

Conceptual Study of Karnapoorana and Its Various Applications

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ABSTRACT

Shalakya Tantra is a branch of Ayurveda which deals with Urdhvajatravikaras which includes Ear diseases. Ears are a dominant sense organ so vata is the main dosha involved in diseases of ears such as earache, tinnitus etc. which can be prevented by Karnapoorana. Karnapoorana is a traditional treatment which is a process of filling, completing, Ayurvedic satisfying ears with medicated taila, mutra, or swarasa. Karnapoorana is a therapeutic as well as preventive method used as swathvrita in dincharya.

Keywords- Ayurveda, Karnapoorana, Sneha Dravya.

I. INTRODUCTION

Term Karnapoorana is made up of two words Karna and Poorana where Karna means Ears and Poorana means filling, completing, satisfying or effecting. So it is a process in which ear is filled with medicated Tailas, Mutra and Swarasa etc. Karnapoorana is a type of local Drug administration in which Drug is absorbed through Auditory canal which results in elimination of vitiated Dosha.

Acharya Charaka and Vagabhatta indicate to do Karnapoorana daily to avoid disease of Ear and Acharya Sushruta indicate Karnapoorana in Hanu, Manya, karna and Shira shool. Karnapoorana prevent many roga of Karna such as Karnada, Karnashoola, Badhira etc.

PROCEDURE

It is divided into three parts –

1) Poorva karma

- Person should be asked to lie down on lateral side with hand beneath the head and other hand resting on trunk.
- Gentle massage with lukewarm medicated oil around ear, pinna and lateral portion of neck inferior to pinna should be done for approximately 5-7 minutes.
- After this heat with towel soaked in hot water should be applied around ear by touching and pressing for approximately 8-10 minutes.

2) Pradhana Karma

- The medicated oil is made lukewarm by heating it in water bath
- Pinna should be pulled upward and backward to make External auditory canal straightened.
- Lukewarm oil should be poured in ear canal till it reaches the base of concha.
- To potentiate the action of Drug root ear should be massaged gently and let the oil retain in same position for prescribed limit.
- Person is asked to do chewing movements or tragus is gently pressed by finger 4-5 times to facilitate more drug absorption.

3) Paschata Karma

- After retaining the medicated oil for prescribed time the ear should be cleaned with dry cotton mopping.
- The same procedure should be repeated in other ear.





INDICATIONS-

Earache, Ear congestion, Tinnitus, Deafness, Neck stiffness, Pain in mandible, Mandible stiffness, Headache, Meniere's disease, Acoustic nerve weakness.

Contraindications-

Perforated tympanic membrane, cholesteatoma, CSOM.

TIME OF KARNAPOORANA

- In case of Sneha dravya (Oil preparation) it is performed after sunset (suryasta).
- In case of Swarasaand Mutra it is performed in morning (before meal).

DURATION

In Swastha- 100 matrakala (2-3 minute approx.)

In Karna Roga- 100 matrakala (2-3 minute approx.)

In Kantha Roga – 500 matrakala (7-8 minute approx.)

In Shiro Roga – 1000 matrakala (15-16 minute approx.)

Mode of Action-

- Massage done with lukewarm oil during purvakarma increases blood circulation in Ear.
- Heat applied with towel soaked in hot water increases permeability of capillaries due to vasodilation.
- Medicine absorbed by external auditory canal and tympanic membrane reaches systemic blood flow and shows its effect on body and local tissue.
- Sneha dravya (oil preparation) used in Karnapoorana has property of vatashamana due to which it eliminates disease of ear caused due to vitiation of vata.
- Along with these Karnapoorana also help in strengthening bones present in inner ear as well as the nerve endings of ear.

II. CONCLUSION

- The selection of different drugs such as Sneha dravya, mutra, swarasaetc. leads to its multidimensional properties and hence acting all the three Doshas.
- It helps in cleaning EAC by removing impacted wax.
- Ear ossicles present in internal ear vibrate with sound waves which communicate signals to brain via nerve endings, Karnapoorana help in nourishing ear ossicles as well as nerve endings.
- So Karnapoorana help in curing disease of ear as well as maintaining health.

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