



Understanding Ayurvedic procedure of "Karnapoorana"

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ABSTRACT

Ayurveda is rich science with different kinds of management techniques. Karnapoorana is made up of two words Karna and Poorana. Karna means ear and Poorana mean filling. So it is a process in which the ear is filled with medicated Taila, Mutra, and Swarasa, etc. for treatment of various Vyadhis. karnapoorana means filling the ear with medicated Taila or other substances. It not only used to cure the disease but a part of healthy living according to Ayurveda. Diseases of ear, nose, and throat are categorized in Urdhwajatrugata Vikara in Ayurveda and different treatment modalities are described for them. It includes surgical procedures, drugs, and different procedures like Karnapoorana, Akshitarpana, Nasya, etc. Karnapoorana not only cures the ailments but also helpful in maintaining well being of ear, neck, and head. Ayurveda treats diseases based on Doshik parameters which are influenced by many factors like Kala, Vaya, Desha, Ahara-Vihara, etc. Due to this variety of factors treatment should also be of different kinds. In Ayurveda, Vata is considered important among three basic Dosha. Vata is best treated with Snehana processes. This Snehana grossly divided into Bahya and Abhyantara. Karnapoorana is a type of Bahya Snehana. 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. The classic Ayurvedic treatment for the ears is an essential part of a healthy quotidian routine. It is called Karnapoorana – where medicated oil is dribbled into the ears and the ears are then thoroughly massaged.

INTRODUCTION

Karnapoorana is made up of two words Karna and Poorana. Karna means ear and Poorana mean filling. So it is a process in which the ear is filled with medicated Taila, Mutra, and Swarasa, etc. for treatment of various Vyadhis. Acharya Charak said that those who practice Karnapoorana daily do not suffer from Vataja Karna Roga, Badhirya (deafness), Manya and Hanu Roga⁽¹⁾ Acharya Sushruta described it as the treatment of Hanu, Manya Shirah, and Karna Shoola⁽²⁾. Vagbhata explained that it is part of Dincharya and should be followed if one wants to stay healthy⁽³⁾.

AIMS AND OBJECTIVES

1. To study the Probable mode of Action of Karnapoorana
2. To study Standard procedure of Karnapoorana

Types of karnapoorana⁽⁴⁾

Though not mentioned clearly, Karna Poorana can be classified in this manner,

- ❖ According to use:— A. As daily procedure (Dincharya) B. In pathological conditions

❖ According to Dravya used:—

A. Done with Taila or Ghrita.

B. Done with Swarasa

C. Other Dravya:— Mutra, Sneha,

❖ According to Indications:-Manyagraha, Hanugraha, Hanushula, Manyashula, Shirahshula, Karna Shula, Badhira, Karna Nada, Karna Strava, Pooti Karna etc.

❖ According to Matra (Quantity of Dravya):— Not mentioned specifically. But it should be the quantity which fills the EAC without overflowing.

❖ Duration for procedure:

In Karna Roga –100 Matra

In Kantha Roga –500 Matra

In Shiro Roga – 1000 Matra

In painful condition - Till pain relieves

In Swastha - Hundred Matra (approx. 2 – 3 minutes) (A.F.I. PART -I, II Common appendices.)

STANDARD PROCEDURE OF KARNAPOORANA

It is divided into three parts Poorvakarma, Pradhanakarma, Pashchatakarma

Purva karma:

- Requirements: Therapy room, therapist, Droni, Small steel bowls, Big steel bowls, cotton and Heating operates.
- Examination of the patient: We should examine the patient before starting the procedure, if patient is fit for procedure then we will move on next step of procedure.
- Patient should be made to lie down on right or left lateral depending on the affected side.
- Gentle massage with lukewarm oil around the ear for a short period should be done.
- Mild hot fomentation around the ear like tapa sweda should be done.

➤ 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/ Swarasa/ 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.

DURATION OF THE KARNAPOORANA

100 Matrakala Karna Roga

500 Matrakala Kantha Roga

1000 Matrakala Shiro Roga

In painful conditions duration is until pain resides.

PROBABLE MODE OF ACTION KARNAPOORANA⁽⁵⁾

Karnapoorana is one of the type of Snehan, it nourishes the tissues & cells. A more detailed description regarding the mode of action of Karnapoorana is not existing in Ayurvedic classics.

But as Karna Tarpana is stated as Sneha Pravicharana its mode of accomplishment can be understood as Sthanika Snehana, if Sneha Dravaya is used for it.

In Purva Karma placid massage is done with lukewarm medicated oil around the ear and pinna for a short duration of time (Approx.5-7 min.). Massage also shelter lateral portion of neck mediocre to ear. This causes rise of blood circulation in ear. After this heat is applied around ear with towel sodden in boiling water by waving, poignant and pressing for some time (Approx.10 min.). This reason vasodilatation and thus rise permeability of capillaries. As a outcome of both Abhyanga and Swedana abridges more absorption of drug. As the efferent vasodilator nerves are banquet out on the superficial surface of the face, obtains stimulation by fomentation and it may rise blood flow to the brain.

Inculcated medicine in ear canal acquires fascinated by skin lining external auditory meatus and tympanic membrane and spreads systemic blood flow, according to Ayurveda drugs contracts absorbed by Bhrajaka Pitta extant in skin and spectacles its effects on body and local tissue. Person is asked to do champing activities or tragus is gently pressed by finger 5-6 times to enable more drug absorption. The drug inculcated in form of oil, urine etc. is used lukewarm it helps in reviving inflammation thus it reduces ear ache, and by counter effect of heat it also revives pain of nearby structures like mandible or neck. Generally Tila Taila or other medicated oil is used in Karnapoorana, Taila is having asset of Vata Shamana but do not aggravate Kapha. In this way Karnapoorana eradicates disease of ear which ensues due to vitiation of Vata. In addition to this medicine is used Luke warm so Vata is eliminated also by Ushna Guna. These properties do not only have advantageous effect on Vata but also eliminates Aavarana of Kapha. As medicine for Karnapoorana is made by Snehapaka method all fat soluble active ingredients of drug get enclosed. Fat soluble active principle can be easily integrated through nerve endings. As a combine effect of all these Karnapoorana is useful in Badhirya.

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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