

Ayurvedic management of *Karnanada Badhirya* w. s. r. to tinnitus and hearing loss: A case report

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ABSTRACT:

Karnanada and *Badhirya* are classification of *Karnagata Roga* as outlined in Shalakyatantra. Epidemiological studies indicate that *Karnanada*, or Tinnitus, AFFECT 38 % of the population under the age of 40, while this prevalence increases to 68% among individuals over the age of 40. Around 20 % of the global population experiences hearing loss (*Badhirya*). In India, its prevalence rose from 76.5 % million in 2018 to 100 million in 2018 (6.3 %, WHO). Hearing loss affects physical, mental and social health, making it vital to find solutions for Tinnitus and hearing impairment or even improve current care.

This case study involves a patient with a 2-year history of bilateral hearing loss and left ear ringing sound, along with otalgia and ear fullness for the past 2 months. Diagnosed with Subjective Tinnitus and High frequency hearing

loss, the patient was prescribed and treated for 14 days with Bilva Taila *Karnapoorana* ana oral Ashwagandha *Ghrita*, *Bilva Avleha*, and *Sarivadi Vati*.

The patient experienced complete relief from tinnitus and a 20% improvement in hearing. This suggests Ayurvedic treatment is effective for managing tinnitus with high frequency hearing loss.

KEY WORDS:

Karnanada, *Badhirya*, *Karnapoorana*, Ashwagandha Ghrita, Bilva Avleha, Sarivadi Vati.

INTRODUCTION:

Ayurveda is classified into eight branches for practical application, with Shalakyatantra focusing on diseases of the supraclavicular region (Urdhwanga), including the ear (Karna).⁽¹⁾ The ear, considered both a Panchendriya Adhishtana and a Bahya Strotas, is discussed extensively in classical texts. Acharya Sushruta mentions 28 ear

disorders, including *Karnanada* (tinnitus) and *Karnabadhira* (hearing loss).⁽²⁾

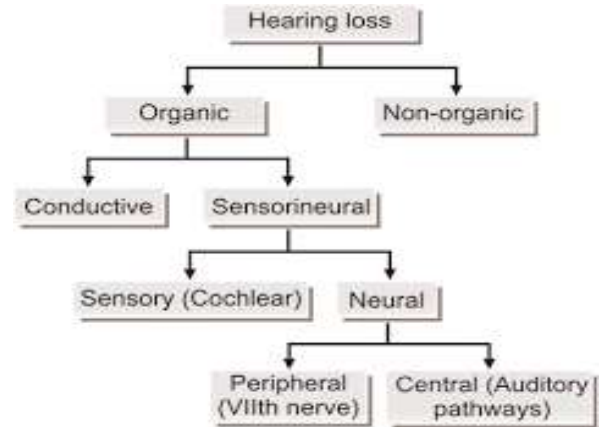
Karnanada comes from *Karna* (ear) and *Nada* (ringing sound), indicating rhythmic ear sounds.⁽³⁾ It is primarily Vata-dominated condition and, if untreated, may lead to *Badhira* (deafness).⁽⁴⁾ Ayurveda links it to Prana Vayu, a subtype of Vata in the head responsible for higher mental functions. Tinnitus is seen as a symptom of disturbed Prana Vayu. When aggravated Vata, along with Kapha, moves abnormally in the *Shabdavaha* Strotas (sound channels), it creates various ear sounds like *Bheri* or *Mridang* (drum-like sounds), leading to *Karnanada*.⁽⁵⁾

Tinnitus (*Karnanada*) is the perception of sound in the ears or head without any external source. It may present as ringing, buzzing, hissing, or whistling, in one or both ears.⁽⁶⁾ The sound can be constant or occasional and often worsens in quiet settings. Annually, about 1% of people develop tinnitus, with 14% of adults affected overall and 2% experiencing it severely.⁽⁷⁾ Its prevalence is around 10% in young adults, 14% in middle age, and 24% in the elderly.⁽⁷⁾

Badhira (hearing loss) means obstruction (*Badha*) in sound conduction or neural pathways. Ayurveda attributes it mainly to Vata, alone or with Kapha. When these doshas accumulate in the *Shabdavahi* Sira (sound carrying channels), they block the passage, leading to hearing loss.⁽⁸⁾

Badhira (Hearing loss) in modern, based on signs and symptoms, can be correlated with deafness or hearing loss.

