

## Understanding of Karna Chikistopakramas-A Review Article

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**ABSTRACT:** Karna being one of the seat of vata and adhishtana for shrotrendriya. It can get afflicted with ailments ranging from minor discomfort to severe infections, these ailments can significantly impact one's quality of life if left untreated. Acharyas mentioned localized treatments aimed at restoring Doshic balance and alleviating related symptoms. This article explores the significance of kriyakalpas in Karna Chikitsa, highlighting techniques such as Karna Purana, Karna Dhupana, and Karna Abhyanga, among others. These practices aim to cleanse, nourish, and heal the ears, addressing specific ailments while promoting overall well-being.

### INTRODUCTION:

Recognizing the delicate nature of the ears and their vital role in sensory perception, specialised local treatment procedures of Karna are explained. The methods include Karnapramarjana, Karna abhyanga, Karna swedana, Krana prakshalana, Karna poorana, Karna avachurna, Karna pichu, Karna lepa, and Karna dhupana. At the heart of this approach these Sthanika Aushadha prayoga are tailored to address specific issues affecting the ears restoring ear health and promoting overall well-being.

Ayurvedic Kriyakalpas in Karna Roga Chikitsa and modern treatments for ear diseases share common objectives of alleviating symptoms and promoting ear health, but through different methodologies. Practices such as Karnapoorana, Karnadhoopana, and Karnabasti in Ayurveda, which involve the application of medicated oils, fumigation, and oil retention in the ear canal, respectively, find correlations with modern interventions like ear drops, ear irrigation, and ear wick placement.

### AIMS & OBJECTIVE OF STUDY:

A literary review on different Sthanikaupkramain managing Karnagata rogas.

### MATERIALS AND METHODS :

Various Ayurvedic texts such as Brihatrayi, Laghutrayi, Yogratnakara, etc, medicalj

ournals, published articles were studied and all the relevant points have been explained in this study.

### Various Sthanika Upkrama for Treating Karnagata Rogas

#### KARNA PRAMARJANA :

Karnapramarjanais a procedure involving the cleaning of the ear using cotton or gauze.[] Among Shalakayantras 6 types of Karpasakrutoshneesha Shalaka are mentioned for the purpose of Pramarjana. []. Pramarjana is the first treatment for karna roga because cleaning of karna mala, sravaadis is necessary before the application of medicine.

Indications of Karna pramarjana:

- In the Management of Karna Vit by acharya Yogaratnakara[]
- In case of karna srava, pooti karna and Krimi karna []
- Karnagata Shalya

Benefits of karna pramarjana :

- Karna pramarjana serves to purify the Ear cana by eliminating earwax, discharge, debris and moisture.
- Ensures unobstructed sound conduction.
- Effective absorption of medicine if applied after Pramarjana.
- Karna pramarjna removes srava and pootita and thus helps to overcome social hesitation.

#### KARNA ABHYANGA :

karna abhyanga specifically means massaging medicated Sneha onto the external ear and its surrounding area. It is a type of Bahya Sthanika Sneha Prayoga.

#### Indications of Karna abhyanga

- As a part of daily regimen : Acharya Vagbhata included it under dinacharya and gave special importance to the head, ears and feet during Abhyanga.[]

- As a poorva karma or for karna poorana and karnapichu and as treatment in vata predominant conditions

**Probable mode of action of Karna abhyanga:**

The mode of action of Karna Abhyanga is based on the principles of Snehana as Sneha does Vatahara, brings Mriduta to the body, it removes Malasanga.[] whereas specific benefits is based on Sneha dravya used for abhyanga.

Also, Abhyanga improves blood circulation, ease the lymphatic drainage and gives stimulation to specific marma points.

**KARNA SWEDANA :**

Swedana refers to the process that induces perspiration[]

Swedanais commonly indicated before Shodhanaand local treatments like Karnapooranaand Karnapichu. Naadi sweda and Pinda sweda are commonly used in karna rogas.

**Indications of karna swedana:**

Karna shula, Karnanada, Karna ksweda, Badhriya, Karna vidhradi, Karnanada, Karna vit, Karna palishosha, Karna pratinaha, Parilehi/ Lehika, Tantrika, Paripota, Utpata, Dukhavardhana.

