

ROLE OF KRIYAKALAPAS IN KARNAROGAS

Dr Vidyashree Hiremath

Assistant Professor in the Department of Shalaky Tantra

ABSTRACT

Karna is one among the Panchendriyas. *Karna* is the adhisthana for *Shravanedriya*. *Karna* is useful for *Shabdha grahan*. Good hearing is necessary for communication. *Ayurveda* not only cures the disease but also prevents the disease, hence *Karna Kriyakalpas* are helpful to treat and prevent the *Karna rogas*. Acharya Sushruta, Vagbhat, Yogarathnakar and other acharyas explained different *kriyakalpas* helpful in *Karnarogas*. Some of the treatment procedures and medicine include *Ghruthapana* and other treatment helps in increasing the strength of ear. Their indications, procedures, mode of action and importance of *Kriyakalpas* in *Karna roga Chikithsa* are going to be discussed in this article. *Karna Kriyakalpas* helps in the treatment of *Karnanada*, *Bhadirya*, *Karnagotha*, *Karnashoola*, *Karnasrava*, *Poothikarna* and *Krimikarna* etc.

KEYWORDS: *Karna, Shabdha, Panchendriya, Kriyakalpas.*

INTRODUCTION

Shalaky Tantra deals with *Netra, Shira, Karna, Nasa, Kanta* and *Muka rogas*. The ear is the main sense organ. Ear is responsible for hearing. Sushruta Acharya has explained treatment and preventive aspect of *Karnaroga*¹. It is important organ for *Shabdha grahan*². *Panchendriyas* made by combination of *Panchmahabhuthas*. *Karna* is made by *Akasha Mahabhutha* and dominance of *Vata Dosha*. Once ear is damaged the person becomes deaf. *Kriyakalpa* plays important role in the treating the *Karnarogas*.

Kriyakalpas are *vishishta chikithsa* in *Shalaky Chikithsa*. *Kriyakalpas* helps to remove the *srothoavarodha* and alleviates the vitiated doshas. *Karna Kriyakalpas* maintains normal function of *Karna*. *Kriyakalpas* includes *Karnapooran, Karna*

Prakshalan, Pramajuna, Karnadhupana and *Karna pichu* are used.

In this present era, due to *Avashaya, Jalakrida, Karnakandu, Improper usage of shastras in Karna* and along with it western life style, food habits and sound pollution causes so many of *Karna rogas*. Due to vitiation of *Rukshata of Vata Dosha, Snehan- Swedana* by *Karnapoorana* and in case of *Srava, Karna Pramajuna, Karnapichu, Karnadhoopana* is beneficial.

KARNAPOORANA

Karnapoorana is one among the *Kriyakalpa* where in the *Sukoshana oushadhi sadhita taila* is being poured in *Karna* and allowed to stay for specific duration.

Procedure

1. Gentle massage with lukewarm oil around the ear for a 5 minutes.
2. Mild fomentation around the ear should be done³.
3. The medicated lukewarm oil poured in ear canal till it is filled up and retaining for specific duration
4. The ear should be cleaned with dry cotton mopping.

Indication - *Karnashula, Karnanada, Badhirya, Karanagootha.*

Pathya –Godhuma, Shali, Yava, Mudga, Purana Ghrutha, Patola, Shigru, Kukuta mamsa, Alpabhashana, Brahmacharya⁴

Apathya- Sheeta vayu sevana, Shirasnana, Danthadhavan, Vyayam, Kaphakara ahara sevana

Karnapoorana Duration⁵:

Karna roga – 100 Matra

Kanta Roga - 500 Matra

Shira Roga – 1000 Matra

Dharana Kala⁶ :

Swarasa – Before food

Taila – Evening

KARNA PRAKSHALAN

One among the Kriyakalpa where in the Kashaya or sukoshana jala is used for flushing in *Karna*.