Hearing loss can be classified as below-⁽⁹⁾



According to WHO, hearing loss is defined as hearing thresholds above 20 dB in both ears.⁽¹⁰⁾ It can be mild to profound, affect one or both ears, and be conductive, sensorineural, or mixed in origin. Causes include temporary, acquired or unknown factors. Globally, over 1.5 billion people have hearing loss, with 430 million facing significant impairment. By 2050, this number may exceed 700 million. In India, the prevalence was 6.3% in 1997, rising from 76.5 million in 2008 to 100 million in 2018. The 2002 NSS ranked it as the second most common disability.⁽¹¹⁾

Acharya Sushruta recommends general treatment for ear diseases (*Karnaroga*) like *Ghratapana* and *Rasayan*. For hearing loss, therapies include *Karnapoorana* (ear drops), *Pratishyaya* and *Vatavyadhi Chikitsa*, along with *Snehana* and *Swedana*.⁽¹²⁾ Acharya Charaka emphasizes daily *Karnapoorana* to prevent *Karnanada* and *Badhira*.⁽¹³⁾ In this context, *Ashwagandha Ghrita*⁽¹⁵⁾ is used orally, *Bilva Taila*⁽¹⁴⁾ for *Karnapoorana*⁽¹⁶⁾ with *Bilva-Avleha* and *Sarivadi Vati*⁽¹⁷⁾, were selected for oral intake.

AIMS AND OBJECTIVE:

To evaluate the efficacy of *Ashwagandha Ghrita* was selected for the *Ghratapana* (oral intake), *Bilva Taila Karnapoorana* (ear drops) along with oral medications of *Bilva-Avleha* and *Sarivadi Vati*, in the management of *Karnanada* (Tinnitus), *Badhira* (Hearing loss).

MATERIALS AND METHODS:**CASE REPORT:**

Name: Vilas Bhosale.

Age : 55 years.

Occupation: Labour.

Sex: Male.

Consulted – Shalaky Tantra (ENT) OPD of ADAMC, Ashta.

CHIEF COMPLAINTS:

Ringling sound (Tinnitus) in left ear and bilateral Hearing loss since last 2 years, Otagia (ear pain) and left ear fullness, in the past 2 months.

HISTORY OF PRESENT ILLNESS:

The subject was apparently normal 2 years ago. Then he gradually developed bilateral hearing loss, along with ringing sound in the left ear in the past 2 years. Later he noticed symptom has aggravated from past 2 months associated with Otagia (ear pain) and left ear fullness. He approached allopathic doctors, there ear drops and medicines were given still he did not find any relief and with all complaints he came to our college hospital and approached the Shalaky Tantra (ENT) OPD to get Ayurvedic Treatment.

HISTORY OF PAST ILLNESS:

No history of any major illness like DM and Hypertension.

PERSONAL HISTORY:

- No history like tobacco chewing, alcohol consumption.
- Diet: Mixed type of diet.
- Appetite: Moderate.
- *Koshtha*: Madhyama.
- Micturition: Regular and Normal.
- Bowel Habits: Regular and normal.
- Sleep: Disturbed Sleep.

VITALS:

- Respiratory rate: 22/min.
- Temperature: 98.6°F.
- Blood pressure: 110/70 mm of Hg.
- Pulse: 78/min.

PHYSICAL EXAMINATION:

- Weight: 68 kg.
- Height: 158 cm.
- Pallor: No pallor.
- Lymphadenopathy: No lymphadenopathy.

ASHTHA STHAN PARIKSHA:

- Nadi: 78/min.
- Mutra: 2-3 Vega /day.
- Mala: 1-2 Vega/day.
- Jiwha: Alipta.
- Shabda: Prakruta.
- Sparsha: Prakruta.
- Drik: Prakruta.
- Akriti: Madhyama.

SYSTEMIC EXAMINATION:

- CVS: S₁ S₂ Normal.
- CNS: Conscious and Oriented.
- RS: AEEBS.
- GIT: Normal.

EXAMINATION OF EAR:

- Pinna: No Deformity.
- Pre and Post Auricular area: No scar, No abnormality.
- External Auditory Canal: Bilateral Dry EAC, No Congestion.
- Tympanic membrane: No discharge, no perforation,
 - Bilateral TM Intact,
 - Bilateral TM – No movement.
 - Cone of light: Bilateral Absent.

