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# Ayurvedic management of *Karnanada* w.s.r. to Tinnitus - A Case Report

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## ABSTRACT

Shalaky Tantra is one of the branches among Astanga Ayurveda. *Karnanada* is one of the *Karnagata Roga* explained in Shalaky Tantra. It is the most common complaint encountered in clinical practice of Shalaky. *Vata* dominant *Tridosha* along with *Rakta* presents as the chief pathological factors in the case of *Karnanada*. *Karnanada* can be correlated with tinnitus. It is the condition in which there is a perception of sound that appears to originate in the head in the absence of external stimuli. Epidemiologically this disease is present in 38% population below the age of 40 years and 68% population above the age of 40 years. This is a case study of patient aged about 19 year female came to Shalaky Tantra OPD with complaints of ringing sound in right ear for the last 1 year which was mild in nature. Since 15 days symptom is increased and she also complained of disturbed sleep and irritation. The patient was treated with *Nirgundi Taila Karnapoorana*, *Ksheerabala Taila Nasya* along with oral administration of *Sarivadi Vati* for one week. The patient showed marked relief in symptoms of tinnitus. There was no recurrence during a follow-up of four weeks. The treatment reveals that Ayurvedic interventions are effective in the management of tinnitus quite efficiently.

**Key words:** *Karnanada*, *Tinniitus*, *Nirgundi Taila*, *Ksheerabala Taila*.

## INTRODUCTION

*Karnanada* is a *Karnaroga* studied under *Jatru-Urdhwagata Vikara*. The vitiated *Vata Dosha* either entering into other channels (*Vimargagamana*) or encircled by *Kaphadi Doshas* in *Shabdavaha Srotas* (auditory canal) produces different types of sounds<sup>[1]</sup> in

the ear like *Bheri*, *Mrudanga*, *Shankha* etc. is known as *Karnanada* or *Karna Pranada*.<sup>[2]</sup> The vitiated *Vayu* gets lodged in the *Shabdavaha Srotas*, thereby causing different types of sounds in the ear called as *Karnanada*.<sup>[3]</sup> Etiological factors of *Karna Roga* such as *Avasyaya* (exposure to snow), *Jalakreeda* (swimming, diving), *Karna Kandooyana* (probing of EAC) and *Mithya Yogena Shastrasya* (improper use of instruments during examination of ear and during treatment) has been mentioned by *Yogaratanakara*.<sup>[4]</sup> *Acharya Haritha* explained that *Karnanada* can be caused by different *Doshas* and sound produced accordingly in the disease. If one hears sounds like crepitus of teeth, flute with burning then it is due to *Pitta Dosha*. If one hears sounds of thundering its due to *Kapha Dosha*.<sup>[5]</sup> *Hetus* described in *Nidana* causes vitiation of *Vata*. *Vata* gets lodged in the *Shabdavaha Srotas*. It causes a perception of different sounds leads to *Karnanada*.

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*Karnanada* can be correlated to Tinnitus - perception of sound (ringing or noise), which has external stimuli. Approximately 1/3<sup>rd</sup> people experience tinnitus sometime in their lives.<sup>[6]</sup> Tinnitus can be categorized into different groups - subjective and objective, pulsatile and non pulsatile, vascular and non vascular and idiopathic. Tinnitus can be diagnosed with the help of history taking, physical examination, audiologic evaluation, tinnitus evaluation, radiological imaging and blood tests. There are different treatment modalities to treat the tinnitus like Masking, Counseling, psychotherapy, pharmacotherapy, Acoustic therapy and tinnitus retraining therapy etc. Despite all measures the result is unsatisfactory.

The clinical features of *Karnanada* are very similar to tinnitus.

The common treatment regimen of *Karna Roga* can be grouped as *Ghritapana* (use of ghee), *Rasayana* (rejuvenation), *Avyayam* (no exercise), *Ashirsnana* (no head bath), *Brahmacharya* (no intercourse) and *Akathana* (avoidance of excessive speaking).<sup>[7]</sup> Among *Karna Roga*, the treatment line of four diseases such as *Karnashoola*, *Pranada*, *Karnakshweda* and *Badirya* are similar.<sup>[8]</sup>

## CASE REPORT

Age - 19 years

Occupation - student

Sex - female

Religion - muslim

Consulted - Shalakya Tantra OPD of BLDEAS AVS AMV Vijayapur.

