

## A LITERARY REVIEW OF KARNAPURAN-BRUHAT TRAYI

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**ABSTRACT**

**Introduction:** The importance of Ayurveda in global scenario is because of its holistic approach towards positive lifestyle. Ayurveda is divided into eight different branches. Shalakya tantra is one of the important aspects of Ayurveda which deals with the treatment of disease associated with Upper body parts (above the neck). Rajrishi Nimi is the pioneer of the specialty of Shalakya. According to Ayurveda, Karnendriya is originated from Akaash Mahabhut, which is responsible for perception of sound. For the proper functioning of Shrotrendriya, Akash and Vayu Mahabhutas are very essential. So, Vata Dosha is responsible for normal hearing procedure. Karna being

one of the Adhithana of Vata-Dosha, Snehana becomes important to control the localized increased Vata Dosha. Hence, Karnapurana also gains importance in the management of the disease. Karnapurana is a method of filling or dropping the medication into the external ear. The use of Snehana especially Taila helps to subside Vata Dosha and clears the Srotas of the Karna. It is a convenient route when compared with parenteral route for long term therapy. In Shalakya, the treatment remedy like Karnapurana very fruitful as it is very simple and well accepted to cure various disorders. **Methodology:** Reviewing the Ayurvedic literature: In this article there is an attempt the literary review regarding the Karnapurana as mentioned in Bruhat Trayi.

**KEYWORDS:** Shalakyantra. Karnapurana, karnashool, karnabhadhriya, karnanad, karnastrav.

**INTRODUCTION**

Ayurveda, "the science of life" had a golden time some centuries back. It was in oblivion till it was brought to the present era as a revival. In ancient India, this system was the only

prevalent one which could help the ailing humanity. The present era is in new inventions and the modern science has struck the minds of all its day to day developments. It is true that the modern science has grown up considerably; still it has to face a big question mark in some miserable problems. The topic of this article is one among them.

Ayurveda aims at maintaining the health of “Swastha Purush” and also cures the Vyadhi of ‘Aatur Purush’. Changing lifestyle and poor hygiene leads to chronic disease, ear diseases. Recently use of multimedia and technologies lead to some ear disorders like Atiyoga (in excess) of Karnendriya. Karna (ear) is considered as one among the Panchendriyas also known as Shrotendriya. Main function of ear is the perception of Sound. Along with function of hearing, it maintains the equilibrium of body. Now a days there is a lot of change in the life styles of people. Generally people pay attention to different food habits and way of living. Very cold foods like ice-cream, cold drinks have an increasing demand, fast foods, consumption of such products leads to vitiation of Doshas in human body. Due to growth of population, number of vehicles has increased which results in air and noise pollution. Irrational use of electronic sound conductor as head phones, smart phone overuse causes noise pollution which affects the ear. In some extent Apathyakara Ahara Vihara also leads in development of different types of Karnarogas.

Acharya Sushruta described 28 Karnarogas in Sushruta Samhita. Among these ‘Atiyoga of Karnendriya’ causes major symptomatic condition. According to modern science due to Atiyoga (excess exercise in terms of time and intensity of sound on ear) of Karnendriya, vertigo, shirashool, Karnashuskata, Karnadaha, karnanad are mostly seen in many patients. This Karna Atiyoga resembles with Bhram, shirashool, Karnadaha and Karnanada. The symptoms related to Atiyoga of Karnendriya are commonly found in youngsters because of excessive use of headphones with high frequency sounds continuously. These Vihara causes above symptoms may leads to less hearing sense in younger which will affect physical and mental health of the youngsters. So it is necessary to treat properly. In modern practice these diseases are treated by systemic as well as local analgesics or steroids and anti-inflammatory drugs. But recurrences are very common. This will again affect the economical status of the patient. So it needs economically better treatment, and lack of knowledge of peoples, According to Bruhat Trayi, Karnapurana could be useful in reducing the symptoms of various karnarogas.

**Poorva Karma** (Pre Operative Procedure)

In this stage mrudu abhyanga done with medicated oil on the lateral surface of face and post-auricular area and hot fomentation.

**Pradhana Karma** (Operative Procedure)

In this stage- Swaras, Kwath, Siddha Taila, are made luke warm and filled external auditory canal up to 15-20 minutes.

**Paschat Karma** (Post-Operative Procedure)

In this stage-removed Swaras, Kwath, Siddha Taila from external auditory canal and again hot fomentation done on the face and post auricular area.

**During the period of treatment, Patients are strictly advised to avoid the following.**

- Heavy exercises
- Use of mobile phones
- Consume of excessive cold water / drinks
- Heavy music sounds.

