“Role of Bilva Taila Karnapoorana with & without Asvagandhadya Ghrita in the management of Karnanada & Karnakshweda (Tinnitus)”

Scholar

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Tinnitus is one of the most common and most prevalent ailments which we come across in our daily medical practice. It affects people right from infancy to old age.

It isn’t a condition itself; it is a symptom of many underlying conditions such as age related hearing loss, ear injury or a circulatory system disorder.

It may be continuous or intermittent.
Most often it affects people over the age of 40 but it is now being seen more frequently in young people who are exposed to loud, amplified music.

Most studies agree that about one out of every 10 adults has tinnitus.

It tends to be more common in men and in people who work in noisy occupations.
At present the treatment adopted for *Karnanada* & *Karnakshweda* in allied branches of medicines have not been satisfactory. Surgical intervention is rare in these cases and advised only when presented with complications.

Thus, this work is an attempt to prove the benefits of Ayurveda in the management of *Karnanada* & *Karnakshweda*. 
AIM AND OBJECTIVES

1. A conceptual studies of *Karna Nada & Karna Kshweda* - Tinnitus.

2. To evaluate the efficacy of trial drug on *Karna Nada & Karna Kshweda* – Tinnitus.
MATERIALS AND METHODS

Patients were selected from the O.P.D. of Department of Shalakya -Tantra of I.P.G.T. & R.A. G.A.U. Jamnagar.

Patients fulfilling the criteria for selection were included into the study irrespective of caste, religion etc.

A detailed history was filled up in specially prepared proforma on Ayurvedic guidelines.
- Patients between the age 15-70 years.
- Patients fulfilling the diagnostic criteria which were based on signs and symptoms of *Karna Nada & Karna Kshweda* (Tinnitus).
- Patients suffering from any chronic debilitating disease like Diabetes mellitus, Hypertension, Tuberculosis etc. and with other ear pathology.
- Cases which required surgical intervention.
- Patients age<15 years and >70 years.
GROUP: (A)
1. *Bilva Taila Karnapoorana*
   **Dosage:** 24 drops in each Ear in the evening
   **Duration:** One month
2. *Aswagandhadya Ghrita*
   orally with luke warm milk.
   **Dosage:** 10gm. daily at bed time.
   **Duration:** Two months.

GROUP: (B)
1. *Bilva Taila Karnapoorana*
   **Dosage:** 24 drops in each Ear in the evening.
   **Duration:** one month.
2. Plain *Go- Ghrita* orally with luke warm milk.
   **Dosage:** 10gm. daily at bed time.
   **Duration:** Two months.

Follow up for one month
Criteria for Assessment

- Results of the treatment has been assessed on the basis of relief in Chief & Associated complaints.
- Criteria for assessment score each symptom was given score ranging from 0-4.

**Complete remission**: 100%

**Marked Improvement**: 76– 100 % Improvement

**Moderately Improved**: 51 – 75 % Improvement

**Improved**: 26– 50 % Improvement

**Unchanged**: 0 – 25% Improvement
Distribution of 32 Patients of Karnataka

<table>
<thead>
<tr>
<th>Patients</th>
<th>No. of Patients</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Group A</td>
<td>Group B</td>
</tr>
<tr>
<td>Completed</td>
<td>16</td>
<td>15</td>
</tr>
<tr>
<td>Discontinued</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Registered</td>
<td>17</td>
<td>15</td>
</tr>
</tbody>
</table>
General Observation

- Age (51-60): 48.12%
- Sex (M): 78.12%
- Religion (H): 100%
- Married: 87.5%
- Occupation at noisy place: 65.62%
- Education: 53.12%
- Economical status (M): 62.5%

N=32
Karnanada-Chief Complaint

N=32

- Unilateral: 46.87%
- Bilateral: 53.12%
- Contineous: 71.87%
- Intermittent: 65.62%
- Moderate: 71.87%
- Gradual Onset: 87.5%
- Present During(Bed): 93.75%
- Increasing at Night: 81.25%
- Present in (Quiet): 87.37%
- Aggravated in Stress:
Associated Complaint-Badhirata

- Unilateral: 25%
- Bilateral: 50%
- Continuous: 50%
- Intermittent: 50%
- Moderate: 43.75%
Audiometric Findings

- Mild (26-40dB): 10%
- Moderate (41-55dB): 30%
- Severe (56-70dB): 55%
- Profound (>91dB): 0%

N=32
Effect of therapy on Symptom

Karnanada: 61.9%
Badhirya: 42.11%

Group A: 45.83%
Group B: 16.66%

N=24
Overall Effect of therapy

- Group-A
- Group-B

N=24
Probable mode of action of *Bilva Taila Karnapoorana*

- *Bilva* protects against genotoxicity which may be due to inhibition of free radicals and increased antioxidant status. ([ayurvedicdietsolution.com](http://ayurvedicdietsolution.com))

- Sesame oil used for *Abhyanga & Karnapoorana* contains magnesium, copper, calcium, iron, zinc, and vitamin B6. As Magnesium and zinc supplements can help restore stability to inner ear. It may be absorbed by *Abhyanga & Karnapoorana*. ([www.ayurplanet.com](http://www.ayurplanet.com))

- Thus *Karnapoorana* 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 thereby acts as a catalyst.
The protective effect of *Ashwagandha* is conceived to be at both the levels: 1) At Hair Cell & 2) At CNS (Cochlear nerve).

On CNS its role to increase in acetylcholine receptor activity and stimulating the growth of axons & dendrites of nerve cells.

On hair cell level it may affect by its active constituents which are reported to have an antioxidant activity.
Cont...

- *Balya, Brimhana, Rasayana & Medhya* effect of *Ghrita* can be explained by two ways:

- Digestion, absorption & delivery to the target organ is made easy when any drug is processed with *Ghrita* due to it’s lipophilic action. Anti-oxidant effect of *Ghrita* is due to it’s Vitamin-A & E content.

- This suggests that *Ashwagandha Ghrita* helps in lowering down the degenerative changes occurring at cellular level and empowering the function of sensory organs (may enhances the normal hearing).
CONCLUSION

- *Karnanada* is one of the most commonly occurring aural problem found in mainly males in 51-60 age group. From the present study it may be concluded in general that *Karnanada* is more in those people who are working in noisy atmosphere.

- In present clinical study, *Ashwagandha Ghrita* and *Bilva Taila Karnapoorana* (Group-A) showed better result in comparison to plain *Go-Ghrita* and *Bilva Taila Karnapoorana* (Group-B).
All we are is the result of all we have thought

--Buddha

Thank you