Effect of Karnapurana Therapy in the Management of Karnabadhirya – a Case Study

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ABSTRACT

Hearing impairment is a complete or partial loss of ability to hear from one or both ears. It can be congenital or acquired and the clinical features closely resemble to Badhirya explained in Ayurveda. Hearing impairment in the school going children is a serious problem affecting their education, skills, and social relationship with others, etc. This case report presents an 69-year-old male patient with hearing impairment in the both ear since 6 months. Audiometry report showed profound hearing loss in the both ear. Treatment was done Karnapurana (~putting oil in ears) with bilwadi taila, along with sarivadi vati, Arogaya vardhini vati, rasayan vati. After that, audiometry results improved from profound to moderate hearing loss in the both ear. Decreased hearing may be due to vitiated Vata alone or Vata and Kapha dosha, which can be managed with the help of Karnapurana along with Vata shamana and Rasayana therapy.

INTRODUCTION

Hearing is an important medium, which keeps one connected to other and with the surroundings. It is important for the cognitive development of children. Hearing impairment (~Badhirya) means complete or partial loss of the ability to hear from one or both ears. It makes conversation difficult and people experience feeling of isolation, which is barrier to both education and social integration. It is also associated with decline in cognitive impairment[1]. 466 million (~6.1%) of the world's population are estimated to be living with hearing loss. It is estimated that over 60% of such hearing loss could be avoided through preventive measures[2]. Etiological factors responsible for hearing loss may be present at birth or acquired. This loss can be because of genetic or non-genetic reasons. Non-genetic causes can be intrauterine as diabetes, toxemia, ototoxic drugs, and infections such as rubella, measles, chickenpox, cytomegalovirus, and HIV. According to Acharya Sushruta, vitiated Vata along with Kapha in Sira occupies Shabdansvaha sira (~auditory nerve) in Shrotrendriya (~organ of hearing), leads to Srotorodha (~obstruction of channels), and further ignorance of this condition leads to Badhirya[3].

Hearing aids, implants, and assistive devices are most common instrumental devices which are used in rehabilitation of the impaired hearing. However, use of these devices itself is challenging because people using them cannot hear as many sounds as people with normal hearing. In more severe cases, where there is limited benefit from conventional hearing aids, then a cochlear implant may be an option. As it is costly and beyond the reach of common people in India, the Ayurvedic treatment can be an alternative to conventional management of hearing impairment.
OBJECTIVE
To evaluate the efficiency of karnapurana in the management of karna badhirya

CASE STUDY
A 69-year-old male patient having complain of reduced hearing since 6 months

History of Present Illness
A 69-year-old male patient was relatively healthy before 6 months. Gradually he started complaining about reduced hearing, then he went to ENT surgeon for the treatment, but they suggested for using the machine or hearing pad for deafness. So, he came here for further treatment.

Personal History
1. Appetite- normal
2. Bowel-clear
3. Micturition-clear
4. Sleep-sound

General Examination
1. pallor-absent
2. edema-absent
3. BP-130/90 mm/hg
4. Pulse- 78/min
5. lymphadenopathy-absent
6. icterus-absent
7. cyanosis-absent
8. clubbing- absent

Ashtavidha Pareeksha
1) Nadi- vataj
2) Mala- prakrut
3) Mutra- prakrut
4) Jihva- prakrut, nirama
5) Shabda - vikrut
6) Sparsha-Raksha
7) Drik- Prakruta
8) Akruthi-Madhyama

Ear Examination
Inspection- not any specific
Palpation- not any specific
Tunic fork test(512 HZ tunic fork): Rennies test- AC > BC
Weber”s test- Laterized to right ear
Otoscopy: Rt ear- No specific lesion
Lt ear-No specific lesion

Diagnosis: Karna Badhirya

Process of Karnapurana
Have the oil ready and at the right temperature ask patient to Lay down on his side with a towel over a pillow, resting head have some tissues or paper towel within arms reach Gently pour a small amount of oil (max 1 Tbsp or 5-8 drops) of oil into one ear (it helps to use a dropper or syringe, readily available from most chemists )Leave 5-10 minutes use tissue or paper towel over the ear and roll directly onto the other side, allowing oil to come out Repeat steps 4-6, ensuring then lay on the opposite side for minimum 5 minutes to allow oil to drain from second ear Optional to massage a little bit around ears Optional wet and warm towel used on the temples is a beautiful completion to this treatment.

**Treatment**

Medicine use for the purpose of karnapurana is bilvadi tail. This medicine is used in karnapurana therapy for 21 days.

