

KARNAPOORANA: ARTICLE REVIEW

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ABSTARACT

Ayurved a rich science with different kinds of management techniques. 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 Urdhavajatrugata 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.

KEYWORDS: *Karnapoorana, Snehana, Dincharya.*

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 *Svarasa*, 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]

Indications

Different diseases related to the ear, head, and cervical spine may be effectively treated by the *Karnapurana/ Karna Abhyanga* and the same are listed below.

<i>Vataja Karnaroga</i>	•Prevents diseases of the vitiated <i>Vata Dosha</i> in the ears.
<i>Manyagraha</i>	•Cures stiffness of the sides of the neck.
<i>Hanugraha</i>	•Relieves stiffness of the mandible.
<i>Hanushula</i>	•Effective in painful mandible.
<i>Manyashula</i>	•Cures pain in the sides of the neck.
<i>Shirashula</i>	•Relieves headache due to different causes.
<i>Karnashula</i>	•Gives spontaneous relief in earache.
<i>Badhirya</i>	•Protects ear from damage and hence a person does not develop deafness even happens to hear a loud noise.

Contraindications: In the conditions like a perforated tympanic membrane, CSOM, Cholesteatoma Karnapoorana should not be performed because it may

lead to complications as it is difficult to make complete sterile conditions.

Drugs to be used for *Karnapoorana* are selected on the basis of disease. Different kinds of *Taila*, *Mutra*, and *Svarasa*, etc. can be used. Some of the drugs mentioned in *Samhitas* especially for *Karnapoorana* are:

Mutra: there is 8 type of *Mutra* (*Ashtamutra*) explained in *Samhitas* that are of medicinal use. *Acharya Sharangadhra* explained that all these types of *Mutra* can be used for *Karnapoorana* alone or with other drugs.^[4]

Sneha: *Deepika Taila*, *Katu Taila*, *Bilva Taila* are some of *Snehana Dravya* used for *Karnapoorana*.

Svarasa: *Arkankura svarasa*, *Adraka svarasa*, *Shigru Patra Svarasa*, *Moolaka Patra Svarasa* etc.

Time of the *Karnapoorana*: Time is divided according to the substance used. If *Karnapoorana* is performed with *Sneha Dravya* than it is performed after *Suryasta*.

When *Svarasa* and *Mutra* are to be used then it is performed in the morning before taking meal.^[5]

Duration of the *Karnapoorana*

100 <i>Matrakala</i>	<i>Karna Roga</i>
500 <i>Matrakala</i>	<i>Kantha Roga</i>
1000 <i>Matrakala</i>	<i>Shiro Roga</i>

In painful conditions duration is until pain resides.^[6]

The procedure of *Karnapoorana*: It is divided into three parts *Poorvakarma*, *Pradhanakarma*, *Pashchatakarma*.

Poorvakarma: This part includes the preparation of the individual and collection of necessary material.

Material enquired: *Abhyanga* table, medicated *Taila/Svarasa/Gomutra*, dropper, cotton, cotton buds, stove, towel, etc.

Preparation of the patient includes instruction about the procedure, massage of ear pinna, the surrounding area of the ear, head, and neck.

Indication and contraindications of the procedure should be kept in mind while performing the procedure.

Pradhana karma: (this is the main procedure)

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/ Svarasa/ Taila* is poured in the ear.^[7] 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.

Mechanism of Action

Karnapoorana is preventive as well as a curative treatment modality.

The preventive action of *Karnapoorana* is based on *Vatashamaka* and *Balya* property of it.

Most of the diseases of the ear like tinnitus and deafness are caused by *Vata Dosh* *Parakopa*. *Karnapoorana* causes *Vatashamana* due to the use of *Snehana Dravya* in it so it prevents these diseases. Another problem that happens with aging is again *Indriya Daurbalya* that is decreased listening power, hyperacusis, etc. are due to *Vata Dosh* predominance in old age and decreased nutrition to *Uttarottar Dhatus*. *Karnapoorana* provides nutrition to the local *Nadi* thus preventing *Indriya Daurbalyata*.

When *Karnapoorana* is performed with *Mutra* it causes *Shodhna* of *Srotasa* thus removing *Mala* which is again caused if many diseases like otitis externa, ASOM, furunculosis, *Krimikarna*, *karnashoola*, etc.

In *Samhitas* special *Dravya* indicated according to *Vyadhis* for *Karnapoorana* which causes *Dosha Nirharana* and *Dosha Shamana* simultaneously. For example in *Putikarna Brihat Panchmula Taila*, *Madhuyashtyadi Ghrita*, in the case of *karna Shoola Lashunadi Svarasa* and *Sarshapa Taila*. These preparations lead to the cure of ailments as they remove *mala* and cause *Dosha Shamana* due to their specific properties.

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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