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An ayurvedic approach in the management of tinnitus W.S.R. to Karnanada: A case report

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Abstract

Background: Tinnitus from a Latin word for singing is the perception of sound in human ear in absence of corresponding external sounds. It can be perceived in one or both ears. Tinnitus is a clicking, swishing, whistling and hissing type of noise that seems to originate in ear or head. Tinnitus is not itself a disease but a symptom of some disease. Tinnitus can be correlated with *Karnanada* which is mentioned as a type of *Karnarogas* in various classical texts of *Ayurveda*.

Materials and methods: In the present study a 27 years old male patient of Tinnitus was administered with *Anutaila Nasya*, *Sarshapa Taila Karnapoorana* and *Ghrita Pana* for 1

month.

Result: Patient showed gradual improvement and reduction of the symptoms of Tinnitus in a month. Also the patient was advised to follow the *Pathya Ahara Vihara* and avoid the *Apathya Ahara Vihara*. Results were appreciable with approx 65% relief in chief complaint.

Conclusion: In modern medicine there are various treatments for Tinnitus is available, few of them includes sedatives like benzodiazepine and antidepressant drugs which can have side effects, surgical section of cochlear nerve may be tried but have not helped much, so the *Ayurvedic* management was approached for cheap, easy, and non side effective treatment.

Keywords: Karnanada, Karnapoorana, Nasya, Sarshapa Taila, Tinnitus

Introduction

Karnanada (Tinnitus) is ringing sound or noise in the ear. The characteristic feature is that the origin of this sound is within the patient. It may vary in pitch and loudness and has been variously described by the patient as roaring, hissing, swishing, rustling or clicking type of noise ^[1]. Subjective tinnitus, which can only be heard by the patient, may have its origin in the external ear, middle ear, inner ear, The Vestibulocochlear nerve. Objective tinnitus which can even be heard by the examiner by the use of stethoscope is seen less frequently. In *Ayurveda*, 28 *Karnarogas* are mentioned by *Acharya Sushruta* ^[2], 25 *Karnarogas* are mentioned by *Acharya Vaghata*. *Ayurveda* describe *Karnanada* as different types of sounds in the ear like that of *Bheri* (cuttle drum sound), *Mrudanga* (roaring sensation), *Shankha* (ringing sensation) caused by vitiation of *Vat Dosha* as *Vimargagamana* (entering into other channels) or *Sang* (encircled) by *Kaphadi Doshas* in *Shabdavaha Shrotas* (auditory canal). As per *Ayurveda* aggravated *Vat Dosha* plays a major role in *Karnanada* ^[3]. Therefore the treatment principle given by *Acharya Sushruta* mainly concentrates on *Vat* pacification i.e. nourishing type of therapy should be given like *Rasayana* therapy, *Ghritapana*, *Snehana*, *Swedana*, *Snehavirechana*, *Nasya*, *Karnapoorana* etc. The use of *Sneha* especially *Taila* helps to pacify *Vat Dosha* and clears the *Shrotas* (channels) of *Karna*. According to *Ayurveda* classics Nose is said to be the gateway of cranial cavity and medicine given by nose can be treat many diseases of supraclavicular part ^[4]. Large epidemiological studies demonstrated that 15-20% of the adult population experience same form of tinnitus and one out of five patients claims to be emotionally affected. Treatment available for Tinnitus in modern science includes- Sedation and tranquilizers, reassurance, psychotherapy, masking of Tinnitus etc. But there is no effective and permanent cure for this disease. Therefore this study had been carried out to prevent recurrence of the disease with the help of *Ayurveda*.

Case Report

A 27 years old male patient came to ENT OPD with the complaint of ringing sound in both of his ears since 3 months. He has taken some modern medicines for the same but got no satisfactory results. Clinical examination through otoscope showed bilateral normal external auditory canals and tympanic membranes. Pure tone audiometric test showed normal hearing. Routine investigations like HB, TLC, DLC and FBS were within normal limits.

Personal History

Diet: Vegetarian
 Appetite: Moderate
 Bowel: Regular
 Micturition: Normal
 Sleep: Disturbed
 Addiction: No any

All vital signs and general **physical** examinations were found

Treatment Protocol

Sr. No.	Procedure	Drug	Dose	Rout of administration	Duration
1	Ghritapana	Goghrita	10-15 ml	Oral	OD before meal for 1 month
2	Nasya	Anutaila	8 drops/nostril	Nose	Once in the morning for 1 month
3	Karnapoorana	Sarshapa Taila	20-24 drops/ear	Ear	Once in the evening for 1 month

Pathya

Pranayam, Tarpana and Vat hara ahara vihara (Food which pacifies *Vat Dosha*), Mamsa Rasa,

Apathya

Patient is advised **not** to take *Laghu-ruksha-tikshna Ahara* (light, dry, spicy food), excessive water contact (in ears), (*Ativyayama*) vigorous exercise, (*krodha*) anger.

Result and Discussion

Karna is one of the most important jnanendriya in body. Main function of *Karna* is hearing and maintaining balance of the body. The common symptoms of *Karnanada* are caused by *Atiyoga and Mithyayoga* of *Karnendriya*. Also *Vat Dosha* plays an important role in the pathology of *Karnanada*. Modern science has various treatments for Tinnitus but it has no satisfactory effects and also the chances of recurrence are high. So it's necessary to have safe, effective, and economical treatment without any side effect.

Ayurvedic management of *Karnanada* is based on the principle of *Vat-Kapha Shaman, Bruhana* and *Strotoshodhana*. *Ghrita* has nourishing effect on *Saptadhatu*. *Sarshapa Taila* has *Vat-Kapha Shaman* property due to its *Ushna Veerya Snigdha Guna* and *Vatahara Prabhava*; it also helps cutting excessive *Kapha* due to *Katu Rasa* and *Katu Vipaka* and *Tikshna Guna*. *Strotoshodhana Karma* is done by *Anutaila Nasya* due to its *Vyavayi Guna* and *Tridosha Shaman* properties. This explains the mode of action of the drugs which had been used in present study for the treatment of *Karnanada*.

Conclusion

Although Tinnitus is not a disease itself but it's a common symptom of many diseases it affects day to day life of the patient which includes Fear, anxiety, depression, sleeplessness and many psychological conditions which must not to be taken for granted and patient should surely receive some effective treatment. The present study showed significant improvement in the chief complaints after 1 month of treatment. Follow up was done for next 1 month after which patient got satisfactory relief with no further complications. This study concludes that Ayurvedic management with *Ghrita Pana, Anutaila Nasya* and *Karnapoorana* with *Sarshapa Taila* offers effective result in the treatment of Tinnitus.

to be normal.

Occupational History

Patient was a Factory worker

Diagnosis

Diagnosis was made with the subjective clinical symptom of ringing sound in bilateral ears with associated complaints of irritation, disturbed sleep, Anorexia and Anxiety.

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