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Karna Mala Shodhana- For Sound Perception

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ABSTRACT

Karna mala shodhana is required for better sound perception by the individual. Karnamala means ear wax ie. Brownish, orangish waxy substance which is secreted by the ears which functions as a protective means against bacteria, fungi and helps for lubrication. Accumulation of ear wax in the ear canal causes blockage of the ear thus preventing sound perception (hearing loss or badhirya). Hence, karnapurana is a good technique used to prevent loss of hearing. This is done by putting warm oil drops in ear which moistens the ear wax causing obstruction in the ear canal. Thus facilitating proper sound perception.

Keywords: Karna mala shodhana, Softening of Ear Wax, Dashamoola Taila, Coconut oil

1. Introduction

Karnapurana means karna (ear) and purana (filling) ie. Filling the ears with some kind of ayurvedic oil which is beneficial for the ears in long term. It can also be defined as the ayurveda technique of administering warm oil in the ears. Ayurvedic ear cleaning can be done in more therapeutic sense to pacify certain imbalances which is caused due to excess vata accumulation brought on by following vata dominating diet and regimen like suppression of natural urges, travelling long distance, consuming ruksha, sheeta aahar etc. According to ayurveda ear is the place where vata resides. Vata has very mobile, cold, dry kind of qualities which gets unbalanced by daily routine of the person due to their sedentary lifestyles. Main problem associated with ear is BADHIRYA which means a "sense of being deaf". This is often related with deafness. Hearing loss is also called as impairment of hearing and its severity may vary from severe to mild depending upon different age group. Mostly karna is associated with function of shabdagrahana related with karmendriya is shabda and when karna fails to do so its function, it leads to badhirya. These has its own causative hetu like cold, senility etc which causes vata and kapha dosha aggravation. Here kapha vitiation leads to sound waves obstruction whereas vata vitiation leads to hearing loss and tinnitus.

2. Aim and Importance

2.1. Aim

Karna mala shodhana was carried out

- To bring about proper sound perception by the ear and;
- To soften the hardened ear wax

2.2. Importance for performing Karna Purana

- Performing karnapurana helps in maintaining good health of ear.

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- Improve quality of sleep and alleviates restlessness, irritability and stress.

3. Procedure

Karnapurana is told by different acharyas in ayurveda as a dinacharya. It can be used daily with the steps as follows:

- Take any good ayurvedic oils like bilvadi taila, dashmuladi taila
- Warm it slightly.
- Two drops should be administered.
- Relax and let the oil get absorbed properly.
- Release the excess oil out from the ear with cotton ball.
- Same procedure should be repeated with the other ear.

3.1. Indication required for Karnapurana

- In case of earaches
- Headache
- Insomnia
- Excess wax formation
- Tinnitus
- Maintaining good health of the ear
- To reduce dryness in the ear canal
- Prevent ear infection

4. Criteria for Selection of the Patients

Uncomplicated patient with no signs and symptoms of Badhirya of age between 15-25 years, middle age that is 26-60 years and old age with signs and symptoms of mild BADHIRYA of age above 60 years.

4.1. Inclusion Criteria

All patients not suffering from BADHIRYA of Rural/Urban areas were potential trial patients except below age of 15 years.

4.2. Exclusion Criteria of Patients

Patients suffering from congenital deafness and genetic S.N.H.L were excluded from the clinical trial.

4.3. Mode of action

Clinical study has been carried out in three trial groups TG-1, TG-2 and TG-3. Thirty-five patients were registered, out of which 30 patients completed clinical trials. The trial of the therapy KARANA PURANA was carried out for 2 months. Patients were assessed on weekly purpose.

- In TG-1 Age between 15-25 years
- In TG-2 Age between 26-60 years
- In TG-3 Age above 60 years.

Oil used in the therapy of Karana Purana- instillation of oil in the ear –DASHAMOOLA TAILAM or PURE COCONUT OIL.

Based on number of patients registered grading and scoring symptoms was adopted for assessing signs and symptoms of patients.