EXAMINATION OF NOSE:

- Right sided gross DNS
- Bilateral mild ITH.
- Bilateral nasal mucosa congestion.

EXAMINATION OF THROAT:

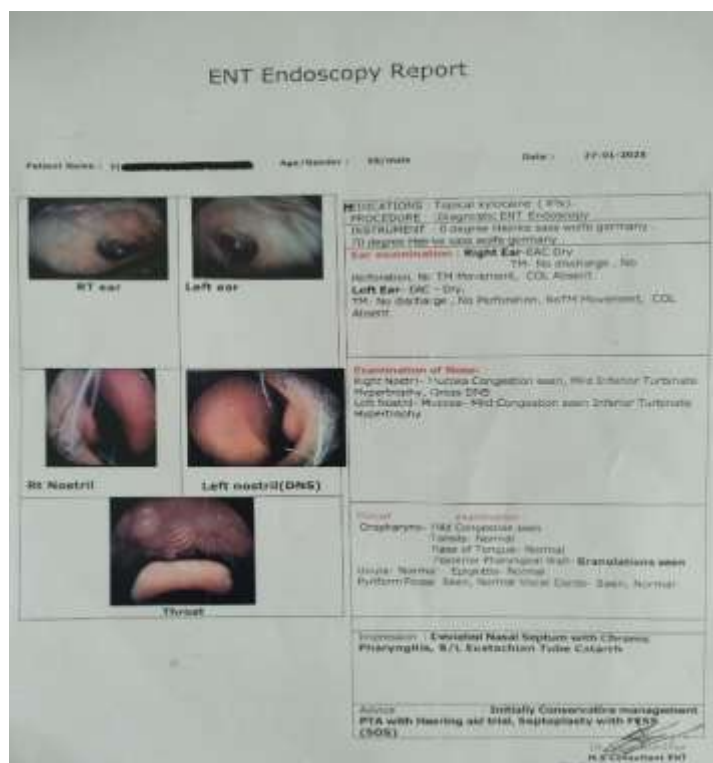
- The Oral Cavity Proper: Normal.
- Larynx: Arytenoid congestion.
- Post. Pharyngeal wall: Granulations.

QUALITATIVE TEST FOR HEARING BY TUNING FORK:

- Rinne's test: AC>BC (B/L).
- Weber's test: Lateralized to both ears.

- ABC: Reduced (B/L).

- Pure tone Audiometry: Bilateral high frequency hearing loss.



Endoscopy Report

TREATMENT MODALITIES:

Bilva Taila *Karnapoorana* ⁽¹⁴⁾ (ear drops) for 14 days in both ears.

Ashwagandha Ghrita ⁽¹⁵⁾ was selected for the Ghritapana (oral intake) – 1 TSP with warm water TDS for 14 days.

Bilva- Avleha oral intake – 1 TSP with warm water BD for 14 days.

Sarivadi Vati ⁽¹⁷⁾ oral intake – 1 Tablet BD for 14 days.

STANDARD OPERATIVE PROCEDURE FOR

KARNAPOORANA: ⁽¹⁶⁾

Bilva Taila *Karnapoorana* (ear drops) with Mridu Snehana with bilva tail and mridu swedan with warm rubbed hands for 14 days.

PURVA KARMA:

- The patient was advised to lie down on a table in right or left lateral position.
- Lukewarm Bilva oil was used to massage the ear region- starting with

the auricle, followed by the postauricular, infra-auricular, and preauricular areas in circular motions. This was followed by hand-rub hot fomentation. The oil was then warmed by placing the bowl in lukewarm water.

