

A REVIEW OF KRIYAKALPAS USED IN THE MANAGEMENT OF KARNAROGAS

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(Published Online: August 2023)

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Article Received: 03/07/2023 - Peer Reviewed: 25/07/2023 - Accepted for Publication: 10/08/2023.



ABSTRACT

Ayurveda is an ancient medical science gifted from old ancient sages. It is not only a system of medicine in the sense of curing disease. Shalaky Tantra is a branch of Ashtanga Ayurveda that deals with studying diseases that occur above the clavicle and treatment. Karna is one among the nine bahya srotas and is considered one of the five sensory organs. It is known as Shrotendriya. The main function of the ear is the perception of sound along with maintaining the equilibrium of the body. Shalaky tantra refers to the kriya kalpa, where kriya denotes a special therapeutic approach and kalpa denotes a pharmaceutical formulation, such as swarasa, kwatha, or kalka, that is utilized in therapy. In all kinds of karna rogas kriya kalpa are useful. Our Acharya's explained many procedures for karna roga like karna prakshalan, karna Pramajana, karna Dhoopana, and karna poorana, kavala and gandusha.

Keywords: Shalaky, Karna, Kriyakalpa, Karnapoorana, karna dhupan.

INTRODUCTION

Shalaky Tantra is one among the Astanga Ayurveda which deals with Urdhwanga chikitsa which includes Netra roga, Karna roga, Nasa roga, Shiro Roga, Mukha roga, Danta roga, Gala roga etc. along with their

management. So, it mainly deals with the sense organs; diseases affecting them, and their management. Karna is one among the Panchendriya. There are various diseases affecting the ears. In Ayurvedic Samhitas,

the local treatment procedures of Karna are explained in the name of Karna Kriyakalpa. The word Kriya means therapeutic action and Kalpa means specific formulations. Kriyakalpa is a Bahiparimarjana Chikitsa and has several advantages over oral administration. Our acharyas are explained about Kriyakalpas in karna rogas which are,

Karna Pramajana is the first treatment for karna roga before application of medicine. After removal of Karnamala medicine should be applied. Pramajana is done with shalaka yantra is well and good¹.

Karna prakshalana is correlated to ear syringing /ear toileting, irrigation of ear with Aushadayukta jala /Kashaya.²

Karnapichu is an alternative treatment to Karnapoorana. karna pichu is the procedure that basically evolved from the concept of shiropichu a type of Moordhni taila. Pichu varti is a cotton swab soaked in medicated drugs, particularly in taila, then placed in karna.³

Karna poorana comes under vichurnana sneha which means the different special method of administration of sneha dravya to achieve the sneha effect. It is also called as karna tarpana because it is also used in swastha purusha to nourish the ear and to prevent the ear diseases⁴.

Karnadhoopana (Aural fumigation), in vrana chikitsa Dhoopana is one of the shashti upakrama. It is paschat karma for karna poorana and karna prakshalana. It is used in ear infections, Swimmer's ear, Otomycosis, Vestibular neuritis and Otitis media.

OBJECTIVES: To know the various kriyakalpa yogas used in the management of Karnaroga

MATERIALS AND METHODS To fulfil the objectives of relevant Ayurveda and Modern literature, available information in Samhita and on the internet was searched.

1) KARNA PRAMARJANA:

Nirukti: The word pramarjana means cleaning of some body parts through pichu etc. Karna pramarjana is the procedure of cleaning the ear (plus discharge) with the help of a cotton or gauze piece. Pramajana is the first treatment for karna roga before the application of medicine.

Benefits of karna Pramajana:

- Vrana shuddi
- Sheegra vrana ropana.⁵

2) PRAKSHALANA:

Karna Prakshalana is a technique of ear toileting with various liquid drugs like kwath, swarasa and oil. Decoctions like Surasadi Gana and Rajvrikashadi Gana these drugs are known to be best for cleansing ear.⁶

Nirukti: Irrigation of the ear /washing with Oushadhayukta jala /kashaya.

Yogas:

1. Triphala kashaya
2. Sukoshnambu

Indications-

- In the blunt foreign body,
- Karna goothaka,
- Dried fungal debris,
- Epithelial debris,
- In case of ear discharge.

Contraindications:

- Tympanic membrane perforation,
- Sharp foreign body.⁷
- Acute inflammatory condition,
- Hygroscopic foreign body,

3) KARNAPOORANA

Is made up of two words Karna and Poorana. Karna means ear and Poorana means filling. So, it is a process in which the ear is filled with medicated Taila, Mutra, Svarasa, etc. for treatment of various karna Vyadhis.

[1] Acharya Charak said that those who practice Karnapoorana daily do not suffer from Vataja Karna Roga, Badhira (deafness), Manya, and Hanu Roga.⁸

[2] Acharya Sushruta described it as the treatment of Hanu, Manya Shirah, and Karna Shoola.⁹

[3] Vagbhata explained that it is part of Dincharya and should be followed if one wants to stay healthy.¹⁰

Time of the Karnapoorana:¹¹ Time is divided according to the substance used. If Karnapoorana is performed with Sneha Dravya - performed after Suryasta. Svarasa and Mutra -performed in the morning before having a meal.