### Chief complaints

Complaints of ringing sound in the right ear for the past 1 year and disturbed sleep and irritation for past 1 month.

### History of present illness

The subject was apparently normal 1 year ago. Then she gradually developed ringing sound in the right ear since a year. Later she noticed symptom has aggravated from past 1 month associated with

disturbed sleep and irritation. She approached allopathic doctors, there ear drops and medicines were given still she didn't find any relief and with all complaints she came to our college hospital and approached the Shalakya Tantra OPD to get Ayurvedic Treatment.

### History past illness

No history of Nasal allergy.

Not a known case of DM and Hypertension

### Personal history

Diet: Mixed type of diet

Appetite: Moderate

*Koshta: Madhyama*

Micturition: regular and normal

Bowel habits: regular and normal

Sleep: disturbed sleep

### Vitals

Respiratory rate: 22/min

Temperatre: 98.6°F

Blood pressure: 110/70 mm of Hg

Plulse: 78/min

### Physical examination

Weight: 44kg

Height: 152 cm

Pallor: No pallor

Lymphadenopathy: no lymphadenopathy

### Ashta Sthana Pareeksha

Nadi: 78/miin

*Mutra*: 1 Vega/day

*Mala*: 5-6 Vega/day

*Jihwa*: *Alipta*

*Shabda*: *Prakruta*

*Sparsha*: *Prakruta*

*Drik*: *Prakruta*

*Akriti: Madhyama*

### Systemic examination

CVS - Normal

CNS - Normal

RS - Normal

GIT - Normal

### Examination of ear

Pinna: Normal

Pre and post auricular area: Normal

External auditory canal: Normal

Tympanic membrane: no discharge, no perforation, bilateral TM is intact

### Qualitative test for hearing by tuning fork

Rinne's test - AC>BC (B/L)

Weber's test - lateralized to both ears

ABC - Normal (B/L)

The oral cavity proper, Larynx and Nose - Normal

### Treatment modalities

*Nasya* - with *Ksheerabala Taila* with proper *Mukha Abhyanga* and *Swedana*, 8 drops into each nostril for 7 days.

*Karnapoorana* - with *Nirgundi Taila* after proper *Karna Abhyanga* for 7 days.

*Sarivadi Vati* - 2bd with warm water.

### OBSERVATIONS AND RESULTS

After every follow-up patient reported comfort and improvement. After 1 month patient came for follow-up and explained that her problem is almost cured. She has 90% relief. Her condition is improved with a sound sleep. Previously she has complaints of disturbed sleep due to irritation, but now she is relaxed. She is asked to maintain healthy lifestyle and stay away from stressful situations.

### DISCUSSION

Non-surgical, non-invasive and cost effective management of tinnitus is possible with the adoption of Ayurvedic procedures coupled with that of proper

diet habit, regimen and code of conduct. *Acharya Charaka* mentioned *Karnanada* as a *Vataja Nanatmaja Vyadhi* and *Karna* is one of the *Adhistana* of *Vata Dosha*.<sup>[9]</sup> *Vata* predominant causative factors are responsible for *Karnanada*. *Sneha* becomes treatment choice to control the localized and increased *Vata Dosha* in case of *Karnanada*. *Karnapoorana* is the type of *Bahya Snehana*. *Nirgundi Taila* is a good *Vatashamaka* drug as it is prepared with *Sneha* along with other *Dravya* which acts especially as *Vatashamaka*. *Ksheerabala Taila* used for *Nasya* is best for *Vatashamaka* and effective in neurological diseases like *Karnanada*. *Sarivadi Vati* is the best *Shamanoushadi* given in all types of *Karna Roga*. These medications adopted in this case study given remarkable results.

### CONCLUSION

The potential of Ayurvedic procedures and medicines is yet to be exploited. Ayurveda is capable of playing a major role in combating tinnitus and subsequently in checking compromised quality of life without imposing any adverse reaction to the user. In the present case patient having symptoms of *Karnanaada* treated with *Vata Shamaka Chikitsa*. *Karnapoorana* with *Nirgundi Taila* and *Nasya* with *Ksheerabala Taila* along with oral medications. In the modern era, people follow an unhealthy lifestyle which is the cause of many disorders. Our environment where we live and where we work should be healthy. In the case of tinnitus noise-free places should be opted to work. Ayurvedic literature also mentioned that *Atiyoga* and *Ayoga* of *Indriya* should be avoided. Prevention should be given prime importance in the management of the disease.

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