

ROLE OF DASHMOOL TAIL KARNAPOORAN IN THE MANAGEMENT OF
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ABSTRACT

In Shushrut Samhita, Acharya shushrut Described Badhirya in 28 Karnagata roga.^[1] Badhirya is a disease where a person cannot hear properly and occurs in any age from child to advance years but the causes varies person to person but mostly seen in old age called Vardhakyajanya Badhirya (Presbycusis). It's one among the many socio-medical problems, which is considered as a disability in older people. Hearing impairment among elderly people is a major issue and a person with hearing loss may be unable to hear and respond, this situation can make them feel frustrated, lonely and depressed.^[2] Presbycusis the third most common chronic condition after arthritis and hypertension among elders. According to WHO nearly 1.2 billion people will be over the age of 60yr consequently the prevalence of age related auditory and vestibular dysfunction will increase by 2025. Hearing loss can be improved by using the hearing aids, but it may not be a perfect solution for all.^[3] Apart from this in classics Karnabaadhirya treated with Karnapurana (Instillation of medicated Taila into the external auditory canal) is one of the major treatments for ear diseases explained in classics. **Aim:** To find out the efficacy of Dashmool Tail Karnapooran in vardhakyajanya badhirya. **Material and Method:** A case report of 53-year male patient presented with the chief complaint of Ubhay karnashravan Alpata has been presented here. **Treatment:** Dashmool Tail Karnapurana was selected as treatment of choice to combat the root cause of badhirya (deafness).

INTRODUCTION

Hearing deficiency is the most frequent sensory deficit in human populations, affecting more than 278 million people in the world. In India, 63 million people (6.3%) suffer from significant auditory loss.^[4] The prevalence of presbycusis rises with age, ranging from 25% to 40% of the population aged 65 years, 40-66% in patients older than 75 years, and more than 80% in patients older than 85 years.^[5] Risk factors for presbycusis include systemic diseases and poor habits that cause inner ear damage and lead to impaired hearing. Age, the male gender, diabetes mellitus, hypertension and hereditary hearing loss are all identified as risk factors. Poorly controlled hypertension or diabetes may pre-dispose to hearing impairment through the occurrence of chronic arteriosclerosis which in turn causes a reduction in the blood supply to the inner ear, as these are common chronic diseases among older adults. Hearing loss due to aging occurs from a combination of environmental and genetic factors. However, unfortunately, for various reasons the deafness has not drawn enough attention.

In the majority of presbycusis cases, hearing loss develops as a consequence of degeneration of the inner ear, to be more precise the area of the inner ear

containing microscopic blood vessels. There are additional changes to hair cells accompanied by loss of these cells and further hearing problems.^[6] Treatment for presbycusis in the majority of cases includes appropriate hearing aids. This is only a partial solution of the problem. However, it has its own limitations and drawbacks. Untreated presbycusis leads to social isolation, and depression, and may cause or worsen cognitive impairment and dementia.^[7] In Ayurveda it can be taken as Vardhakyajanya badhirya (senile deafness) one of the Karnagata roga (ear disease) which is having the main symptom as difficulty in hearing.

Most hearing loss is either due to the disturbance of vata dosha alone or vitiation of vata-kapha together. Here, avashyaya (cold), jalakreeda (swimming), and Vardhakya (senility) are the main etiological factors, which result in the vitiation of vata and kapha dosha. Vata vitiation can result in damage to the auditory nerve and nerve endings, which can lead to hearing loss and ringing in the ear. When kapha is vitiated, the result is obstruction of the sound pathway. Finally, disturbances of vata as well as kapha can affect the auditory nerve resulting in degeneration of the end

organs of hearing or obstructions to the flow of nerve impulses, ending in presbycusis.

The main treatment of Karnagata rogas is Karnapurana. As the root cause for Karnagata rogas lies in the shabdavaha srotas and the dosha involved is vata dosha, hence the treatment of choice is Karnapurana. Hence Karnapurana was selected as treatment of choice to combat the root cause of badhirya (deafness). This case showed good results.

CASE REPORT

A 53-year-old male presented with the chief complaint of Ubhay karnashravan Alpata since 1 year. The patient is a known case of hypertension and is under medication.

Past History

Patient taking allopathic medicine for the above complaints since 1 Month but cannot get Relief.