Duration of the Karnapoorana¹²

100- Matrakala Karna Roga

500 -Matrakala Kantha Roga

1000- Matrakala Shiro Roga in painful conditions duration is until pain resides.

Drugs

Drugs to be used for Karnapoorana are selected on the basis of disease. Different kinds of Taila, Mutra, and Svarasa, etc. can be used.

Some of the drugs mentioned in Samhitas especially for Karnapoorana are:

Mutra: There are 8 types of Mutra (Ashtamutra) explained in Samhitas that are of medicinal use. Acharya Sharangadhra explained that all these types of Mutra can be used for Karnapoorana alone or with other drugs.¹³

Sneha yogas:

- Deepika Taila,
- Katu Taila,
- Bilva Taila.

Svarasa yogas:

- Arkankura svarasa,
- Ardraka svarasa,
- Shigru Patra Svarasa,
- Moolaka Patra Svarasa etc.

Disease wise Karnapoorana yoga according to Sharangdhara-

1. Karnashula- pita arkapatradi svarasa yoga, Deepika yoga, shonyaka taila, yashtivasa yoga
2. Badhirya- apamarga kshar taila, sambuk taila,
3. Karnastrava- panchakashay yoga, swargikaeasa yoga, amradi taila
4. Karnakit- haritaladi yoga Shigruswarasadi yoga¹⁴

Indications:

Different diseases related to the ear, head, and cervical spine may be effectively treated by the Karnapurana/ Karna Abhyanga and the same are listed below.

- Vataja Karnaroga
- Karnashula
- Badhirya

Contraindications:

- perforated tympanic membrane,
- CSOM,
- Cholesteatoma

Karnapoorana should not be performed because it may lead to complications as it is difficult to make complete sterile conditions.

4) KARNAPICHU: Pichu varti is a cotton swab soaked in medicine, particularly taila. When it is placed in karna, the procedure is called Karnapichu.

Nirukti of pichu:

- Pechatiti Pichu¹⁵ -that which spread is called pichu.
- “Pichu sthoola kavalika¹⁶” - A thick swab or a cotton pad is called pichu.

Acharya Vagbhata mentioned karna pichu varti in the treatment of pakwa karna. He said that the pus-filled ears should be first cleaned with pichu varti (dry mopping) and after that, the ear should be filled with pichu varti dipped in medicine. It has to be carried out twice daily. But there is no hint of duration of its administration¹⁷.

Dharana kala: Depending on the condition and severity of disease it can be changed once or twice daily.

Indications: All Karanrogas where Karnapoorana is mentioned for treatment. Contraindications: It should not be administered without performing karna Pramarijana and puya nirharana.

5) KARNA DHOOPANA:

Karna Dhoopana is done by igniting a varthi (Vick) which is prepared out of a combination of medicated powders and allowing the fumes to enter into the ear for a specified time as advised by the vaidya. It is the paschat karma for Karnapoorana and karna prakshalana.

Indications:

Karna shoola,
Pranada,
Badhirya,
Karna kshweda,
Karnasraava
Pootikarna,
Krimi karna
Fungal infection of ear

DISCUSSION

The main course of action for treatment is the same as that for managing wounds, which includes keeping the region dry, clean, free of microorganisms, and

conducive to healing. These parameters for wound management are met by a number of Ayurvedic techniques mentioned for the management of discharge ears.

Karnapramarjana is simply aural toileting; it is the first course of treatment in karna rogas before the administration of medication. Through this, we can perform vrana shuddi and sheeghra vrana ropana. Karnaprakshalana is ear syringing/ear toileting by this we can remove blunt foreign body, dried fungal debris, karnagotha. karnapoorana is ear canal filling with medicated oil or kashaya or gomutra in the condition of karnanaada, badhirya, karnashoola etc. Karnapichu is an alternative treatment for karnapoorana, which is useful in all karna rogas where Karnapoorana is mentioned for treatment, this is easy to administer and well accepted by patients. Karnadhoopana is aural fumigation, in vrana chikitsa Dhoopana is one among shashti upakrama, it is the paschat karma of karnapoorana and karna prakshalana, this is indicated in karna shoola, badhirya, Karnasraava, Krimi karna etc. So, by this we can treat all kinds of Karanrogas with the help of kriyakalpa procedures.

CONCLUSION

The Kriyakalpas in the netraroga have been explained as a separate chapter by Acharyas Sushruta, Vagbhata, and Sharngadhara, but the Kriyakalpas in the Karnagata roga have not been explained as a separate chapter by any of the Acharyas. These Karnagata roga Kriyakalpas are widely used in clinical practice. These kriyas are very simple to use and provide quick treatment for all karna rogas. To develop valuable experience and expertise, these Kriyakalpas are therefore practiced in hospitals and clinics.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Soumya Pandey & Manisha Pingale: A review of kriyakalpas used in the management of karnarogas. International Ayurvedic Medical Journal {online} 2023 {cited August 2023} Available from: http://www.iamj.in/posts/images/upload/1919_1923.pdf