Probable mode of action of Karna Swedana :

Swedanaprobable mode of action on the ears can be understood from Ayurvedic principles: as "stambhagauravasheetaghnam"[13]and being influenced by properties within Sweda upayogidravya.[14]Ushna gunaenhances Bhrajaka pitta's action, aiding local absorptio of medicines. Swedana dravyaspenetrate Srotasvia Romakupa, activating sweat glands, leading to cutaneous vasodilation that boosts drug absorption. Drava guna eradicates Dosha accumulation, while Snigdha guna pacifies Vata, softens the skin, and rejuvenates the ear. Additionally, Sara guna aids Srotoshodhanaby expelling Doshasthrough sweat micropores, contributing to detoxification and balance within the ear.

**KARNA POORANA :**

The process of filling external auditory canal with medicines like taila, swarasa or mutra for a stipulated time is called Karnapoorana or Karna tarpana. Acharya Vagbhata included it under Dinacharya and is one among the 24 pravicharana sneha mentioned by Acharya Charaka.

**Karna poorana vidhi :**

In Bhruhatrayis expalntion of Karnapoorana is available in Sutra form whereas its detailed description is available in Madhyakaalina samhitas like Sharangadhara Samhita and Yoga Ratnakara. Karna abhyanga and Karna Swedana are advised as poorva karma for Karnapoorana. After karna poorana gentle massage over Karna moola and holding the medicine till the pain subsides or for 100 maatrakaala is mentioned by Acharya Vagbhata. According to Sharangadhara Aushadha Dharana kaala for different conditions is as follows :

- Karna roga - 100 maatrakaala
- Kanta roga -500 maatrakaala
- Shiro roga - 1000 maatraakala

Karna poorana with Swarasa or Mutra should be done Bhojana poorva(during morning time) and with sneha dravya is done after Sooryastha (evening)

**KARNA PICHU:**

Karna Pichuis a procedure in which a cotton swab, known as Pichuvartisoaked in medicated oil (Sneha), is inserted into the ear. Acharya Vagbhata mentioned karna pichu varti in the treatment of pakwa karna. He said that the pus-filled ears should be first cleaned with pichu varti (dry mopping) and after that, the ear should be filled with pichu varti dipped in medicine. It has to be carried out twice daily. But there is no hint of duration of its administration<sup>17</sup>

Indications : All Karanrogas where Karnapoorana is mentioned for treatment. arna nada, Badhriya, Karna srava, Karnashoola, and Pootikarna

**Benefits of Karna pichu :**

- Can be used as an alternative treatment to Karna poorana
- Gives relief from pain and discomfort

**KARNA PRALSHALANA :**

The process of irrigation of Karna srotas with water or kashaya is Karna Prakshalana . According to the Aushadhi Dravya used it gives Shodhana and Ropana action. It is useful in removing deep seated foreign body or dried ear debris and before applying medicaments to ear canal. The exact procedure is explained in classics. It can be correlated to Ear syringing of current practice.



Indications of Karnaparakshalana :

- Karna srava -karna Dhawana with Rajavrikshadi kashaya (AH)
- Pootikarna

Karnadhoopana :

The process Karna Dhoopana involves fumigating the ear with medicated smoke for a specific time period. It is indicated when there is pain and Discharge in ear. Also it is used as the Paschat karma for Karnaparakshalana and Karna pramarjana to dry the Ear canal.

Preparation of Dhooma varthi :

Indications of Karna dhoopana :

- Krimikarna
- Kaphaja karna srava
- Karna shoola
- Pooti karna
- Badhirya
- Karnanadakshveda

Probable mode of Action of Karna dhoopana :

Dhooma being Ruksha-Ushna makes it as Vata-Kaphahara. This helps to inhibit fungal growth by decreasing excess Kleda that fosters it. The fumes from Dhoopana also induce vasodilation and enhance blood circulation, promoting better absorption and healing in the affected area. Precaution should be taken while using Pittakara drugs for dhoopana as its excessive use may lead to complications.