

KARNAPOORANA AS INTEGRAL PART OF A HEALTHY DAILY ROUTINE

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ABSTRACT

Ears are considered to be the main place for *Vata* and there are high chances of them being vulnerable to *Vata*. Basically, *Vata* is governed by busy lifestyle, nonstop work, dry winds, cold etc. It might also be caused due to constant noise by computers or sounds of TV. Due to this, the ears are affected and the whole *Vata* flow of the body is also affected. In Ayurveda, it is believed that protecting and cleaning sense organs is very important. Moreover, symptoms are common such as earaches or tinnitus; they can be prevented by *Karnapoorana*. *Karnapoorana* is an Ayurvedic therapeutic measure comes under *Vicharana Sneha* which means the different special method of administration of *Sneha* substance that require regular practice to achieve the *Sneha* affect. *Karnapoorana* is the process of filling the *Swarasa*, *Taila* etc., into ear to cure different disease affecting ear, neck and head. Not only is it a therapy, but it's also used as *Swastha Vritta*, which means preventative medicine.

Keywords: *Karnapoorana*, *Vicharana Sneha*

INTRODUCTION

The word *Vicharana* is formed by the Sanskrit words, *Vi* meaning unique methods and *Charana* meaning regular practice. The procedure *Karnapoorana* where the *Sneha* administered does not undergo the process of digestion in the gastrointestinal tract is included in *Vicharana Sneha*. The literal meaning of *Karnapoorana* is filling of ear with luke warm *Taila*, *Swarasa*, *Sneha Dravya* or *Gomutra* etc. *Karnapoorana* comes under the external type of *Sneha*. Acharya Charaka and Vagbhata advocate to do *Karnapoorana* daily avoid the disease of ear. Acharya Sushruta has advocated regular *Sneha* in case of

Hanu, *Manya*, *Siraa* and *Karnashula*. Indulging daily in *Karna Poorana* can prevent *Vata Roga* of *Karna* including *Karnashoola*, *Krnanada*, *Badhirya*.

Ear is categorized as a local route of drug administration and the drug administered is absorbed through the mucus membrane of the auditory canal. Mechanism:- with the administration of *Snehana Dravyas* the *Vaayu* is eliminated and *Mridutva* in the body is produced. This finally results in the removal of *Mala-sanga* the vitiated *Dosha* which obstruct the *Srotasa* are eliminated with the help of *Snehana*.

Types:- Through not mentioned clearly, *Karnapoorana* can be classified in this manor, according to use

A - As Daily Procedure (*Dincharya*)

B - In Pathological condition

PROCEDURE

Whole procedure can be broadly divided in to three parts.

Purva Karma

- Person should be made to lie down on lateral side and hand of that side should be beneath head and other hand should be resting on trunk of that side.
- Gentle massage should be done with lukewarm medicated oil around the ear and pinna for a short duration of time (Approx.5-7 min.). Massage should also cover lateral portion of neck inferior to ear.
- After this heat is applied around ear with towel soaked in boiling water by waving, touching and pressing for some time (Approx.10 min.).

Pradhana Karma

- The medicated liquid (oil) should be heated in water bath to make lukewarm.
- The external auditory canal should be straightened by pulling the pinna backward, and upwards.
- The liquid (oil) should be poured in drops till the ear canal is filled up to the base of concha.
- The root of ear should be gently massaged in order to potentiate the action of the drug.
- The medicated oil should be retained in same position for prescribed time limit.

Pashchata Karma:

- The excess oil should be taken out of the external auditory canal by dry cotton.
- After retaining the medicated oil for the prescribed time, the ear should be cleaned with dry cotton mopping.

The same procedure should be repeated in the fellow ear also.

Indication: - In the Following disease *Karnapoorana* helps:-

Earache, Ear congestion, Earwax blockage, Tinnitus, Meniere's disease, Swimmer ear, Hearing loss, Headache, Migraine, Jaw pain, Neck pain, Ear disorder,

Depression, Vertigo, Acoustic nerve weakness, General body aches, *Vata* disease

Generally, Ayurvedic practitioner use *Karnapoorana* therapy for purifying the ear canal and ear structures.

Dosage:- Quantity of *Dravya* not mentioned specifically –but it should be the quantity which fills the external auditory canal without overflowing.

