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To study the efficacy of *Sarshapa Taila Karnapurana* in *Atiyoga* of *Karnendriya* w.s.r. to continuous head phone users

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ABSTRACT

Background: Irrational use of electronic sound conductor as head phones, smart phone overuse causes sound pollution which affects the ear. In some extent *Apathyakara Ahara Vihara* also leads in development of different types of *Karnarogas*. **Objectives:** To study the efficacy of *Sarshapa Taila Karnapurana* in *Atiyoga* of *Karnendriya* w.s.r. to continuous head phone users. **Result and Discussion:** *Sarshapa taila* better acts on different symptoms of *Atiyoga* of *Karnendriya* like headache, vertigo, *Karnashuskata* and *Karnanada*. The percentage of relief was observed more in *Sarshapa Taila* compared to *Tila Taila*. This *Taila* is easily available and cheap conservative line of treatment for *Atiyoga* of *Karnendriya*.

Key words: *Karnendriya*, *Sarshapa Taila*, *Karnapurana*.

INTRODUCTION

Ayurveda aims at maintaining the health of "Swastha Purush" and also cures the *Vyadhi* of 'Atur Purush'. Changing lifestyle and poor hygiene leads to chronic disease, ear disease. Recently use of multimedia and technologies leads into some ear disorders like *Atiyoga* (in excess) of *Karnendriya*. *Karna* (ear) is considered as one among the *Panchendriyas* also known as *Shrotendriya*. Main function of ear is the perception of Sound. Along with function of hearing, it maintains the equilibrium of body.

Nowadays there is a lot of change in the life styles of

peoples. Generally people pay attention to different food habits and way of living. Very cold foods like ice-cream, cold drinks have an increasing demand, fast foods, consumption of such products leads to vitiation of *Doshas* in human body. Due to growth of population, number of vehicles have increased which results in air and sound pollution. Irrational use of electronic sound conductor as head phones, smart phone overuse causes sound pollution which affects the ear. In some extent *Apathyakara Ahara Vihara* also leads in development of different types of *Karnarogas*.

Acharya Sushruta described 28 *Karnarogas* in *Sushruta Samhita*. Among these '*Atiyoga* of *Karnendriya*' causes major symptomatic condition which may leads to *Karnanada* which is one of the major serious diseases mostly found in many individuals.

According to modern science due to *Atiyoga* (excess exercise in terms of time and intensity of sound on ear) of *Karnendriya*, vertigo, headache, *Karnashuskata*, *Karnadaha*, tinnitus are mostly seen in many patients. This *Karna Atiyoga* resembles with vertigo, headache, *Karnadaha* and *Karnanada*.

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The symptoms related to *Atiyoga of Karnendriya* are commonly found in younger's because of continuous electronic sound conductor like headphones are used continuously. These *Vihara* causes above symptoms may leads to less hearing sense in younger which will affect physical and mental health of the youngsters. So it is necessary to treat properly. In modern practice these diseases are treated by systemic as well as local analgesics or steroids and anti-inflammatory drugs. But recurrences are very common. This will again affect the economical status of the patient. So it needs economically better treatment. In *Karnanada* there is vitiating of *Tridosha*. In this *Vata* will leads to dry of *Kapha* which produces *Kha* in the external auditory canal. *Vata* associates with pain in this disease. So mainly *Tridoshaghna* treatment is required. *Sarshapa Taila* and *Tila Taila* has very much beneficial in *Karnanada*. It has different ingredients which would reduce the symptoms.

Excessive use of headphones with high frequency sounds and lack of knowledge of peoples, this disease is seen commonly. According to *Ashtanga Hrudaya*, *Sarshapa Taila* could be useful in reducing the symptoms in *Atiyoga of Karnendriya* mention in *Dinacharya*.

OBJECTIVES

To study the efficacy of *Sarshapa Taila Karnapurana* in *Atiyoga of Karnendriya* w.s.r. to continuous head phone users.

MATERIALS AND METHODS

This Clinical trials was conducted on 30 healthy individuals between the age group of 20-30 years in both the sex were carried out.

Group A: 15 individuals were given *Sarshapa Taila Karnapurana*.

Group B: 15 individuals were given *Tila Taila Karnapurana*.

Selection of Upakrama

- *Upakrama - Karnapurana*
- Time - At night (after meal)

- Quantity - 10 drops
- Form - *Taila*

Period of study: 60 days

Source of Data: The source of availability of the patients will be from OPD and IPD of BVMF, Ayurved Hospital Call center (TCS - Pune-411030)

Procedure

Procedure of *Karnapurana* was done according to *Ashtanga Hrudaya*.

- First visit patient should come in morning.
- Patient is asked to lie down on *Vama Kushi*.
- Instill 10 drops of *Sarshapa Taila* in ear and wait for 100 *Matras* (3 minutes)
- Put cotton in the instilled ear, same procedure will be performed in other ear.
- Patient should follow this procedure daily at night after dinner and can go to sleep.

