



LOCAL PROCEDURE IN URDHVAJATRUGAT VIKARA, A REVIEW ARTICLE ON “KARNPOORNA”

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Abstract

In Shalakya Tranta, there are so many general and local procedures are described. Kriyakalpa was described as one of the special treatment. Karana poorana is one of the important procedure in Urdhavajatrugatavikara. karnapoorana means filling the ear with medicated Taila or medicated liquid. It's not only used to cure the disease but a part of healthy living. According to Ayurveda, Diseases above the clavicle i.e., ear, nose, throat, eye, head are known as Urdhavajatrugata Vikara and different treatment modalities are described for them. It includes surgical procedures, drugs, and different procedures like Karnapoorana, Akshitarpana, Nasya, Kaval, Gandush etc. Karnapoorana not only cures the ailments but also helpful in maintaining wellbeing 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 Chikistha. Karnapoorana is a type of Bahya Snehana. Drugs used for Karnapoorana are selected according to disease, Dosha, Prakriti, Awastha, and Desha. According to Bhruhatrayei Karnapoorana is very important in healthy individuals as it is described as part of Dincharya. Time and duration are also according to Dravya and Vyadhi Awastha.

Keywords: Karnapoorana, Urdhavajatrugata, Akshitarpana, Kaval, Gandush Snehana, Bhruhatrayei, Dincharya.

Introduction

Karnapoorana is made up of two words Karna and Poorana. Karna means ear and Poorana means 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 to stay healthy life. [3]

Indications - Different diseases related to the ear, head, and cervical spine may be effectively treated by the Karnapoorana/ Karna Abhyanga and also in Vataja Karna Roga. Prevents diseases of the vitiated Vata Dosha in the ears, Manyagraha, cures Neck stiffness, Hanu Graha. Relieves stiffness of the mandible, Hanu Shula, Effective in painful mandible, Manyashula, Shirashula, relieves headache due to different causes, Karnashula Gives spontaneous relief in earache, Badhirya. Protects ear from damage and increases tolerance to loud noise, in old age group when dryness and atropic changes occur, then in that cases for oiling purpose means snehanarth karnapoorana was very effective.

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

Drugs to be used for Karnapoorana are selected on the condition 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 for medicinal use. Acharya Sharangadhra explained that all these types of Mutra can be used for Karnapoorana alone or with other drugs combination. [4]

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

Svarasa:- Arkankurasvarasa, Adrakasvarasa, 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 then 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 Matrakala Karna Roga, 500 Matrakala Kantha Roga, 1000 Matrakala Shiro Roga. In painful conditions duration is until pain resides

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 required: Abhyanga table, medicated Taila/Svarasa/Gomutra, dropper, cotton, cotton buds, stove/ gas, 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. Hot fomentation externally is given around the Ear . Be careful about hot fomentation, because excess fomentation causes giddiness, vertigo. So mild fomentation is given.i.e., 4min to 5 min.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 Balyaproperty . Most of the diseases of the ear like tinnitus and deafness are caused by VataDoshaparakopa, due to the use of SnehanaDravya for karnapooran it prevents Vataprakopa. Another problem that happens with aging is again IndriyaDaurbalya that is decreased listening power, hyperacusis, etc. are due to VataDoshapredominance in old age and decreased nutrition to UttarottarDhatu. Karnapoorana provides nutrition to the local Nadi thus preventing IndriyaDaurbalyata. 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 DoshaNirharana and Doshashamana simultaneously. For example, in PutikarnaBrihatPanchmulaTaila, MadhuyashtyadiGhrita, in the case of karnaShoolaLashunadiSvarasa and SarshapaTaila. These preparations lead to the cure of ailments as they remove mala and cause Doshashamana due to their specific properties. In putikarnakaranapooran is contraindicated, but in some cases poornan is essential so after cleaning the pus or discharge from meatus tailavarti is kept in external auditory meatus for local enhancement.

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 i. e. excessive use of electronic device, earphone thus weakening sense organs. Karnapoorana prevents these early aging changes in the ear. Karnapoorana is easy to perform and economical also. 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 Doshapredominance. Thus, it performs important functions with very easy procedures. Its major benefits is that No hospitalisation required, less instrumentation, no allergic reaction and intolerance, reduced need of long time oral drugs.

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