

ROLE OF KARNAPOORANA IN THE MANAGEMENT OF KARNANADA: TINNITUS**¹Dr. Siddhesh Jagdish Patil, ²Dr. Sagar Ghalme, ³Dr. Swati Sarwade**¹PG Scholar, PG 3rd Year, Department of Shalakyatantra, PMT's Ayurved College, Shevgaon(Maharashtra).²Assistant Professor, Department of Shalakyatantra, PMT's Ayurved College, Shevgaon(Maharashtra).³Professor and HOD, Department of Shalakyatantra, PMT's Ayurved College, Shevgaon(Maharashtra).***Corresponding Author: Dr. Siddhesh Jagdish Patil**PG Scholar, PG 3rd Year, Department of Shalakyatantra, PMT's Ayurved College, Shevgaon(Maharashtra).DOI: <https://doi.org/10.5281/zenodo.19331076>**How to cite this Article:** ¹Dr. Siddhesh Jagdish Patil, ²Dr. Sagar Ghalme, ³Dr. Swati Sarwade. (2026). Role of Karnapoorana In The Management of Karnanada: Tinnitus. World Journal of Pharmaceutical and Medical Research, 12(4), 202–204.
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ABSTRACT

Tinnitus is the perception of sounds such as ringing, buzzing, or humming in the ears without any external source. It can greatly affect the quality of life of those who experience it. This condition is commonly reported and, in some cases, may be the only noticeable symptom of an underlying ear disorder. In *Ayurveda*, tinnitus is referred to as *Karnanada*. According to *Ayurvedic* principles, the body is governed by three primary *doshas*: *Vata*, *Pitta*, and *Kapha*. *Karnanada* mainly develops due to the imbalance of *Vata dosha*, which is associated with the air element. This imbalance occurs when the *Shabdwhi Srotas* (auditory channels) become obstructed by other *doshas*, leading to the aggravation of *Vata* and the manifestation of *Karnanada*. Among the three *doshas*, *Vata* is considered the most dominant because it regulates various physiological activities in the body. In modern medicine, tinnitus is managed with medications such as antidepressants, antihistamines, anti-anxiety drugs, and anticonvulsants, but these treatments often provide limited relief. *Ayurveda* offers several therapeutic approaches to manage this condition, and *Karnapoorana* is one of them. *Karnapoorana* is a type of *Snehana* therapy, which involves oleation and is considered highly beneficial for pacifying aggravated *Vata dosha*. This article focuses on the effectiveness of *Karnapoorana* in reducing tinnitus by restoring the balance of *Vata* and promoting better ear health.

KEYWORDS: *Karnapoorana*, tinnitus, *dosha*, *Ayurveda* treatment, *snehana*.**INTRODUCTION**

Many factors can affect the occurrence and severity of tinnitus. Because the condition is complex in nature, identifying its exact cause can be difficult. In classical *Ayurvedic* texts, tinnitus is considered similar to *Karnanada*, a disorder mainly caused by the aggravation of *Vata dosha*. For the management of *Karnanada*, *Karnapoorana* therapy is widely recommended. This therapy helps to pacify the aggravated *Vata dosha* and thus targets the underlying cause of the disorder.^[1]

In *Karnapoorana*, warm medicated oil or specially prepared herbal liquids are carefully instilled into the ear canal. Traditional *Ayurvedic* literature describes *Karnapoorana* as a beneficial treatment for various ear disorders, including tinnitus, hearing loss, and ear pain, as well as other conditions of the head and neck.^[2]

Karnanada

Karnanada is one of twenty-eight *Karna rogas* described in the *Susruta Samhita*, *Bhavaprakasa*, and *Yoga Ratnakara*. The main Dosa involved here is *Vata Dosa*. According to *Ashtanga Hrudaya*, *Karnanada* is one among the *Karna Srotogato Roga* and is a *Sadhya Vyadhi*.

Nidana

General Etiological factors for *Karnanada*, *Avasyaaya*, *Jalakrida*, *Karnakanduyana*, *Sastra mithyayoga*, *Mithyayoga* of *Shabda* and *Pratisyaya*.

Poorva Roopa

*Poorvaroop*a indicates the upcoming disease. The stage of *Sthanasamsraya* is termed *Poorvaroop*a. In the stage of *Sthanasamsraya*, vitiated gets aggravated and moves to different parts and gets accumulated in one of the regions of the body. In classical literature, there is no

specific *Poorvaroopa* (prodromal symptoms) mentioned in the disease of *Karnanada*. *Acarya Madhavakara* explain *Purvarupa* as a precursor of *Roopa Laksanas* with less intensity, which could be taken as less intensity of sound in the ear, or shorter duration or intermittent frequency, be considered as *Poorvaroopa* of *Karnanada*.

