

**MIXED BLESSINGS OF KARNAPOORANA: STANDARDIZATION OF
UNESTABLISHED TREATMENT OF KARNASRAVA W.S.R TO CSOM****Dr. Arohi B. Parmar^{*1}, Dr. Megha M Chandarana², Dr. Ravi M. Pandya³**¹Post Graduate, Dept of Shalaky Tantra, Parul Institute of Ayurved, Parul University.²Post Graduate, Dept of Rachana Sharir, Parul Institute of Ayurved, Parul University.³Post Graduate, Dept of Kriya Sharir, Parul Institute of Ayurved, Parul University.***Corresponding Author: Dr. Arohi B. Parmar**

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ABSTRACT

A 49 year old female was admitted in Ayurved hospital with complaints of on/off ear discharge from both ears since last 8 months, headache, allergic rhinitis and O/H of tympanoplasty in left ear. She was planned to be treated with Treatment of choice for the case- *Karnapoorana* in both ears. After one day of procedure she was noted with severe pain in right ear. In this case, iatrogenic effect of *Karnapoorana* was noted in right ear while good results were noted after 7 days in left ear. *Karnapoorana* is an ayurvedic procedure followed in majority of *Karnaroga* like *Karnashoola* i.e. pain in ear, *karnasrava* i.e. ear discharge, *badhirya* i.e. impaired hearing etc in which the liquid medicine is instilled inside the ear. In this study, an attempt is made to standardize the procedure for taking maximum outcome from the treatment and set a trend to follow in every case of ear discharge to avoid highly expensive surgical treatments.

KEY WORDS: Karnapoorana, ear discharge, karnasrava.**INTRODUCTION**

Chronic suppurative otitis media is a long-standing infection of a part or whole of the middle ear cleft characterized by ear discharge and a permanent perforation. A perforation becomes permanent when its edges are covered by squamous epithelium and it does not heal spontaneously. Incidence of CSOM is higher in developing countries. It affects both sexes and all age groups. In India, the overall prevalence rate is 46 and 16 persons per thousand in rural and urban population.^[1] The aim of the treatment is to clear infection and eliminate ear discharge and at a later stage to correct the hearing loss by surgical means. A 49 year old female was admitted in Ayurved hospital with complaints of on/off ear discharge from both ears since 8 months, headache, allergic rhinitis and O/H of tympanoplasty in left ear. In this case, As per Ayurvedic guidelines, *Karnapoorana* treatment was planned for 7 days with "*Nisha Taila*." After one day of procedure she was noted with severe pain in right ear. In this case, iatrogenic effect of *Karnapoorana* was noted in right ear while good results were noted after 7 days in left ear. *Karnapoorana* is an ayurvedic procedure followed in majority of *Karnaroga* in which the liquid medicine is instilled inside the ear. It is lesser known procedure which serves good results in ear disorders.

Sources of Data

In various available ayurvedic texts, it is mentioned that individuals who follow *Karnapoorana* in daily regimen never gets afflicted with ear disorders, specially tinnitus and deafness, manyagraha i.e. cervical spondylosis and hanugraha i.e. lockjaw.^[2] The main three texts "*Brihatrayee*" does not explain in detail about the procedure. The time of administration of procedure and method is explained briefly by *Acharya Sharangdhara* and *yogratnakara*. Patient is advised to lie on one side, Pinna and backside of the ear is first oiled with medicated oils and sudation is performed. After this ear is filled with various medicated oils and simultaneously massaged at the back of ear.^[3,4] Oil should be retained in ear for 100 *matrakal* i.e. 2-3 minutes. One *matrakal* is explained as time required for closing and opening one's eye or circulating index finger on left knee joint generously.^[5] Oil is removed with the help of cotton ear wick and patient is advised to follow *pahyapathya* guidelines.

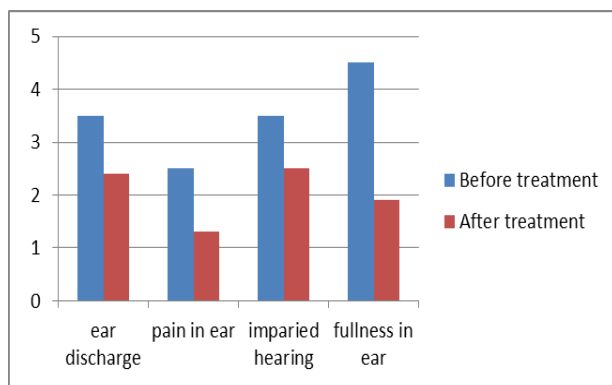
MATERIALS AND METHODS

As per proper guidelines *Karnapoorana* was done in above case with the drug "*Nisha taila*". It is medicated oil explained specially for all type of ear disorders, which contains *Gandhaka*, (sulphur, ₁₆S) *Haridra Choorna* (curcuma longa), *Dhattura patra swarasa* (*Datura stramonium*) and *sarshapa taila* (mustard oil).^[6]

After one sitting of Karnapoorana, patient had complaints of severe ear pain in the right ear. Whereas in left ear; noticeable results were obtained after continuation of procedure for seven days. In this case, iatrogenic effect of *Karnapoorana* was noted in right ear, due to perforated tympanic membrane.

RESULTS

The results are shown in the chart 1.1, before and after treatment in left ear.



(Chart: 1.1)..

DISCUSSION

As per the chart 1.1, good symptomatic relief was noted by patient in ear fullness. Ear discharge and pain in ear was also subsided. Impaired hearing was not much corrected with the treatment. In place of Nisha taila, there are varieties of drugs explained for Karnapoorana in Ayurved which may show greater or lesser effect on ear discharge, which includes Number of taila, ghrita, swarasa, kashaya and mutra.^[7] There is a need for standardization of the treatment as it may show iatrogenic effects if performed without pre-examination and suitability of the patient. Here, a detailed guideline as per today's need is explained for Karnapoorana:

- Required materials : sterile bowl , sterile dropper, oil for external ear massage, napkin, liquid drug of choice, cotton
- Required manpower : trained ayurvedic physician, one class D worker
- Pre-examination: otoscopic examination of patient, if Tympanic membrane is perforated, Karnapoorana is strictly contra-indicated.
- Pre-operative: patient is lied down in left or right lateral position as per affected ear on table. Massage the ear with lukewarm oil and fomentation with hot napkin.
- Operative: instil the specific liquid medicine (lukewarm) inside the EAC with dropper, massage at back side of the Pinna; remain in same position for 2.5 minutes.
- Post-operative: remove the medicine with cotton ear wick. Cover the ear with cotton for 1 hour. Avoid head bath and direct wind.

- Precautions: All materials used must be sterile. Temperature of the medicine must be checked before the procedure.
- Alternative procedure for Karnapoorana: where Karnapoorana is contraindicated, patient can be treated with *KarnaPichu*, in which in spite of filling EAC with oil, patient is advised to sit on table, and cotton swab is dipped in approx. 5 ml of oil and kept in EAC for one hour. In this case, there will not be chance for entering the drug into middle ear cavity.

CONCLUSION

CSOM is a single most important cause of hearing impairment in rural population. If a child is effected with CSOM, it can hamper his education and learning also due to loss of hearing. Karnapoorana is ancient treatment procedure for ear disorders, if practised safely with precautions it can be established as an alternative treatment of both, CSOM and Deafness. It is a new ray of hope for a research for new generation as a substitute for surgical treatment of CSOM.

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