Procedure for data collection

A standard case paper regarding ear symptoms and informed consent letter was prepared and observations were noted accordingly.

Follow up

Follow up of patients was done on every 7 days. Total five follow ups were taken.

Inclusion criteria

1. The individuals with *Lakshanas* of - *Karnashuskata, Karnadaha*, headache, vertigo, *Karnanada* will be included.
2. Individuals between the age group of 20 to 30 years will be included using headphones for atleast 8hrs a day.
3. Individuals of both sex will be included.
4. Patients willing for *Karna Purana* will be included.

Exclusion criteria

1. Contraindication for *Karnapurana*
2. Congenital disease of ear

3. Karnasrava
4. Secondary cases associated with Karnashuskata, Karnadaha, headache, vertigo, karnanada
5. Age < 20 - >30.
6. Pregnant ladies
7. Individuals associated with life threatening diseases.

Assessment Criteria

Severity of signs and symptoms are recorded by gradation method.

Gradation chart

0	Nil
+	Mild
++	Moderate
+++	Severe

Methods

Karnapurana was done as per *Ashtanga Hridaya* procedure i.e. *Koshna Taila* was poured 10 drops with dropper in each ear for 100 *Matras* (3 minutes) *Sarshapa Taila* was autoclaved to avoid the fungal infection.

Group A

15 healthy subjects were given *Til taila Karnapurana*.

Group B

15 subjects having *Atiyoga* of *Karnendriya* were given *Sarshapa Taila Karnapurana*.

Period of study: 28 days

Post follow up: On 60th day

Gradation of all the symptoms

Karna Daha

- Grade - 0 - Normal
- Grade - 1 - Intermitent Daha
- Grade - 2 - Continuous Hot Vapours from ear

Karna Shuskata

- Grade - 0 - Absent
- Grade - 1 - Present

Headache

- Grade - 0 - Normal
- Grade - 1 - Mild
- Grade - 2 - Intermittent
- Grade - 3 - Severe

Vertigo

- Grade - 0 - Normal
- Grade - 1 - Intermittent
- Grade - 2 - Loss of Balance

Karnanada

- Grade - 0 - Normal
- Grade - 1 - Mild
- Grade - 2 - Intermittent
- Grade - 3 - Continuous

OBSERVATION AND RESULTS

Table 1: Showing percentage of relief in 30 patients of *Karnanada*

Symptoms	Group - A (<i>Sarshapa Taila</i>)				Group-B (<i>Tila Taila</i>)			
	BT	AT	Diff	% of Relief	BT	AT	Diff	% of Relief
<i>Karna Daha</i>	22	05	17	76.7	21	07	14	63.3
<i>Karna Shuskata</i>	15	04	11	73.3	15	06	09	60.0
<i>Shirashoola</i>	16	03	13	63.3	16	06	10	43.3
<i>Bhrama</i>	05	02	03	20.0	08	03	05	33.3
<i>Karnanada</i>	21	04	67	86.7	21	7	14	63.3

Percentage of relief in symptoms score

In Group-A percentage of relief noted in *Karna Daha* was 76.7%, In other symptoms like *Karna Shuskata*, *Shirashool*, *Bhrama* and *Karnanada* percentage of relief was noted as 73.3%,63.3%,20% and 86.7% respectively.

In Group-B percentage of relief noted in *Karna Daha* was 63.3%, In other symptoms like *Karna Shuskata*, *Shirashool*, *Bhrama* and *Karnanada* percentage of relief was noted as 60%, 43.3%,33.3% and 63.3% respectively.

In Group-B percentage relief was marginally compared to Group-A.

DISCUSSION

Karna is one of the most important *Jnanendriya* in body. Its important function is hearing. It is also important organ in maintaining balance of body. The common symptoms produced by *Atiyoga of Karnendriya* causes inconvenience to the patients in daily routine. So it is necessary to have very effective treatment without side effects and economical drug on it.

Various antibiotics and anti-inflammatory drugs are used, but there effect is found to be less. After study it is observed that the patients having the habits of exposure to noise pollution and excessive headphone users are more prone to this disease. In age wise distribution of the patients 20-30 years of age group are more prone to this disease, because of excessive head phone users. In occupation wise distribution of patients, excessive head phone users are more prone to these symptoms.

CONCLUSION

Sarshapa Taila better acts on different symptoms of *Atiyoga of Karnendriya* like headache, vertigo, *Karnashuskata* and *Karnanada*. People who exposed to noise pollution and excessive head phone users are

maximum prone to this disease. The percentage of relief was observed more in *Sarshapa Taila* use comparative to *Tila Taila*. This *Taila* used for longer duration may prove more effective in *Atiyoga of Karnendriya*. This *Taila* is easily available and cheap conservative line of treatment for *Atiyoga of Karnendriya*.

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