

A Literary Review of Karnashula Chikitsa in Ayurveda

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Absract

Ayurveda is the science which deals with various treatment modalities and also comprised of eight parts known as 'Ashtanga' Ayurveda. *Shalaky Tantra* is one of the branch out for these *Ashtanga Ayurveda*^[1] *Shalaky Tantra* deals with the diseases related to the eyes, ears, nose and throat & their study. This *Tantra* contains information and diseases, related to the body parts which are present above the neck region i.e. *Urdhvajatrug Indriyas*^[2] i.e. Sense organs are important parts of the body. The *Karna* or ear is known as 'Karnendriya'^[3].

Various *Acharyas* had described various preventive measures to keep ear healthy. *Karnashoola* is one of the disease described one among the 28 *Karnarogas*, which is correlated with Otagia or Earache in modern science. *Karnashula* has described various managements; among *Karnapoorana* is practicing in general practice. *Lashunardrakadi Rasa* [Swarasa] is mentioned in *Sushruta Samhita* in the management of *Karnashula*.

Keywords

Karnashula, *Lashunardrakadi Rasa*, *Karnapoorana*, Otagia

Introduction

Karnashula is one of the *Karna Roga* which comes under *Urdhavajatrugata Vikara*. The term *Karna* refers to the organs which are responsible for the perception of the sound (includes external, middle & internal ear). *Vata dosha* was vitiated either entering into other channels or encircled by *Kapha dosha* which goes in *Shabdavaha Strotas* to produce different types of sounds^[4]. *Karnashula* is one of the condition in which vitiated *Vata Dosha* goes to the ear region and gets *Avrutta* by *Kapha*, *Pitta*, *Rakta* further it develops severe Pain or *Shoola* in *Karna Pradesha* i.e. Otagia^[5]. *Karnashula* is considered as illness caused due to vitiated *Vata Dosha* in which vitiated *Kapha*, *Pitta* & *Rakta* also responsible. Otagia or Earache is one of the important symptom occurring either due to the local causes or secondary to affection of various structure around ear as referred pain. Local causes includes Wax, Otitis externa, Fungal infection, Trauma, Foreign body etc.^[6]. *Karnashula* is managed by *Vataghna Chikitsa*. *Karnapoorana* is one of the *Chikitsa* of *Bahya Snehana* and it has *Karma* like *Brihamana*. *Lashunardrakadi Rasa* is mentioned in *Sushruta Samhita* for the management of *Karnashula*. It is given through the *Karnapoorana*. It has *Kandughna*, *Karnashulaghna*, *Vataghna* etc. properties which helps to provide the relief in signs and symptoms of *Karnashula*.^[7]

Objectives of the study –

To study the efficacy of *Lashunardrakadi Rasa Karnapoorana* in the management of *Karnashula* w.s.r. to Otagia.

Materials & methods –

Case report –

A 32 years old male patient visited in *Shalaky Tantra* OPD with presenting complaints of *Dakshin Karnashoola* since from 4-5 days.

Patient name – XYZ, 32 years old male patient.

History of present illness –

Patient is okay before 4-5 days, then he developed Dakshin Karnashoola, therefore for relief patient comes to OPD.

Past history –

No H/O – any disease illness.

Treatment / Surgical history – No any H/O any treatment or surgery.

Ear examination –

No any deformity in external, middle ear, auditory canal, tympanic membrane.

Management –

In this study, Lashunardrakadi Rasa Karnapoorana is used in the management of Karnashula [Otagia] in the Right ear. This Lashunardrakadi Rasa is mentioned in Sushruta Samhita for Karnashula. Lashunardrakadi Rasa having Katu, Tikta Rasa, Laghu, Snigdha una, Ushna Virya, Katu Vipaka, Vataghna, Shoolahara properties. It is having Krumighna, Kushthaghna & Kandughna action.^[7]

Karnpoorna vidhi-

1. *Purvakarma*
2. *Pradhana karma*
3. *Pashchyata karma*

1.Purvakarma-

Routine prayers.

Position: Patients is kept in lying in lateral position opposite to the affected ear in *Nivata Sthana*.

2.Pradhana karma- Swedana (Moist air fumes) were given to the affected ear.

After *Swedana*, fresh *Swarasa* of *Lashunardraka* etc. drugs were taken.

Put it in the affected ear fully.^[8]

Duration^[9]

100 *Matra*.

3.Pashchyata karma-

After *karnapoorna* ear is cleaned with cotton.

Modern way of action-

Lashunardraka Rasa is mentioned for Sushruta Samhita for Karnashoola. It has Vataghna, Kandughna properties and also having activity on Kapha, Pitta, Rakta Dosha. Lashuna etc has Katu, Tikta Rasa, Katu Vipaka and acts on Vata, Pitta, Kapha & Rakta Doshas. Karnapoorana helps to remove toxins from the affected ear, which helps for vasodilatation and reduces Vata vitiation and responsible for hearing loss etc.

Conclusion

In Karnashul, mostly Vata Dosha became vitiated and encircled by Vata-Pitta-Kapha and Rakta Dosha. Karnashul was associated with Otagia at Morden Medical Science, and patients were provided analgesic drops, but they could not be taken for an extended period of time due to side effects, as well as frequent pain attacks and hearing impairment. After that, there is no option for pain management, however in Ayurveda, there are various drugs specified for Karnashul, including Karnapooran, which may be used to alleviate the pain of Karnashul. Karnapoorana is one of the most essential techniques used to treat ear disorders. Prevention is given top priority in this period since lifestyle is flawed, leading to early ageing and weakening sense organs. Karnapoorana protects the ear from these early signs of ageing. Karnapoorana is a simple and cost-effective ritual.

Karnapoorana is significant since it affects all three components of the disease: Prevention, Shodhana, and Shamana. The use of various dravya for its results in multidimensional qualities that act on all three Doshas. It gets rid of Mala Sanga and cleans

Srotasa. It also offers strength due to the Balya quality of the dugs employed. When treating various disorders, different medications should be utilised based on Dosha predominance. As a result, it accomplishes critical operations using simple techniques. Pathya Palan is just as essential as medicines and *Kriyakalpa*

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