Roopa

Nanavidha Shabda- Different kinds of sounds heard in *Savdavaha Srotas*.^[6] *Vividhan Sabda* is heard in *Savdavaha Srotas*, which are as follows: *Bheri*, *Mrudanga*, *Samkha*, *Bhrungara*, *Kaunca*, *Mandura*, *Tantri*, *Vividha Sabda*, etc.^[3]

Samprapti

Samprapti is the process of manifestation of the disease by the morbid *Dosha* that is circulating all over the body. When the *Vata* gets localised in the channels of the ear, the patient hears various types of sounds like those of a *Bheri* (bulge/drum), *Mrudanga*, *Samkha*, etc.^[4]

Tinnitus

Tinnitus is defined as a phantom auditory perception- it is a perception of sound without corresponding acoustic or mechanical correlates in the cochlea. Tinnitus represents one of the most common and distressing otologic problems, and it causes various somatic and psychological disorders that interfere with the quality of life. The sounds associated with most cases of tinnitus have been described as being analogous to cicadas, crickets, winds, falling tap water, grinding steel, escaping steam, fluorescent lights, running engines, and so on. It is believed that these types of perception result from abnormal neuronal activity at a subcortical level of the auditory pathway.

Clinical Manifestation- Characteristics of Tinnitus

The sound perceived by those with tinnitus can range from a quiet background noise to a noise that is audible over loud external sounds. Tinnitus is generally divided into two categories: objective and subjective. Objective tinnitus is defined as tinnitus that is audible to another person as a sound emanating from the ear canal, whereas subjective tinnitus is audible only to the patient and is usually considered to be devoid of an acoustic etiology and associated movements in the cochlear partition of cochlear fluids. The pattern characterising tinnitus is related to the library of patterns stored in auditory memory and also, via the limbic system, associated with emotional states.^[5]

METHODOLOGY

The research methodology involves a comprehensive examination of classical Ayurvedic texts along with contemporary scientific literature. It also includes the review of modern research studies and clinical trials that investigate different treatment methods used in the management of tinnitus. The information used for this study is gathered from authentic Ayurvedic scriptures, relevant modern research papers, and academic articles

published in well-recognised scientific journals. These sources provide valuable evidence for evaluating the effectiveness of different therapeutic approaches in the treatment of tinnitus.

RESULT

In *Ayurveda*, tinnitus is believed to occur due to the disturbance or aggravation of *Vata dosha*. Classical *Ayurvedic* texts state that when *Vata* becomes imbalanced, it disrupts the normal flow within blood vessels and other bodily channels. This disruption may produce unusual auditory sensations, causing a person to hear different types of sounds without any external source. *Karnapoorana* therapy is used to manage this condition by addressing the underlying imbalance. In this procedure, warm medicated oil or specially prepared substances such as *ghee* or herbal extracts are gently introduced into the ear. This treatment helps calm the affected area, reduce irritation or inflammation in the ear, and thereby lessen the symptoms of tinnitus.

Mode of Action

Karnapoorana is an essence of *Snehana* therapy, which is grouped under *vicharana snehana* provided by *Charak Samhita*. It serves both curative and preventive purposes. *Karnapoorana* cures tinnitus by lessening the already enhanced *vata dosha*, in that way balancing the physiological functioning of the auditory system. The process of *karnapoorana* begins by letting the patient lie on the bed, turning to either side and giving him/her *sneha* (oilation) and *swedana* (sudation) therapy. Thereafter, the warm *sneha*, *swarasa*, is slowly poured into the ear. During the procedure, the lobule is continuously squashed by the finger. *Ayurveda* claim to count until 100 *matra* (~3 minutes) as the time limit for *karnapoorana*.^[6]

BENEFITS

- 1) *Dosha* balancing- the varied nature of *vata*, *pitta*, and *kapha* dosha is specifically cured by *karnapoorana*.
- 2) Inflammation reduction- The treatment helps reduce inflammation within the ear and provides relief to the individual.
- 3) Strengthening auditory functions- intensifying the comprehensive health of the auditory system, which reduces stress and anxiety, thereby resulting in reducing the severity of tinnitus.
- 4) Improves ear circulation- reduction of tinnitus involves promoting optimal ear functioning by enhancing blood circulation within the ear.
- 5) Nourishment of the ear- the medicated oil or *ghee* utilised in *karnapoorana* deeply nourishes and fortifies the ear, fostering overall auditory health.^[7]

DISCUSSION

Karnapoorana therapy provides a comprehensive and holistic method for the management of tinnitus by targeting the root cause of the condition rather than merely alleviating the symptoms. Its therapeutic value is

supported by traditional *Ayurvedic* knowledge as well as findings from modern scientific research. This therapy helps in restoring the balance of the *doshas*, promotes better blood circulation, and contributes to the reduction of stress and anxiety. Because of these benefits, *Karnapoorana* is considered an effective treatment approach for tinnitus.

CONCLUSION

Although scientific evidence on *Karnapoorana* therapy is still developing, *Ayurvedic* interventions have shown encouraging results in the management of tinnitus. *Karnapoorana* is regarded as an important *Ayurvedic* procedure for this condition because it helps correct the imbalance of *doshas* and supports the proper functioning of the ear. The application of different *dravyas* (medicated substances) enhances the therapeutic value of this treatment, providing a wide range of beneficial effects and helping to manage different aspects of the disorder. *Karnapoorana* serves as a holistic therapeutic option for individuals experiencing tinnitus. Classical *Ayurvedic* literature strongly supports its beneficial effects. When incorporated into a well-planned *Ayurvedic* treatment protocol, *Karnapoorana* therapy has the potential to provide sustained and effective relief from the condition.

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