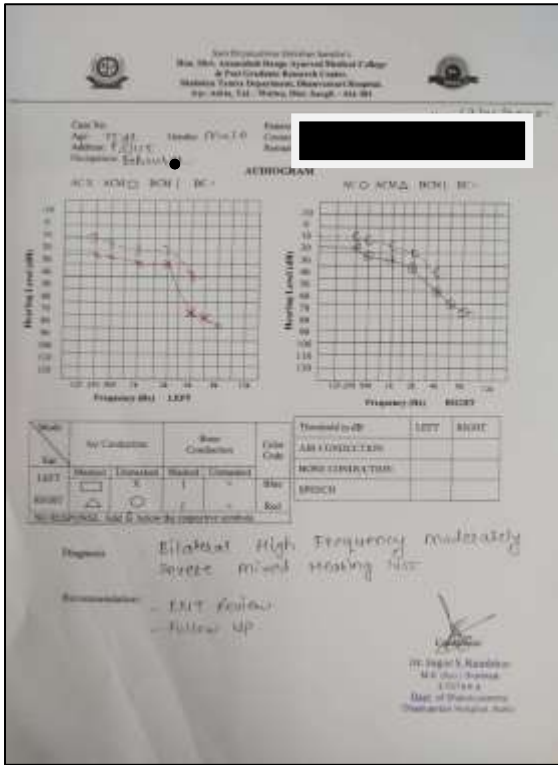
This procedure will increase the blood flow to the ear and help in the absorption of medicine, hence increasing the effect of therapy.

PRADHAN KARMA:

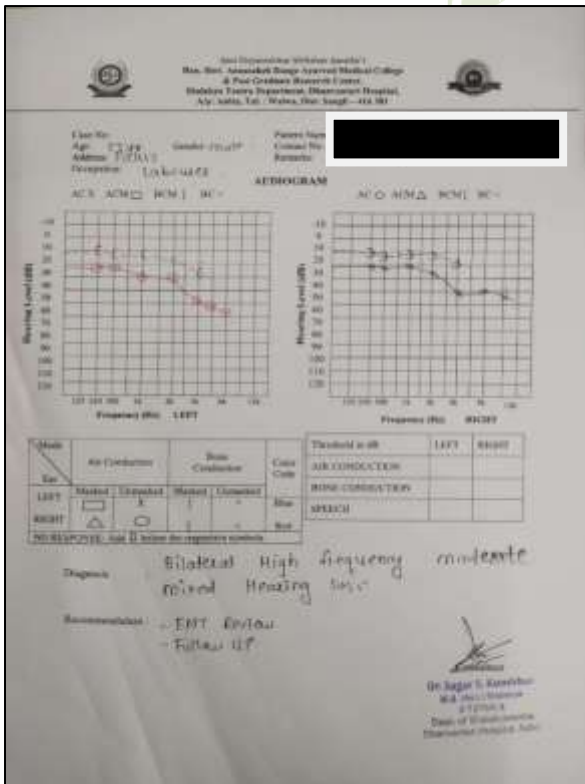
The medicine's temperature was checked, then warm oil was instilled into one ear using a dropper until the canal was full. It was retained for 15-20 minutes, oil mixed pichu is kept over meatus, then the process was repeated in the other ear.

PASHCHAT KARMA:

At last, the oil was removed from the ear canal with the help of cotton.



Before Treatment



After treatment

Image: PURE TONE AUDIOMETRY

OBSERVATIONS AND RESULTS:

The patient was counselled to come daily for *Karnapoorana* for a period of 14 days. The condition of the patient’s ear was assessed daily before doing the procedure. After 14 days of treatment, the symptoms were relieved. He has 100% relief from subjective tinnitus along with 20% relief from sensorineural hearing loss.

PTA showed an improvement of 30 dB in the right ear and 20 dB in the left ear in hearing loss.

During the follow-up period, there was no fluctuation in hearing or occurrence of new complaints was observed.

PATHYA (DO’S)-

Suggested to consume a light, warm, and easily digested meal and to give the sense organs enough rest.⁽¹⁸⁾

APATHYA (DON'Ts)-

Include not exercising, taking a head wash, talking too loudly, day sleep, drinking cold water and being exposed to chilly winds.⁽¹⁹⁾

DISCUSSION:

DISCUSSION ON DISEASE AND PATIENT SELECTION:

Tinnitus is the perception of sound without an external source, often linked to hearing loss and difficulty understanding speech in noise. It can be triggered by emotional stress. A systematic review found common causes to be idiopathic (71%), infections(12.8%), ear diseases (4.7%), trauma (4.2), vascular issues (2.8%), tumors (2.3%), and other (2.2%)⁽²⁰⁾. Management includes counselling, reassurance, antidepressants, hearing aids, and sound masking⁽²¹⁾.

