

Review on Effect of *Sarshap Taila* and *Til Taila* in Prevention of *Atiyog* of *Karnendriya* with Special Reference to *Karnanaad*

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Abstract

Lifestyle changes has created lot of hurdles for simple *upkramas* of *Dincharya* like *Karnapuran* in daily routine, leading to commonly occurring disease i.e *Karnanad* (Tinnitus). It has remained as a formality in Hindu festivals like Diwali & Dashera. In some parts of the country to follow rituals like applying *Taila* on the body or procedures like *Abhyanga* and in that case people done *karnapuran* as well. So, problems related to Ear like *Karnanad* are increasing day by day in *atiyog* of *karnendriya* and old aged people in modern era. There are different treatment modalities available for the same, but these are costly. These treatments are not affordable by low socio economic people. So this review focused with *Sarshap Taila* and *Til Taila* to prevent *atiyog* of *Karnendriya* given in *Ayurved*.

Keywords: *Atiyog*, *karnapuran*, *karnanaad*, *abhyanga*, *karnendriya*.

Introduction

Ayurveda aims at maintaining the health of “*Swastha Purush*” and also cures the *Vyadhi* of ‘*Atur Purush*’. Lifestyle changes & poor hygiene leads to chronic disease, ear disease and like *atiyog* of *karnendriya*. *Karna* is considered as one among the *panchendriyas*. It is known as *shrotendriya* [1]. Main function of ear is the perception of Sound. Along with function of hearing, it maintains the equilibrium of the body. Nowadays there is a lot of change in the life styles of peoples. Lots of people pay attention to different food habits and way of living. Very cold foods like ice-cream, cold drinks have an increasing demand. Consumption of such products will leads to vitiating of *doshas*. Also due to increasing number of vehicles and electronic sound conductor as head phones with their different types of sound pollution which affects the ear. Thus due to different *apathyakar*

Ahar vihar there will be development of different types of *karnarogas*.^[2] *Acharya Sushruta* described 28 *karnarogas* in *sushruta samhita*.^[3] Among these “*Atiyog of Karnendriya*” causes major symptomatic condition which may leads to *Karnanad*. Which is one of the major serious disease which will found common in most of the peoples.

According to modern science due to *Atiyog* of *karnendriya* Vertigo, Headache, *Karnashuskata*, *karnadaha*, Tinnitus are commonly available diseases in most of the peoples now a days. This *karna-atiyog* resembles with vertigo, headache, *karnadaha*, and *karnanad*. In *karnanad* there is vitiating of *tridosha*. In this vat will leads to dry of *kapha* which produces *khaph* in the external auditory canal.^[4] *Vata* associates with pain in this disease. So mainly *tridoshagha* treatment is required. *Sarshap tail* and *til tail* are very much beneficial in *karnanad*. It has different ingredients which will definitely reduce the symptoms.

These drugs are easily available and also low cost and act as a home remedies. So the persons who are living in low middle class family they can also be prevented from this symptoms.

Karna sharir described in Ayurvedic texts:
Karna is made up of *panchamahabhutas* in which there

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is dominance of akash mahabhut mention in Sushrut Sutrasthan 6/14 and charak sutrasthan 6/11 . It is also adhasthan of shabda tanmatra.^[5]

Karna Uttpati: In the third month of garbhavastha there is division of head by neck, after which various parts of head are expressed in minute form. Thus in third month karna is expressed in minute form is described in Sushrut sharir sthan 5/20.^[6]

Karna Indriya Srotas: While describing srotasas, karna indriya is included in bahirmukh srotas described in Sushrut sharir sthan 5/10.^[7]

KARNA-ASTHI: According to sushruta each of ganda, karna and shanka has one asthi. Karna also has tarunasthi in it described in Sushrut sharir sthan 5/19 and 5/28.^[8]

Karna Dosha: VATA The main dosha present in karna is vata described in Ashtang Hriday Sutrasthan 12/01.

Pranavayu: Among the types of vata doshas pranavayu is present in karna. Pranavayu does the shabda vahan in karna. Indriya dharan is karma of pranavayu described in Ashtang Hriday Sutrasthan 12/04..^[10]

PITTA:

Sadhak Pitta: Sadhak pitta is present in karna. Indriyarthagrahana is karma of sadhak pitta in karna described in Ashtang Hriday Sutrasthan 12/01.

KAPHA: Tarpak kapha is present in karna described in Ashtang Hriday Sutrasthan 12/17^[12]

Shleshak Kapha: Sleshak Kapha is present in karna sandhi. sleshak kapha does sandhishoshan described in Ashtang Hriday Sutrasthan 12/17^[12]

Karna Mala: Mala present in karna is khamala which is mamsa Dhatu mala. Karna mala is the collection of secretions from glands situated in karna.^[12]

Karna-Roga Sankhya: According To Different Acharyas.