Duration:-

In *Karna Roga*:- 100 *Matra*

In *Kantha Roga*:- 500 *Matra*

In *Shiro Roga*:- 1000 *Matra*

In Painful condition: - till pain relieves

In *Swastha* 100 *Matra* (Approx 2-3 minute)

Time:-

Rasadi dravya – before meal; *Tailadi dravya* – After Sunset

Drug use in karnapoorana :-

- **OIL:-***Nirgundi Taila, Apamarge Taila, Bilvadi Taila, Ksheera bala Taila, Deepika Taila etc.*
- *Ghrit* (old ghee)
- *Milk, Kanji or Sstanya, Mutra (Ashta)*
- *Swarasa* like *Arka, Tulsi, Vasa, Lashuna, Aardrak.*

MODE OF ACTION

A more detailed description regarding the mode of action of *Karnapoorana* is not available in *Ayurvedic classics*. But as *Karna Tarpanana* is mentioned as *Sneha*

- *Pravicharana* its mode of action can be understood as *Sthanika Snehana*, if *Sneha Dravya* is used for it.
- In *Purva Karma* gentle massage is done with lukewarm medicated oil around the ear and pinna for a short duration of time (Approx.5-7 min.). Massage also cover lateral portion of neck inferior to ear. This causes increase of blood circulation in ear. After this heat is applied around ear with towel soaked in boiling water by waving, touching and pressing for some time (Approx.10 min.). This cause vasodilatation and thus increase permeability of capillaries. As a result of both *Abhyanga* and *Swedana* facilitates more absorption of drug. As the efferent vasodilator nerves are spread out on the superficial surface of the face, receives

stimulation by fomentation and it may increase blood flow to the brain.

- Instilled medicine in ear canal gets absorbed by skin lining external auditory meatus and tympanic membrane and reaches systemic blood flow, according to Ayurveda drugs gets absorbed by *Bhrajaka Pitta* present in skin and shows its effects on body and local tissue. Person is asked to do chewing movements or tragus is gently pressed by finger 5-6 times to facilitate more drug absorption. The drug instilled in form of oil, urine etc. is used lukewarm it helps in reliving inflammation thus it reduces ear ache, and by counter effect of heat it also relives pain of nearby structures like mandible or neck. Generally *Tila Taila* or other medicated oil is used in *Karnapoorana*, *Taila* is having virtue of *Vata Shamana* but do not aggravate *Kapha*. In this way *Karnapoorana* eliminates disease of ear which occurs due to vitiation of *Vata*. In addition to this medicine is used Luke warm so *Vata* is eliminated also by *Ushna Guna*. These properties do not only have beneficial effect on *Vata* but also removes *Aavarana* of *Kapha*. As medicine for *Karnapoorana* is made by *Snehapaka* method all fat soluble active ingredients of drug get enclosed. Fat soluble active principle can be easily assimilated through nerve endings. As a combine effect of all these *Karnapoorana* is useful in *Badhirya*.

Benefits of Karnapoorana:-

Karnapoorana has many benefits in ear disorder. It improves hearing quality, helps in hearing loss and reduces frequent ear infections. Other benefits of *Karnapoorana* are given below:-

1. Medicated oils are used in *Karnapoorana*. Those oils have strengthening properties for ear structures. Those oils nourish all parts of the ear including external ear, middle ear, inner ear and eardrum.
2. It is very helpful for balance disorders. Balance disorder is characterized by vertigo, dizziness and loss of balance.
3. If you are suffering earaches, then it is the good therapy for your ears. The Ayurvedic oils used in

therapy of *Karnapoorana* are beneficial for reducing inflammation and pain of the ears.

4. *Karnapoorana* also improves hearing capacity and quality. It nourishes the acoustic nerve and improves signal quality to the brain. It also enhances better interpretation of sounds by the hearing centre of brain.
5. The mind disturbs due to many reasons such as depression, sleeplessness, emotional trauma etc. *Karnapoorana* helps to calm the brain and mind as well.
6. It increases sense of sound by enhancing ear functions.
7. If *Karnapoorana* taken regularly in interval of six months, it helps to prevent frequent ear infections.
8. *Karnapoorana* helps in headache and migraine that are associated with body balance problems.

Contraindications of Karnapoorana:-

Karnapoorana therapy is contraindicated in following cases:-

- Eardrum rupture, Ear injury, Cuts in the skin of ear, Burns that affects ears.

Side effects of Karnapoorana:-

There are very rare side effects with *Karnapoorana*. These are:

- Ear infection if the medicated oil is not preserved properly or infected with microbes.
- Some people may experience some discomfort in the ears after the procedure, but it will be only for a little time.

CONCLUSION

The classic Ayurvedic therapy for the ears is an integral part of a healthy daily routine. It is called *Karnapoorana* – where medicated oil is dripped into the ears and the ears are then thoroughly massaged.

We also know there are small bones in the inner ear called ossicles, which vibrate when hit by sound waves. These bones stimulate nerve endings that transmit signals to the brain to be interpreted. From the Ayurvedic perspective, the ear skin and the ossicles can dry out and function can be compromised.

This is part of a *Vata* imbalance in *Ayurveda*. *Vata* is a governing principle in nature akin to air, which, when aggravated, can dry the body out. Oil is the antidote for dryness in the body.

Once again, the key here, from the *Ayurvedic* perspective, is to care for your “orifices” throughout your life – and not just when they go out of whack. *Karnapoorana*, or ear oiling, is meant to be a daily practice.

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