Karnanada, an ear disorder mentioned in Ayurveda, is also noted as a symptom in conditions like *Vtaja* and *Sannipataja jwara*, *Vataja arsha*, *Vataja*

grahani, Pandu, and Vataj or Krimija head disorders. ^(22, 23, 24, 25, 26) It is primarily caused by Vata dosha, as per Acharya Dalhana ⁽²⁸⁾. Snehana karma, especially Brimhana and Bahya Snehana like *Karnapoorana*, is considered the ideal treatment ⁽²⁷⁾.

Badhirya is classified among the 28 Karnagata Rogas in Shalakyatantra. Acharya Charaka listed it in the 80 Vataja Nanatmaja Vyadhis. However, its Samprapti involves Kaphavruta Vata ⁽⁸⁾.

Badhirya is a prevalent ENT disorder that demands attention due to its widespread occurrence and economic impact. Modern treatment is often expensive and not very effective. Hearing loss can lead to poor education, limited job opportunities, social isolation, and even depression.

Karnapooran is mentioned as a daily routine (Dinacharya) to prevent ear disorders. Since Karna Strotas is a site of Vata, treatments targeting it help balance Vatadosha. Snehana and Swedana are done as Purvakarma before *Karnapoorana* to boost circulation and enhance medicine absorption, improving therapeutic outcomes ⁽¹³⁾.

BILVA TAILA: ⁽¹⁴⁾

Key Ingredients and Their Role:

- **Bilva (Aegle marmelos):**

The primary ingredient, known for its anti-inflammatory and antimicrobial properties, helping to soothe and reduce ear infections.

- **Goat Milk (Ajakshir):**

Used for its soothing and moisturizing effects, helping to calm irritated ear tissues and provide relief from dryness.

- **Sesame oil (Tila Taila):**

A carrier oil that helps in the preparation and application of the oil, and also provides nourishing effects.

- **Cow Urine (Gomutra):**

Traditionally used in Ayurveda for its antiseptic and detoxifying properties,

helping to cleanse and purify the ear canal.

Ashwagandha Ghrita: ⁽¹⁵⁾

It is a formulation described in Chakradatta indicated for the management of Vatavyadhi. It is prepared by kalka (paste) of Ashwagandha (*Withania somnifera*). It has Vata- Kapha shamaka (Reduces Vata-Kapha doshas), Ushna Virya (Hot potency), Balya (Strengthening), and Rasayan (Rejuvenative) properties. Cow milk and Ghrita are Vata-pitta shamaka (Pacifies Vata and Pitta), Balya (Strengthening), Agnivardhaka (Appetizer), Madhura (Sweet), Saumya (Mild), Sheeta Virya (Cold potency), Vrishya (Aphrodisiac), Vayasthapaka (Anti-aging), and Rasayan (Rejuvenative). Ashwagandha has Anti-anxiety action and produces sound sleep that is essential to a person suffering from tinnitus.

Sarivadi Vati: ⁽¹⁷⁾

Bhaishajya Ratnavali described Sarivadi Vati n Karnaroga Chikitsa Adhyaya. It can be indicated in Sarva Karnaroga, Prameha, Raktapitta, Kshayaj kasa, etc. Most of the ingredients used in Sarivadi vati are Madhura, Snigdha, Guru, and Katu Vipaka, which can act as Rasayan, Balya and Vata-Kapha Doshahara. Sarivadi vati is the best Shamanoushadi given in all types of Karma Roga.

CONCLUSION:

Ayurvedic treatments and medicines hold untapped potential. They can Significantly help manage tinnitus and hearing loss, improving quality of life without causing harmful side effects.

Badhirya is mainly caused by Vata and Kapha doshas. Therefore, treatments like Vatahara, Bruhaniya, Rasayan and Kapha Shodhana have shown positive results. *Karnanada* arises from aggravated Vata. Ashwagandhadi Ghrita orally and Bilva Taila Karnapooran help calm Vata ans

strengthen ear tissues, easing Karnanda symptoms. Emphasis should be placed on prevention in managing this condition.

Further clinical trials on a large scale are needed to evaluate the actual benefits of this treatment protocol in the management of *Karnanda* and *Badhira*.

DECLARATION OF THE PATIENT:

The Patient has given his consent for reporting the case along with the images and other clinical information. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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