- 100 Matra

In Kantha Roga:- 500 Matra

In Shiro Roga:- 1000 Matra

In Painful condition: - till pain relieves

In Swastha 100 Matra (Approx 2-3 minute)<sup>[5]</sup>

**Time**

Rasadi dravya – before meal; Tailadi dravya – After sunset.<sup>[6]</sup>

**Dosage**

Quantity of Dravya not mentioned specifically but it should be the quantity which fills the external auditory canal without overflowing.

**Procedure**

Whole procedure can be broadly divided in to three parts.

**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.

**Pradhana Karma**

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.<sup>[7]</sup> 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 Daurbhya* that is decreased listening power, hyperacusis, etc. are due to Vata Dosha predominance in

old age and decreased nutrition to *Uttarottar Dhatu*. *Karnapoorana* provides nutrition to the local *Nadi* thus preventing *Indriya Daurbalyata*.

**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.

**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.

**DISCUSSION**

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.

**CONCLUSION**

*Karnapoorana* is one of the important procedures performed in ear diseases.

In this era, prevention is given prime importance because in this era lifestyle is faulty leading to early aging thus weakening sense organs. *Karnapoorana* prevents these

early aging changes in the ear. *Karnapoorana* is easy to perform and economical.

Karnapoorana is important because it acts in all three aspects of the disease that is prevention, *Shodhana*, and *Shamana*. The selection of different *Dravya* for it leads to its multidimensional properties thus acting on all three *Dosha*. It removes *Mala Sanga* and the cleaning of *Srotasa*. It also provides strength by *Balya* property of drugs used. If various diseases are taken to account different drugs should be used according to *Dosha* predominance. Thus it performs important functions with very easy procedures.

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