Procedure

1. The medicated Kashaya or lukewarm water taken in aural syringe.
2. Pinna is pulled upward and backward.
3. The kidney tray is placed over shoulder; patient head slightly bend towards tray to collect return fluid.
4. The syringe pushed into the ear canal with moderate force.
5. The syringe should not be pushed towards the tympanic membrane.

Indication- *Karnagootha, Avabadha Shalya, Karnashula, Karnasrav, Karna kandu.*

KARNA PRAMARJANA

Karna Parimarjuna means to clean with cotton for drying the *Karna*. Parmarjuna helps to remove bad smell, heaviness and reduce the itching sensation.⁷

Procedure

1. The ear canal mobbed with cotton tip swab
2. Make into ear canal dry.
3. Apply medicine to the deeper part of ear.

Indication – *Karna Srava, Poothikarna, Karnakandu*

KARNA AVACHOORNA

Avachoorna means introducing fine powder of Kashaya rasa churnas to absorb secretion and reduces the discharge⁸.

Procedure

1. The medicated churna poured into the ear canal.
2. It should be done after *Karnaparmarjuna* and *Karnadhuopana*.

Indication- *Poothikarna, Kapahaja Karnashula, Karnasrava, Krimikarna*⁹

KARNA DHOOPANA

The medicated fumes introduced into ear and to relieve bad odour.¹⁰

Procedure

1. The medicated fumes introduced into the ear canal.
2. The igniting *Varthi* which is prepared by different combination of drugs depends on disease and fumes enters into ear.
3. Usually for *Dhupana Guggulu* is used because it is *vatahara, vrunashodhan, shothahara, Vedanasthapana* and having antibacterial property.

Duration – 10 to 20 minutes

Indication- *Poothikarna, Kapahaja Karnashula, Karnasrava, Krimikarna*

KARNAPICHU

Pichu means thick swab or cotton pad¹¹. Karna Pichu is the medicated swab keep in the ear canal.

Procedure

1. The swab dipped into medicated oil and keep into external auditory canal.
2. It should be done after *Karna Pramajuna* and *puya nirharana*
3. *Karna Parmajuna* was done to remove the moisture from the ear canal.
4. After 3 hours, wick should be removed and fresh cotton plugs was kept.

Indication- *Karna Srava, Poothikarna, Karnashula*

DISCUSSION

Karna Kriyakalpas are Karnapoorana, Karna Prakshalan, Karnadhupana, Karna pramarjuna, Karna Avachurana and Karna Pichu. Mode of action of all these Kriyakalapas is as follows.

Karnapoorana is *Abhyanga* causes vasodilatation increases the blood flow to remove toxic products. *Swedana* causes the liquification of Kapha Dosha and forms *Srthoshodhana*. Medicine is absorbed through skin and reaches systemic blood flow through capillaries and supply nutrition to nerves and shows effect on body and local tissue. A medicine touch the Tympanic membrane and oil enters into middle ear reaches the brain and strengthes the middle ear and Tympanic membrane. *Snigdhattha* and *Ushanatha* of taila reduce the *Rukshatha* of Vata and *Sheeta* of Kapha Dosha.

Karnadhupana Medicated fumes reach the middle and inner ear dryes the ear. Antibacterial drugs used for this procedure hence it prevents the infection. It dilates the blood vessels and helps in oxidation of

blood. It leads to adequate tissue perfusion and oxygenation. It reduces the inflammation of area, clears infection and also it helps to stimulate the vestibular and cochlear nerves hence it helps to proper functioning of ear. It dilates blood vessels and helps in oxidation of blood. It leads to adequate tissue perfusion and oxygenation.

Karna Prakshalan It acts like *Vruna Shodhana* and *Vruna Ropana* for this antibacterial and antimicrobial drugs used. *Karna pramarjuna*. It clears the ear and make into dries and pus is removed. *Karna Avachurana* The medicine comes in contact with middle ear for longer duration and it acts like *Vruna Ropana*. *Karna Pichu*It helps in absorption of medicine to tissue for long duration. The *pichu* absorb the pus discharge and promotes healing.