**Probable Mode of Action of Karnapurana**

In Purva Karma, Snehana and Swedana were performed. Generally the medicated oil is used in Karnapurana, Taila is having virtue of Vata Shamana but do not aggravate Kapha. In this way Karnapurana eliminates disease of ear which occurs due to vitiation of Vata. In addition medicine is used luke warm so Vata is eliminated by Ushna Guna also. These properties do not only have beneficial effect on Vata but also removes Avarana of Kapha. As medicine for Karnapurana 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 Karnapurana is useful in various diseases.

Karnapurana is conducive to the nutrition of the skin and the softness of the muscles. It penetrates into the skin quickly and enters the blood stream, through the capillaries & supply nutrition to nerves. It has a unique quality of getting absorbed easily by the pores in the skin and there by acts as a catalyst.

According to **BRUHAT TRAYI, KARNAPURAN** could be useful in reducing the symptoms of various karnarogas as follows.

Sr. No	DISEASE (VYADHI)	KARNAPURAN DRUG	REFERENCES
1	Karnashool	1.Kantakari siddha ajadugdha then Kukkutvasa pakva	Su.S.U. <sup>[21/13,14]</sup>
		2.Tanduliyakmul,Ankol phal,Ahinstra,Kenduk mool,Saral,Devdaru→Kalka→Kanji→Tailpak	Su.S.U. <sup>[21/14,15,16]</sup>
		3.Lashun swaras,Ardrak swaras,Shigru swaras,Murangi swaras,Mulak swaras, Kadali swaras kosha.	Su.S.U. <sup>[21/17]</sup>
		4.Dipika Tail.	Su.S.U. <sup>[21/20-22]</sup>
		5.Shrungaver rasa+Kshaudra+Saindhav siddha Tail Kosha.	Su.S.U. <sup>[21/18]</sup>
		6.Vanshavlekhan yukta Ajamutra,Aavimutra siddha ghruta.	Su.S.U. <sup>[21/19]</sup>
		7.Arkaankur→Amlapishta siddha Tail→Putpak in Snuhikanda→Rasa	Su.S.U. <sup>[21/23,24, 25,26,27]</sup>
		8.Kapittha+Matulunga+Shrungaver Rasa Sukosha	Su.S.U. <sup>[21/25]</sup>
		9.Kosha Chakra Tail,Samudrafen Churna	Su.S.U. <sup>[21/27]</sup>
		10.Ashtamutra,Kanji,Vataghna Aushadhi Kwath,Chaturvidh sneha	Su.S.U. <sup>[21/28]</sup>
		11.Lashun+Ardrak+Shigru+Surangi+Mulak+Kadali kosha swaras.	A.Hr.U. <sup>[18/12]</sup>
		12.Arkankur+Tail+Saindhav→Putpak in Snuhikand→Rasa	A.Hr.U. <sup>[18/13]</sup>
		13.Beejpur+Kapittha Rasa	A.Hr.U. <sup>[18/14]</sup>
		14.Sukta+Smudraphen Avchurnan	A.Hr.U. <sup>[18/15]</sup>
		15.Vataghna Dravya Siddha Tail	Ch,Chi. <sup>[26/221]</sup>
		16.Hingwadi Tail	Ch,Chi. <sup>[26/222,223]</sup>
		17.Devdarvyadi Tail	Ch,Chi. <sup>[26/224]</sup>
2	Vataj Karnashool(Karnanad,Karnabadhira)	1.Ashwattha+Bilwa+Eranda+Rui siddha Tail+Saindhav →Putpak→Kosha Rasa	A.Hr.U. <sup>[18/2]</sup>
		2.a.Mulak Swaras b.Tentu Swaras	A.Hr.U. <sup>[18/3]</sup>
		3.Vataghna aushadhi gana+Amla rasa+Mutra siddha mahasneh	A.Hr.U. <sup>[18/4]</sup>
		4.Cloth soaked in oil rapped on Bruhat panchamul Kashtha or Bhadra or Kustha and then burn it →oil	A.Hr.U. <sup>[18/5]</sup>
3	Pittaj Karnashool	1.Kakolyadi gana Dravya+dugdha siddha ghruta	Su.S.U. <sup>[21/29]</sup>
		2.Kshirivruksh panacha kalka or kwath siddha ghruta	Su.S.U. <sup>[21/30]</sup>

4	Pittaj Karnashool/Raktaj Karnashool	3.Yashti+Chandan kalka or kwath siddha ghruta	Su.S.U. <sup>[21/30]</sup>
		4.Sita+Yashti +Manuka Kalka or kwath siddha ghruta	Su.S.U. <sup>[21/30]</sup>
		1.Draksha+Yashti siddha stanya	A.Hr.U. <sup>[18/7]</sup>
		2.Yashti+Ananta+Chandan+Ushir+Kakoli+Lodhra+Jeevak+Mrunal+Manjishtha+Sariva+Kalka+Yashtikwath+Dugdha Siddha Tail	A.Hr.U. <sup>[18/8,9]</sup>
		3.Madha(Honey)	A.Hr.U. <sup>[18/10]</sup>

