

डॉ. सुनंदा व डॉ. सुभाष रानडे प्रतिष्ठान पुरस्कृत लेख

## Ayurvedic Management of Vata-Kaphaja Karnanada w.s.r. to Tinnitus: A Case Study



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**Abstract:** Tinnitus is a common medical symptom having a perception of an auditory sensation in the absence of a corresponding external stimulus. It occurs due to excessive talking on mobile phones, use of earphones, sound pollution, etc. On analysis of disease with the Ayurvedic approach, it seems to be nearer to Vata kaphaj dominant Karnanada. In the present case, a 22 years old female patient having a complaint of ringing sound in both ears right more than left for 2 years along with disturbance of sleep, irritation, and headache, from past 3 months was treated with Ayurvedic treatment like karnapoorana with bilwadi taila followed by medhya rasayana for 45 days. The patient was observed before and after treatment and got the significant result. Karnapoorana has property vatahara, healing, control over-hyper stimulus of nerves and internal medicine Saraswatarishta has neuroprotective properties. This single case study can indicate that sthanika chikitsa with medhya rasayana can help in the management of vata-kaphaja karnanada.

**Keywords:** Karnanada, Karnapurana, Medhya Rasayana, Tinnitus.

**Introduction:** Tinnitus word developed from the Latin phrase 'tinnire' which means 'to ring'. The intuition of sound in absence of external sound. Tinnitus is of two types. One is subjective where the only patient hears ringing, whizzing, or hissing type of sound and the other one is objective type in which patients with observers can hear pulsatile sound. The patient can hear different types of sound which can be bilateral or unilateral, transient or stable type. Variation may find in the quality, pitch, and loudness of the sound. Idiopathic causes may be present in the brain, external ear, middle or inner ear. Also, in some

systemic diseases like hypertension, hypotension, or anemia tinnitus is presented as a symptom. Some drugs which affect on inner ear or auditory pathway may produce symptom like tinnitus.

In Ayurveda as per Vachaspatyam, karnam denotes a sound which is perceived by an organ called 'Karna' and the word 'Nadam' means 'Shabdham'(sound). The symptoms signified in Karnanada patients hear sounds like bheri, mrudunga and shankhavata etc. Acharya Sushruta described the disease Karnanada. Etio-pathological causes were not described by Acharya Sushruta but Acharya Yog-ratnakara gave a list of common causes of karnaroga which are Avashyaya (exposure to cold), jalakrida (swimming or diving), Karnakandu (improper ear scratching), Mithyayoga of shastras (metal earbuds), etc. Due to excessive use of headphones, loud sound shabda atiyoga and mithyayoga occur. These etiological factors vitiated Vata and associated Kapha goes in shabdavahini Nadi and resolved in karnendriya which develops Karnanada. According to modern medical science, there is no particular treatment for tinnitus. So Ayurvedic chikitsa told in karnaroga like karnapurana, abhyanga and medhya rasayana will be beneficial in such cases.

**Aim and Objectives:** 1.To assess the efficacy of bilwa taila karnapoorana with medhya rasayana in the management of Vatakaphaja karnanada (tinnitus).

**Materials and Methods: Case Report** A 22 years female patient had a complaint of ringing sound in both ears right more than left for 2 years along with disturbance of sleep, irritation, headache, from past 3 months. The patient had taken allopathic treatment for 6 months but didn't get relief.

Occupational History- The patient is working

in a call center. N/H/O-DM, HTN, PTB, vertigo, ototoxic medication. No history of any ear discharge, Tympanic membrane perforation. On Examination Pulse-68/min, BP-110/80 mm Hg, Respiration rate-18/min

**Examination of Ear** - Ear pinna pre and post-aural area, the external auditory canal, and tympanic membrane were normal.

Qualitative Hearing test by Tuning fork  
-Rinne's test: - Right ear-AC > BC Left ear-AC > BC  
-Weber's test- patient heard sound equally in both ear

The Nose, oral cavity proper, and larynx was also normal. Audiometry test-Bilateral normal hearing.

Investigations: - All routine blood investigations were done.

