

## A Case Study-Management Of Karnanada Wsr To Tinnitus

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### ABSTRACT

Karnanada is a type of ear disease. One might compare tinnitus in contemporary literature to Karnanada. The term "Karnanada" refers to the variety of sounds that the patient experiences when the Vāta becomes localized in the earcanals. These sounds include those of a Bherī (bulge or drum), Mrdaṅga, Śamkha, etc. A phantom auditory experience, or tinnitus, is a sound perception in which the cochlea does not produce any corresponding mechanical or acoustic correlates. The common term for tinnitus is "ringing in the ears." It may also seem to be sizzling, whistling, blowing, booming, humming, or mumbling. The noise can be intermittent or continuous and can vary in loudness, ranging from mild to loud. The most frequent complaint that ENT clinicians see in their clinical practice is karnanada/tinnitus. It is an extremely irritating condition that can significantly lower a patient's quality of life and productivity. It causes emotional and cognitive distress, auditory and perceptual issues, sleep disruptions, and a wide range of somatic ailments. Despite not being a life-threatening illness, it is becoming increasingly prevalent and frequent every day. effective treatment for karnnada is snehana. Since Snehana and Vata dosha have completely different qualities, Karnapoorana, Shirupichu and Nasya is a type of Snehana. Brihamana is also required because Dhatukshya is also a factor in Vata vitiation.

**KEYWORDS:** Karnanada, Karnapoorana, Nasya, Shiropichu, Rasayana.

### INTRODUCTION:

Ayurveda is an ancient system of medicine that has eight branches, including the Shalakyā Tantra, which is concerned with the diagnosis, treatment, and prevention of diseases that occur above the neck region. Karnanada,<sup>1</sup> on the other hand, is a term used to describe the organs involved in sound perception, which include the internal, middle, and external ears. Anything that produces rhythmic sounds in the ear is referred to as Nada. In Ayurveda, it is believed that vata dosha, which governs all bodily motion, can become vitiated due to various reasons, such as rhinitis, Avashyaya (exposure to cold wind currents), Jalakreedā (swimming), Karna Kanduyana (constant rubbing or irritating the ear with a finger or any other instruments), Mithya yoga of the Shastra (improper usage of instruments for diagnosis and treatment on the ear), Atiyoga, Ayoga, Mithya yoga of the Shabda (incompletable correlations of sensation of sound (excessive, low, nil) with the organ of hearing) entering undesignated channels or being obstructed by another dosha in the auditory canal<sup>1</sup>. This can lead to a variety of symptoms that affect the ear, such as Bherī, Mrdaṅga, Śamkha<sup>2</sup>etc. Tinnitus is the clinical term for "hearing" commotions in our ears. It happens when there is no external wellspring of sound. A population-based study of hearing loss in adults aged 48–92 found that tinnitus had a prevalence of 8.2% at baseline and an incidence of 5.7% during a 5-year follow-up<sup>3</sup>. Tinnitus is a subjective phenomenon that is difficult to evaluate objectively, with it being measured, quantified, and described only based on the responses of patients. Although tinnitus can have many different causes, it most commonly results from otologic disorders, with the most common cause believed to be noise-induced hearing loss. <sup>4</sup>Tinnitus Is Defined as A Phantom Auditory Perception—It Is A Perception of Sound Without Corresponding Acoustic or Mechanical Correlates in The Cochlea.<sup>5</sup> Tinnitus represents one of the most common and distressing otologic problems,

and it causes various somatic and psychological disorders that interfere with the quality of life. <sup>6</sup> The most common associated symptoms or subjective discomforts involve concentration difficulties, insomnia, and decreased speech discrimination. <sup>7</sup> Tinnitus can be managed non-surgically, non-invasively, and economically by implementing Ayurvedic practices along with appropriate food habits, routines, and behavior standards. Because of its fantastic effects on Vata Dosha, Snehana karma is regarded as the best procedure in alleviating Vataja disorders, including Karnanada. The characteristics of Vata Dosha and Snehana are diametrically opposed.

## MATERIALS AND METHODS:

### Case Report:

Age –54 years, Sex – Male

Occupation – Farmer

Religion - Hindu.

A case of karnanada, from dept.of Shalakyia Tantra OPD, Parul Ayurved Hospital was taken for the study with complaint Ringing sound, high frequency sensorineural hearing loss in Right ear, with disturbing sleep and mood since 6 months .