Sushruta Samhita: According to sushruta samhita there are 28 karna rogas. Karnakandu, Karnashula, Karnapak, Karnavarchas, karnanad, Karnasrava is few disease from these rogas mention in Sharirasthan 3/5.^[13]

Karna Roga--Sharangdhar Samhita: There are 18 karna rogas described in sharangdhar samhita Prathan

Khanda 7/142 ^[16]

Ashtang Hridya: There are 25 karna rogas described in Ashtang Hridya Uttarasthan 17/2.^[17]

Ashtang Sangraha: Ashtang sangraha also describes 25 karna rogas.^[18]

Charak Samhita: According to Acharya charak, karnarogas are divided into 4 types. He described karnarogas according to doshas Vataj, Pittaj, Kaphaj and Sannipatik karnarogas.^[19]

Yogaratanakar: In yogaratnakar 28 karnarogas have been described by acharya.^[20]

Bhavprakash & Gadanigraha: In Bhavprakash and Gadanigraha, 28 karnarogas have been described.^[21]

Bhel samhita: Bhel samhita describes 23 karnarogas.^[22]

Karnaroga:

HETU: Living in damp climate, Swimming in water, Itching in ear and improper and overuse of shalaka in ear cause vataprakop. This vataprakop causes karnashula mention in Vadghbhat Uttartantra 17/1,2.^[23] In this way, above factors are responsible for karnaroga

Karna Naad: There is explanation in Ashtanghridaya sutrasthan 22/32 in Dinacharya atiyog. Yogaratnakar explained the same as sushruta. Due to different aetiological factors such as Trauma to the head-blood stained discharge .Swimming. Due to excessive Head phone users causes headache, karnashuskata, karnadaha, karnanaad .Excessive head phone user or high intensity sound or DJ Runner Boys Causes karnanad^[24]

Sarshap Tail And Tila Tail For Karnapuran: Acharya Vagbhat mentioned the use of Sarshap Taila and Til taila Karnapuran and its definition and whole process mention in Sutrasthan Gandushadi Vidhi adhyay karnapuran vidhin in Shlok no. 22/32 in atiyog of karnendriya. He has advised to instill 10 drops(2ml) of tail in ear for 100 matra. (3 minutes)^[25] Sarshap ^[26]

Botanical Name: Brassica campestris Linn.

Family: Cruciferae

Properties Rasa: Katu,Tikta

Virya: Ushna

Vipak: Katu

Guna: Teeksna, Ruksha

Til Tail^[27]

Botanical Name: *Sesamum indicum* Linn.

Family: Pedaliaceae

Properties: Rasa: Madhur, kashay, Katu, Tikta

Virya: Ushna

Vipak: Madhur

Guna: Guru, Snigsha

Doshakarma: Vatshamak, Kaphapittaprapakopi

Rogagnata: Snehan, Vednasthapan, sandhaniya,

Dosha karma: Kaphavatghna, Pittakar

Rogagnata: Shonitokleshkarak, Vednasthapak, Snehan

The science which deals with the treatment of diseases of upper part ear, eyes, mouth and nose is called as shalakyta tantra.

Ayurved samhita contains the anatomy of urdhva jatrugata avayavas. While dealing with knowledge and treatment of diseases we should know the anatomy & physiology of respected avayavas.

Discussion

Karna is one of the most important dhnyanendriya in body. It's important function is hearing. It is also important organ in maintaining balance of body. Review of ayurvedic literature shows that there are 28 karnarogas (according to Acharya Sushruta). Karnanaad is important karnaroga. Tridosha vitiation occurs in this disease. The common symptoms produced by Atiyog of karnendriya causes inconvenience to the patients in daily routine. So it is necessary to have very effective treatment without side effects and economical drug on it. Review of modern literature shows the structure, physiology, mode of examinations and investigations, because of advancement in instrumentation. Various antibiotics and anti-inflammatory drugs are used but their effect is found to be poor as well as effect is very low recurrence rate is high. In some patients aggressive treatment like surgical intervention is advised but it is uneconomical to the patients. So effort is made to have effective and

economical medicine. After study it is observed that the patients having the habits of who exposed to noise pollution and excessive headphone users are more prone to this disease. In the types karnarog dry ear, headach, vertigo are more seen. The laxanas of karnanad can be correlated with tinnitus. In age wise distribution of the patients 20-30 years of age group are prone to this disease because of excessive head phone users. In occupation wise distribution of patients excessive head phone users are more prone to this symptoms. In locality wise distribution of patients urban area peoples are more affected studied by Dr. Abasaheb Lahankar in national magazine.^[28]

Sarshap i.e *Brasica campestris* Linn. Having Properties like Rasa Katu, Tikta, Virya –Ushna, Vipak : Katu, Guna : Teeksna, Ruksha and Til Tail i.e *Sesamum indicum* Linn. Properties like Rasa-Madhur, kashay, Katu, Tikta Virya : Ushna Vipak: Madhur Guna: Guru, Snigdha works on kapha dosha related to karnendriya to prevent all complications.

In a previous done studies like to study the efficacy of sarshap taila karnapurana in atiyog of karnendriya w. s. r. to continuous head phone users shows that sarshap tail karnapurana reduces all the symptoms like larnakandu, Shiroshula karna shushkata, karna daha and karnanaad.^[29]

In another study by Dr. Abasaheb M. Lahankar already done a work on tinnitus and give literature in National health Magazine Arogya sanjeevani October 19.^[30]

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.^[31]

Conclusion

The literature review is devoted to supplementation of Ayurvedic knowledge with Modern Medical concepts, where Anatomy and Physiology of ear is discussed. Under the topic 'Drug review' the detail explanation of the drugs from formulation are described By applying Student's paired and unpaired 't' test, efficacy of the therapy was analyzed statically. Sarshap taila better acts on different symptoms of Atiyog of karnendriya like Headach, vertigo, karna shuskata and karnanad. By sarshap taila relatively than til taila. People who exposed to noise pollution & excessive head phone users are maximum prone to this disease. Symptoms & signs of atiyog of karnendriya can be corelated with karnand. This taila used for longer duration may prove more effective in atiyog of karnendriya. This taila is easily available & cheap conservative line of treatment for atiyog of karnendriya.

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