**Shaman aushadhi:**

Sarivadi vati 2 tab BD Before meal with warm water
Rasayan vati 2 tab BD After meal with warm water
Arogyavardhini vati 2 tab BD After meal warm water

**OBSERVATION AND RESULT**

Audiometric assessment results

**Before Treatment**

![Before Treatment Graph](image1.png)

**After Treatment**

![After Treatment Graph](image2.png)
Assessment Criteria

<table>
<thead>
<tr>
<th>Assessment criteria</th>
<th>Before karnapuran</th>
<th>After karnapuran</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deafness</td>
<td>Severe</td>
<td>Moderate</td>
</tr>
<tr>
<td>Pain</td>
<td>Moderate</td>
<td>Not present</td>
</tr>
<tr>
<td>Pus discharge</td>
<td>Not present</td>
<td>Not present</td>
</tr>
<tr>
<td>Itching</td>
<td>Not present</td>
<td>Not present</td>
</tr>
</tbody>
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DISCUSSION

Badhirya is one of the most common disorders and is a challenging problem to all ENT surgeons. The condition looks simple, but medical management adopted for hearing impairment in modern system of medicine is not satisfactory in all the patients. Despite their successes, hearing aids and cochlear implants are not perfect in all situations. Particularly frequency discrimination and performance in noisy environments and general efficacy of the devises vary among individual[4].

Ears are said to be the seat of Vata dosha and are responsible for hearing mechanism as quoted in Ashtanga Hridayam “Pakwashaya katisakthi shrotra asthi sparshanindriyam.” Badhirya mainly occurs due to vitiation of Vata along with Kapha dosha that occupies Shabdavaha sira in Shrotrendriya leading to Shrotorodha. With lack of proper treatment, this condition ultimately leads to Badhirya[5].

Ayurvedic management in Badhirya is based on Vatavyadhi chikitsa vidhi (neuroprotective treatment) and Rasayana chikitsa (rejuvenation therapy). These principles probably help in regeneration and repair of damaged hair cells which have improved hearing.

Bilwadi taila was used for Karnapurana. Karnapurana does the Vata shamana and maintains normal hearing capacity, as quoted by Acharya Charaka “Na karnaroga vatottaha nochchav shrutihi na badiryam syannityam karna tarpanaat”?6. Abhyanga (~gentle massage with lukewarm oil) and Swedana (sudation) done as Purva karma (preprocedure) cause vasodilation and facilitate further absorption of drug. Lukewarm bilvadi taila possess Vata shamana property and removes Aavarana of Kapha. It gets absorbed from external auditory meatus and tympanic membrane, which may reach systemic blood flow. Further, ingredients of bilwadi taila can be easily assimilated through nerve endings. As a combined effect of active principles present in the drug and oil helps in repair and regeneration of damaged hair cells which lead to better hearing[7].

According to the modern science, local application like ointment passes through the stratum corneum into the blood vessel and reaches the appropriate organ.

Arogya vardhini vati improves overall health by balancing the three Doshas in the body. The ingredients of Arogya vardhini vati act as antibacterial, carminative, hypoglycemic, hypotensive, and astringent. Arogya vardhini vati has antioxidative, anti-hepatotoxic and immune modulator properties[8]. The mineral Shuddha shilajit (Asphaltum punjabium) is an effective agent for renewing vitality. It acts like nectar; it has powerful antioxidant properties and it helps in maintenance of healthy digestive system along with clearing the body channels for the nutrients to reach to the tissues.
Sariva (*Hemidesmus indicus L.*) is the basic ingredients of Sarivadyasava. It is potent anti-inflammatory, antioxidant, hepatoprotective, diuretic, and useful in neurological disorders. (9)70% methanolic extract of Sariva root, which contains large amount of flavonoids and phenolic compounds, exhibits high antioxidant and free radical scavenging activities[10]. It acts as natural source of antioxidant and through circulation in blood, it ensures healthy hearing mechanism in the body. Thus, the combined effect of the above-mentioned procedures and internal medicines acts as Vatashamaka and Rasayana, which possibly helped in improvement of the symptoms.

CONCLUSION

Hearing loss can be a distressing condition that affects a significant degree of physical, mental, and social health of an individual. In Ayurveda, Badhirya is basically treated on lines of Vatashamana and Rasayana therapy. bilwadi taila karnapurana, with internal medicines have provided significant improvement in the present case. Patient feels clinically better in hearing as compare to previous. This infers that effective management of Badhirya can be done based on the principles of Ayurveda. The patient is still continuing the treatment and in longer duration, he may get further improvement. The study if carried out in larger sample can provide concrete conclusions.

REFERENCES