### History of Past Illness:

Not a known case of DM and Hypertension.

### Vitals:

- Respiratory rate: 18/min
- Regular temperature: 98.6F
- Blood pressure: 130/90 mm of Hg
- Pulse: 76/min

### Ashtasthana Pareeksha

- Nadi: VataPitta
- Mutra: 4-5 times/day
- Mala: Prakrutha
- Jihwa: Aipta
- Shabda: Prakrutha,
- Sparsha: Prakrutha
- Drik: Prakruth
- Akriti: Madhyama

### Ear Examination:

#### Otoscopy:

|                               | Right Ear                     | Left Ear |
|-------------------------------|-------------------------------|----------|
| External Auditory Canal (EAC) | NAD                           | NAD      |
| Tympanic Membrane             | Intact                        | Intact   |
| Pinna                         | Right Ear                     | Left Ear |
|                               | NAD                           | NAD      |
|                               | Rt. Ear                       | Lt. Ear  |
| Rinne's Test                  | AC>BC                         | AC>BC    |
| Weber's Test                  | Lateralized towards left side |          |

### Treatment:

**1-Karnapoorana with Bilva Taila** -The process is typically carried out following local snehana and swedana in the Right ear, which improves local circulation and, consequently, medication absorption.

### 2-Shirupichu with Ksheerbala Taila

**3-Pratimarsh nasya with Anu Taila** - In Purva Karma, Nasya, Abhyanga, and Swedana are done. In Pradhana Karma, the drug in taila form is administered into the nostrils through Gokarna in the head-low position of the patient.

**4-Ashwagandha Churna + Satavari Churna 2gm-** each with luke warm cow milk 2 times/day (Before food) **{for 30 days}**

### RESULT:

The patient reported a little improvement and comfort after seven days. When the patient returned for a follow-up after a month, he reported that while his condition was not entirely cured, he was experiencing 70–80%

relief. Getting enough sleep helps with his hearing loss. He is now calm; earlier, from not getting enough sleep, he would get agitated.

### DISCUSSION:

The scientific discipline of Ayurveda places greater emphasis on disease prevention than on the treatment of illness. A disease called Karnanada is brought on by vitiated Vata. Numerous factors have been identified as contributing to the development of illnesses. The prognosis for Karnanada is uncertain, but there are treatments and medications that can help manage its associated symptoms. The first step in treating the illness is to take preventative measures. Patients ought to be counseled on maintaining a healthy lifestyle, eating right, and getting enough sleep. The underlying cause needs to be treated first.

Snehana karma is thought to be the most effective treatment for Vataja disorders, such as Karnanada, due to its profound impact on the Vata dosha. These three are the Snehana: Nasya, Shiripichu, and Karnapoorana<sup>10,11</sup>. Since bilva taila is made with Sneha and other Dravya, which specifically function as vatashamaka, it is an excellent vatashamaka medication. A natural gateway to the brain is provided by the brain's sensorineural structures, which are capable of direct communication with nasal cavity structures. Anatomically speaking, the cavernous sinus, also known as "Sringataka Marma," or the seat of control over taste, smell, hearing, and vision, is communicative with the Nasya medication. As such, Nasya's significance for advancement and preservation cannot be overstated. Given that Ashwagandha and Satavari are known to relieve stress, Brihaman and Rasayan also considered Dhatukshya to be a contributing factor to Karnanaad.

### CONCLUSION:

Vata Shamaka Chikitsa is being used to treat a patient who is exhibiting symptoms of Karnanada. In addition to the oral drugs Ashwagandha and Satavari Churna, which are powerful Vata pacifiers and Brihaman in nature, Karnapoorana is administered with bilva taila, Shiripichu with Ksheerbala taila, and Pratimarsh nasya with Anu taila, respectively.

The full potential of Ayurvedic treatments and medications is still untapped. Ayurveda can significantly reduce tinnitus and, as a result, improve the user's quality of life without having any negative side effects. Ayurveda (Alternative therapy) must be tried for the treatment of recalcitrant conditions like tinnitus, for which there is no promising treatment in the mainstream medical system. It is necessary to inform and motivate masses to embrace Ayurveda in order to acquire healthy hearing and listening in addition to curing their tinnitus.

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