Dashmool Tail Properties

No.	Drug	Rasa	Guna	Virya	Vipaka	Doshghnata	Karma
1.	Bilwa	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphavata shamaka	Vedanasthapana,
2.	Gambhari	Tikata, Kashaya, Madhura	Guru	Ushna	Katu	Tridosha shamaka	Vedanasthapana, Snehana
3.	Shyonaka	Madhura, Tikata, Kashaya	Laghu, Ruksha	Ushna	Katu	Kaphavata shamaka	Vedanasthapana, Vatahara
4.	Patala	Tikta, Kashaya	Laghu, Ruksha	Anushna	Katu	Tridosha shamaka	Vedanasthapana
5.	Agnimantha	Tikta, Katu, Kashaya, Madhura	Ruksha, Laghu	Ushna	Katu	Kaphavata shamaka	Vedanasthapana
6.	Gokshura	Madhura	Guru, Snigdha,	Sheeta	Madhura	Vatapitta shamaka	Vedanasthapana, Vatahamaka
7.	Kantakari	Katu, Tikta	Laghu, Ruksha, Sara	Ushna	Katu	Kaphavata shamaka	Vedanasthapana
8.	Brihati	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavata shamaka	-
9.	Shalaparni	Madhura, Tikta	Guru, Snigdha	Ushna	Madhura	Tridosha shamaka	
10.	Prushnaparni	Madhura, Tikta	Laghu, Snigdha	Ushna	Madhura	Tridosha shamaka	Vatahara

Oral Medications

Orally Sarivadi Vati given in dose of 2tbs. twice a day and also Rasayan Vati given in dose of 2 tbs. twice a day.

Followup

After 15 days patient get minimal relief and After 1 month there was moderate relief in Karnashravan Alpata.

DISCUSSION

Vardhakyajanya Badhirya (Presbycusis) is a condition where a person's hearing ability decreased with the age. Now a days it's most common condition observed in old age people. In Morden medical science there's only a choice to wear hearing aids but apart from this in

Examinations

- EAR
 - EAC - B/L Clear
 - TM – B/L Intact
- NOSE
 - Nasal Mucosa – Normal
- THROAT
 - Ant., Post. Pillar and P.P.W-Normal

Systemic Examination

Pulse: 88/Min

B.P.: 150/100 mm/hg

Treatment

1. Kriya kalp: Karnapooran with Dashmool tail
2. Orally: Sarivadi Vati, Rasayan vati

Ayurvedic classics Karnabdhirya mentioned as a particular disease with particular treatment like Karnapooran.

Karnapooran

Karnapooran mainly includes

1. Karna Abhyang
2. Baspa sweda
3. Aushadhi Siddha tail pooran in karna.

Mode of action of Karna Abhyang (Massage of ear)

- Massage of the body with the Tail, Ghrit in the same direction called Abhyang.
- Abhyang helps the drug to enter in viscera, tissue and dilute the accumulated toxin.

- For Karna Abhyang mostly Til tail can be used.
- Til tail having Properties like: Vyavayi, Vikasi, Sukhshma, Vishada, Guru, Sara, Ushna Veerya, Madhur,^[8] Vipaka which mainly acts on vitiated vata dosha and normalizes its function.

Mode of action of Bashpa Swedan (sudation therapy)

Swedan having properties like: Ushna, Sara, Snigdha, Shukshma, Sthira Guna this properties helps in quicker absorption of oil in to the ear and helps in vata shaman, improves blood circulation and gives strength to the ears.

Mode of action of Karnapooran (instillation of medicated oil into external auditory canal):

- Ears said to be the seat of vata dosha.
- Vardhakyajanya Badhirya is mainly due to vitiation of vata dosha and vata along with kapha.
- Karnapooran does the vata shaman and in addition medicine is used luke warm so vata is eliminated by ushna guna and also removes the aavran of dosha.

Karnapooran having that type of properties which already works on Vitiated vata dosha an in addition Dashmool tail's all drugs mostly having vednasthapan and vatahar properties which helps to eliminate Vitiated Vata Dosh from Karna adhisthan and get mild relief in Karnashravan Alpata.

The Rasayan (regumination) drug and multivitamins are advised as immune booster.

RESULT

Karnapooran with Dashmool tail is useful in the management of Vardhakyajanya Badhirya (Presbycusis). There was progressive relief in Vardhakyajanya Badhirya(Presbycusis).

CONCUSION

Vardhakyajanya Badhirya (Presbycusis) is disease which may lead to severe complications like complete Hearing loss.

Ayurvedic line of treatment gives progressive result in the management of Vardhakyajanya Badhirya (Presbycusis) by improving general status but it takes a long duration for treatment.

The mode of treatment was found to be cost effective, safe and ease to implement.

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