4.4. Severity Index Questionnaire

After application of ear oil following questions were asked to the patients:

- Was there any problem caused after instillation of ear oil? -3 patients
- Any itching sensation after instillation of oil? 8 patients
- Any hearing issues after instillation of ear oil- NA

5. Criteria and Properties of Drugs

5.1. Criteria for assessment of drugs

2 drops in each ear, twice per day- that is morning and evening time

5.2. Properties of Drugs Used in Dashamooladi Tailam

Name of Drug	Rasa	Guna	Veerya	Vipaka	Dosha Karma
<i>Patala</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Anushna</i>	<i>Katu</i>	<i>Tridosahara</i>
<i>Shyonaka</i>	<i>Madhura</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara</i>
<i>Gambhari</i>	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
<i>Kantakari</i>	<i>Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara</i>
<i>Prishnaparni</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
<i>Gokshura</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
<i>Bilva</i>	<i>Katu, Tikta</i>	<i>Graahi</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
<i>Shalaparni</i>	<i>Madhura</i>	<i>Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
<i>Agnimantha</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>
<i>Brihati</i>	<i>Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>

5.3. Properties of Coconut Oil

Name of Drug	Rasa	Guna	Veerya	Vipaka	Dosha Karma
<i>Coconut</i>	<i>Madhura, Tikta</i>	<i>Bruhana</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pittahara</i>

5.4. Properties of Goraka Tailam

Name of Drug	Rasa	Guna	Veerya	Vipaka	Dosha Karma
<i>Coconut</i>	<i>Madhura, Tikta</i>	<i>Bruhana</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pittahara</i>
<i>Maricha</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Vatahara</i>
<i>Shunti</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-Kaphahara</i>
<i>Pippali</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-Kaphahara</i>
<i>Lashunam (Garlic)</i>	<i>Katu, Tikta, Kashaya</i>	<i>Snigdha, Guru, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatahara</i>

6. Results

6.1. The Effect of the Therapy Was Assessed as Below:

99% relief in subjective symptoms

MARKED RELIEF: More than 75% in subjective symptoms

MODERATE RELIEF: 51-75% in subjective symptoms

SLIGHT RELIEF: 26-50% in subjective symptoms

NO RELIEF: Less than 20% in subjective symptoms

6.2. Effect of Therapy- Karana Purana

GROUP I-Among 15 patients, same signs and symptoms with no problems. 12 patients had relief signs with clearance of hearing pattern.

GROUP II- Among 15 patients- 4 had no improvement

GROUP III- Among 5 patients –above 60 years of age-70% improvement in patients.

6.3. Incidence of Associated Signs and Symptoms Under Clinical Trial

Signs/Symptoms	TG1	TG2	TG3	Total
Kama Shoola	2	6	7	15
Kama Nada	2	5	1	8
Bhrama	4	2	2	8
Kama Kandu	2	5	3	10
Kama Shrava	1	2	1	4

6.4. Probable Mode of Action of Drugs

Badhriya is a progressive disease of ear initiated by VATA and KAPHA DOSHAS which when aggravates causes chronic results in complete hearing loss. The pathology reveals AVARANA of VATA by KAPHA DOSHA and due to lack of treatment it leads to total impairment of function of VATA and hence BADHIRYA. Secondly main causative factor is commonly noted for lack of cleaning of ears. EARWAX or cerumen can be a common problem too but if not treated at the right time can cause various complication although it is a natural substance produced as part of the body's defense mechanism against bacteria and other foreign particles. Earwax removal should not be done on a regular basis but only as and when required. This earwax acts as a natural protection for inner ear and ear drum. Many times, when earwax hardens, it becomes difficult to fall off on its own. Softer wax tends to come off easily. Hence, most remedies for removal of earwax will try to soften it to bring it out towards the exterior portion of the ear. Drugs in the DASHAMOOLA TAILAM which contains the power of 10 ayurvedic herbal drugs pacifies mainly the VATA DOSHA and also normalizes KAPHA DOSHA functions. COCONUT OIL is very useful to get rid of earwax. It contains medium-chain fatty acids similar to sebum and hence can be used without worry as it is also natural and effective against microbes, lowers risk of infection. It works by killing a wide range of harmful bacteria that accumulate due to the wax build-up. KARANAPOORANA is a procedure which is an extension of the treatment principle.

6.5. Conclusion

KARANA POORANA is an ayurvedic technique of administering warm oil into ear canals. Performed daily, this self-care ritual works as preventative medicine to maintain optimal health of the ears and jaws. For the age group of 15-25 years there were no much changes observed, but the aim of motivation of this project was for targeting SWASTHATA in the future as a goal to decrease the cases of ear diseases and hearing problems.

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