Sr. No.	DISEASE (VYADHI)	KARNAPURAN DRUG	REFERENCES
5	Kaphaj Karnashool	1. a.Ingudi Tail. b.Sarshap Tail.	Su.S.U. <sup>[21/31]</sup>
		1. Sursadi Gan aushadhi kwath or kalka siddha Tail.	Su.S.U. <sup>[21/32,33]</sup>
		2. Panchamool kalka or kwath siddha Tail.	
		3. a.matulunga Swaras. b.Shukta Swaras. c.Lashun Swaras. d.Ardrak Swaras. e.swaras or kalka siddha Tail of above drugs.	
		4.All above treatment is useful in Karnashool, karnanad, Karnabadhira,Karnakshwed.	Su.S.U. <sup>[21/34]</sup>
6	Karna-badhira	1.Bilwa +Gomutra+Jala(water)+Dugdha siddha Tail.	Su.S.U. <sup>[21/35]</sup>
		2.a.Sita+Madhuk kalka siddha Ajadugdha. siddha Tail. b.Above Tail+Bimbi Kwath mix and then add Godugdha+Sita+Yashti+Chandan Kalka siddha tail+Bilwa +Wala Churna.	Su.S.U. <sup>[21/36,37,38]</sup>
7	Karna-strav	1.Panchakashay Kwath+Kapittha rasa+Madh(honey)	Su.S.U. <sup>[21/42,43]</sup>
		2.Srjatwak churna+Karpasphal rasa+madh(honey)	Su.S.U. <sup>[21/43,44]</sup>
		3.Laksha+Rasanjan+Shaiwal+(Mahavruksha-Jambu,Amra Swaras)koshna.	Su.S.U. <sup>[21/44,45]</sup>
		4.Manduki siddha Tail+madh(Honey)	Su.S.U. <sup>[21/45]</sup>
		5.Tinduki+Abhaya+Lodhra+Samangi+Amalaki Churna+Kapittha Rasa+Madh(Honey)	Su.S.U. <sup>[21/46]</sup>
		6.Amra+Kapittha+Madhuk+Dhawada+Sagwan Swaras or Siddha Tail.	Su.S.U. <sup>[21/47]</sup>
		7.(Priyangu+Madhuk+Ambadi+Dhataki+Manashil+Parni+Manjishtha+Lodhra+Laksha+kapttha Kalka)+(Kapittha	Su.S.U. <sup>[21/48]</sup>

		swaras) siddha Tail	
		8.Priyangu+Madhuk+Ambashth+Dhataki+Utpal+Parni+Manjishtha+Lodhra+La ksha+Kapittha Rasa Siddha Tail	A.Hr.U. <sup>[18/20,21]</sup>
8	Putikarna	9.Rasanjan+stridugdha+Madha(Honey)	Su.S.U. <sup>[21/49]</sup>
		Nirgundi Swaras+ Saindhav+Gud+Dhumraj siddha Tail	Su.S.U. <sup>[21/50]</sup>
9	Pakwa Puyakarna	Guggul Dhupan followed by Madha(Karnapuram)	A.Hr.U. <sup>[18/18]</sup>
10	Karnakshwed	Sarshap Tail	Su.S.U. <sup>[21/54]</sup>
11	Karnanad, Karnabidharya, Karnashool	Eranda+Shigru+Varun+Mulak Patra swaras+Dugdha+Tail+Kshirkakoli Kalka siddha Tail	A.Hr.U. <sup>[18/23,24]</sup>
		Ativisha+Hingu+Mishi+Twak+Swarjik+Miri+Sukta Siddha Tial	A.Hr.U. <sup>[18/25]</sup>
12	Karnanad	Sarshap Tail	A.Hr.U. <sup>[18/24]</sup>
13	Karnakandu, Kleda, Karnabidharya, Putikarna Karnashool, Krimikarna	Kshar Tail	A.Hr.U. <sup>[18/26,27,28,29]</sup>
	Badharya, Karnanad, Darun, Puyastrav, Karnakrimi, Karnashool	Kshar Tail.	Ch,Chi. <sup>[26/227,228,229]</sup>

## ABRIVATIONS

1. Su.S.U.-Sushrut Sanhita Uttarsthan.
2. A.Hr.U.-Astang Hridaya Uttarsthan.
3. Ch, Chi.Charak Chikitstasthan.

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