With consent, the patient was treated with panchakarma and the Ayurvedic treatment mentioned in table no 1. It shows significant results assessed by criteria given in table no 2 and 3 below.

**Treatment Modality:** Table no 1: Treatment is given in vata-kaphaja karnanada

No.	Chikitsa	Drug & Dose	Anupana	Time	Duration
1.	Deepana-Pachana	Amapachaka vati 500 mg	Lukewarm water	After meal	5 days
2.	Anulomana	Gandharvharitaki churna 5 gm	lukewarm water	At night	5 days
3.	Karnapoorana	Bilwa taila			3 cycles of 7 days including 7 days gap in successive cycle i.e total 21 days
4.	Medhya Rasayan	Saraswatarishta 10 ml BD	lukewarm water	After meal	35 days

**Observations and Result:** Subjective Assessment Criteria in Tinnitus. The effect of treatment was assessed by asking questionnaire to the patients.

Questions	Never (0)	Rarely (1)	Sometimes (2)	Usually (3)	Always (4)
Does your tinnitus still make you irritable or nervous?					
Does your tinnitus make you feel tired or stressed?					
Does your tinnitus make you uncomfortable to be in a quiet room or sitting?					
Does your tinnitus make you difficult to concentrate?					
Interfere with your required activities? (work, home care or other responsibilities)					

Interfere with your social activities/ other things you do in leisure time?					
Does your tinnitus still interfere with sleep?					

**Observations and Results:**

Table no 3: Assessment of patient before and after treatment		
Questions	BT	AT
1. Does your tinnitus still make you irritable or nervous?	4	1
2. Does your tinnitus make you feel tired or stressed?	3	0
3. Does your tinnitus make you uncomfortable to be in a quiet room or sitting?	3	2
4. Does your tinnitus make you difficult to concentrate?	4	1
5. Interfere with your required activities? (work, home care or other responsibilities)	4	1

6. Interfere with your social activities/ other things you do in leisure time?	3	0
7. Does your tinnitus still interfere with sleep?	4	2

**Discussion:** Karnanada is a disease caused by vitiated vata dosha. The patients hear the sounds like bheri and mridanga. Ati shastra yoga as well as ratrijagarana, ati vyayama pramitashana and lack of proper diet may cause dhatukshaya (Asthi dhatu precisely) ultimately leads to vataparakopa.

In modern science karnanada can be correlated to tinnitus. Tinnitus is a disease where one hears ringing, tapping sound in the ear.

Karnanada cannot be cure completely but its associated symptoms can be relieved by using various procedures and drugs in Ayurveda. In the present case, the patient got relief up to 75% in irritability, lack of concentration, and interference with work caused by her tinnitus. Whereas she got reduced 100% her symptoms like discomfort doing work and disturbed social life.

In the case of Vata disorders like karnanada, snehana karma is considered as a best procedure because of its effect on Vata dosha. Karnapoorana is type of bahya snehana. In Sushruta Samhita Bilwa taila is given as the treatment of choice for vata-kaphaja karnanada. Ingredients like Bilwa reduce or prevent spasms in voluntary or involuntary muscles and prevent allergic responses by the body. Bilwa is kaphavataghna, Shothahara (anti-inflammatory) Vedanasthapana (pain-alleviator), and has nutritive action. Bilva taila helps in absorption through epithelial tissue of the external ear canal and tympanic membrane that can maintain normal equilibrium. As a result of karnapoorana kapha and vata shamana takes place which maintains the normal functions of hearing and relieving sounds in the ear.

Saraswatarishta contains mainly Brahmi is rich in vata shamaka properties which aid in managing anxiety-related problems. It poses properties like vatanulomaka and kaphanashaka. It also has medhya properties which help in cognitive functions. Also, Saraswatarishta does deepana and pachana.

**Conclusion:** Tinnitus is a common disorder worldwide and occurs more often in old age. It is

similar to Karnanada in Ayurveda. Local treatment like Bilwa taila karnapoorana with medhya drug like saraswatarishta shows significant result in vata-kaphaja karnanada.

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