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## Agni Karma in Vataj Karnashoola

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### ABSTRACT

Ayurveda is one of the most ancient medical science of the world, In which Shalakyatantra has prime importance because it contains Urdhwajatrugata angas. Karna has more importance at it contains hearing process. Karnashoola means the pain associated with karna it can be classified into Vataja, Pittaja, Kaphaja, Raktaja, Sannipata. In Karnashoola, Agnikarma method has been applied using Shalaka of different Dhatus since ancient times, so main objective of this study is to find out efficacy of Agnikarma in Karnashoola.

**Key words:** Karnashoola, Agnikarma, Ayurveda.

### INTRODUCTION

Shalakyatantra, also called Urdhwajatrugata Chikitsa Shastra, described diseases which are Karnashoola causes the life of common man unease causing stress and strain, which needs immediate medical attention. In today's world, many otogesics which will just hide the sensation of pain rather than treating the underlying the pathology. There are several medicines available regarding Karnashoola in Samhitas and other literatures. Those Ayurvedic drugs are being proven for safe acting. Though it is not proven yet. Hence we can used Agnikarma as procedure to reduced pain of localized area like Karna which is eventually for reducing the symptoms of Vata. In Ayurvedic literature the Karna is the seat of Shraavanendriya, the functional

aspect of hearing. Karnashool is a separate disease entity mentioned by Acharya Sushruta in the chapter of Karnagata Vigyan. According to Sushruta the pathogenesis of Karnashool explained as in the ear canal the vitiated Vata Dosha is encircled by Pitta Kapha Rakta and other types of Vata and causes Vata Viloma Gati (improper circulation of Vata) and produces pain in the ear is known as Karna Shool. Pain in the ear may arise from the auricle, the external meatus or the middle ear and mastoid. Karnashool Vyadhi can be correlated with diffuse otitis externa. So, in this study we are going to see the effect of Agnikarma on Vataj Karnashoola.

### CASE REPORT

A 45 year man with complain of Karnashool (earache) in Rt. ear since 12 days came in OPD of Shalakyatantra, Sumatibhai Shah Ayurvedic college, Hadapsar, Pune in May 2021. He had history of daily travelling from home to office. He had severe Rt. ear ache at night time. There was no any history of diabetes mellitus, hypertension or any systemic diseases. Also, he had no any surgical history. He had taken some analgesics and antipyretics advised modern practitioner but didn't get any relief hence patient came into the OPD. Patient got information about Agnikarma procedure done in our hospital, On the basis of clinical examination, he was diagnosed with Vataj Karnashoola. After careful

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assessment and examination, patient was selected for *Agnikarma* by *Suvarna Shalaka*.

**MATERIALS AND METHODS**

**Materials**

The materials used are *Suvarna Shalaka*, Gauze pieces, Sponge holding forceps, candle .

**Methods**

*Purvakarma*

The detail information about *Agnikarma* procedure has been given to patient, Before *Agnikarma* informed written consent were taken. All needed investigations were done before procedures like Haemogram, BT, CT, Blood Sugar, HbsAg, the portion behind Rt ear cleaned with the help of spirit and guaze piece.

*Pradhankarma*

The candle is lightened and with the help of lightened candle the red hot *Suvarna Shalaka* with its tip is applied over preauricular area of Rt. ear *Shalaka* is applied over the required region up to when patient can sustain the burning sensation and then we removed that *Suvarna Shalaka*.

*Pashatkarma*

The area on which *Agnikarma* was done is cleaned with cotton.

**Follow up**

Follow up should be called on Third day after treatment for next *Agnikarma* procedure.

**Assessment Criteria**

- Complete Relief: 100% relief in objective and subjective signs and symptoms.
- Marked Relief: 76 – 99% relief in objective and subjective signs and symptoms
- Moderate Relief: 51 – 75% relief in objective and subjective signs and symptoms.
- Mild Relief: 26 – 50% relief in objective and subjective signs and symptoms.

- No Relief: up to 25% relief in objective and subjective signs and symptoms

*Agnikarma* Procedure

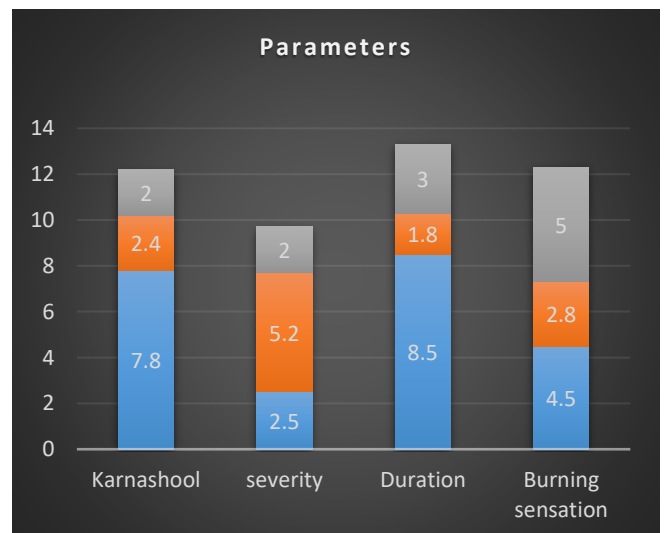
1) Site of *Agnikarma*



2) *Agnikarma*



**OBSERVATION AND RESULTS**



**Objective Parameters****Chief Complaints**

Symptoms	Mean Diff.	SD	SEM	P	Significance
<i>Karnashoola</i>	2.125	0.500	0.125	<0.001	HS
<i>Karnakandu</i>	3.000	0.516	0.129	<0.001	HS
<i>Karnasrava</i>	1.688	0.479	0.120	<0.001	HS

There is a marked relief in symptoms of *Vataj Karnashoola*, *Karnakandu* and *Karnasrava* because there is p value which is smaller than 0.05.

**CONCLUSION**

There is a false assumption that Ayurvedic medicines and procedures are slow acting and allopathic medicines are desperately used for pain management and acute conditions. But this study throwing a light to substantiate that, Ayurvedic procedures like *Agnikarma* are potent enough to manage *Karnashoola* also, just like Otogesics in Modern Medical Science. The

study revealed that the re-occurrence rate of symptoms was very less in patients who used *Agnikarma* on specific patterns.

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