Kriyakalpas can be selected according to localisation of Doshas and disease progressive. Drugs are administered through these *Kriyakalpas*, the drugs are acts on accumulated doshas locally and fast. Oral drugs are not comes directly into tissue.

CONCLUSION

Kriyakalpas can major role in the management of disease. These *Karna Kriyakalaps* are helpful in external and middle ear disease. The *Kriyakalpas* are cost effective, safe and fast action. Acharya Vagbhata explained *Karnapoorana* in *Dinacharya* to avoid the Diseases of *Karna*. Acharya *Sushrutha* explained *Karnaprakshalan, Karna Parmarjan, Karnadhupana, Karnaavachurna* in *Karnasrava Chikithsa*. *Kriyakalpas* helps to prevent most *Shashtra Chikithsa* for most of *Karnarogas*.

REFERENCES

1. Sushruta, Sushruta Samhita edited with Ayurveda Tattva Sandipika edited by Kaviraj Ambikadatta Shastri. Published by Chaukhambha Sankrit Sansthan S.S.U-21 /1 Page No-126.
2. Sushruta, Sushruta Samhita edited with Ayurveda Tattva Sandipika edited by Kaviraj Ambikadatta Shastri. Published by Chaukhambha Sankrit Sansthan. S.S.U-20 /1 Page No-113
3. Yorarathnagar with vidyotini Hindi Commentary by Vaidya Laksmipati Sastri edited by Bhisargratna Brahmashankar Sastri. Published by Chaukhambha Sankrit Sansthan. Karnaroga chikithsa, 1st shloka, Page no -313.
4. Yorarathnagar with vidyotini Hindi Commentary by Vaidya Laksmipati Sastri edited by Bhisargratna Brahmashankar Sastri. Published by Chaukhambha Sankrit Sansthan. Karnaroga chikithsa, 4th shloka, Page no -313.
5. Bhavamishra, Bhvaparakasha Nighantu of Bhavamishra with commentary by Dr. B. Sitaram Published by Chaukhambha Sankrit Sansthan. Bh.Ni- 7/86-88 Page No-647.
6. Yorarathnagar with vidyotini Hindi Commentary by Vaidya Laksmipati Sastri edited by Bhisargratna Brahmashankar Sastri. Published by Chaukhambha Sankrit Sansthan. Karnaroga chikithsa, 4th shloka, Page no -313.
7. Charaka, Charaka Samhitha edired with Ayurveda – Dipika Ayushi hindi

commentary, Published by Chaukhambha Sankrit Sansthan. Sutrasthan /93 shloka, Page no -87.

8 Sushruta, Sushruta Samhita edited with Ayurveda Tattva Sandipika edited by Kaviraj Ambikadatta Shastri. Published by Chaukhambha Sankrit Sansthan. S.S.Ch-1 /63 Page No-11

9. Sushruta, Sushruta Samhita edited with Ayurveda Tattva Sandipika edited by Kaviraj Ambikadatta Shastri. Published by Chaukhambha Sankrit Sansthan S.S.U-22 /51 Page No-136.

10. Sushruta, Sushruta Samhita edited with Ayurveda Tattva Sandipika edited by Kaviraj Ambikadatta Shastri. Published by Chaukhambha Sankrit Sansthan S.S.U-22 /53 Page No-136

11. Amarasimha Amarakosha with commentary of Ramashrmi by Haragovinda Shastri Chaukhambha Sankrit Sansthan, Varanasi, U.P., 1st edition1997, Page No-668.

CORRESPONDING AUTHOR

Dr Vidyashree Hiremath

Assistant Professor, Department of Shalaky Tantra

Email: vidyashri30@gmail.com

Source of support: Nil

Conflict of interest: None Declared

Cite this article as

Dr Vidyashree Hiremath: Role of Kriyakalapas in Karnarogas VI(6): 1969-1972