ROLE OF KRIYAKALAPAS IN KARNAROGAS

Dr Vidyashree Hiremath
Assistant Professor in the Department of Shalakya Tantra

ABSTRACT

Karna is one among the Panchendriyas. Karna is the adhishthana 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 Gruthapana 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, Karnagootha, Karnashoola, Karnasrava, Poothikarna and Krimikarna etc.

KEYWORDS: Karna, Shabdha, Panchedriya, Kriyakalpas.

INTRODUCTION

Shalakya Tantra deals with Netra, Shira, Karna, Nasa, Kanta and Muka rogas. The ear is the main sense organ. Ear is responsible for hearing. Sushrutha Acharya has explained treatment and preventive aspect of Karnaroga1. It is important organ for Shabdha grahan2. Panchendriyas made by combination of Panchmahabhuthas. Karna is made by Akasha Mahabhutha and dominance of Vata Dosha. Once era is damaged the person becomes deaf. Kriyakalpa plays important role in the treating the Karnarogas. Kriyakalpas are vishishta chikithsa in Shalakya Chikithsa. Kriyakalpas hels to remove the srothoavarodha and ellivates the vitiated doshas. Karna Kriyakalpas maintains normal function of Karna. Kriyakalpas includes Karnapooran, Karna Prakshalan, Pramarjuna, 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 Karnapoornana and in case of Srava, Karna Pramarjuna, Karnapichu, Karnadhoopana is beneficial.

KARNAPOORANA

Karanapoornana 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 5 minutes.
2. Mild fomentation around the ear should be done.
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, Brahmacarya

**Apathya** - Sheeta vayu sevana, Shirasnana, Danthadhavan, Vyayam, Kapha kara ahara sevana

**Karnapoorana Duration**: 
- Karna roga – 100 Matra
- Kanta Roga - 500 Matra
- Shira Roga – 1000 Matra

**Dharana Kala**: 
- 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, Avabhadha Shalya, Karnashula, Karnasrav, Karna kandu.

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

**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 discharge.

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

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

**KARNA DHOOPANA**
The medicated fumes introduced into ear and to relieve bad odour.

**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 Karnshula, Karnasrava, Krimikarna
KARNAPICHU
Pichu means thick swab or cotton pad. 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 Pramarjuna and puya nirharana
3. Karna Parmarjuna 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 Avachurchana and Karna Pichu. Mode of action of all these Kriyakalpas is as follows.

Karnapoorana is Abhyanga causes vasodilatation increases the blood flow to remove toxic products. Swedana causes the liqufication 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 strengthens the middle ear and Tympanic membrane. Snigdhatha 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 Pichult 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 Shastra Chikithsa for most of Karnarogas.
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CORRESPONDING AUTHOR
Dr Vidyashree Hiremath
Assistant Professor, Department of Shalakya Tantra
Email: vidyashri30@gmail.com

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