

Case Report Of Bilva Taila Karnapooran in Karnanad

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Abstract

Shalakyatantra is one of the eight classical branches of Ayurveda, is a specialized discipline that focuses on the prevention, diagnosis, and management of diseases occurring above the clavicle, particularly of the eye, ear, nose, throat, oral cavity, and head. Rooted in the ancient texts of Sushrut Sanhita and Ashtanga Hridaya, this branch integrates a comprehensive approach that combines detailed anatomical knowledge, surgical precision, and holistic management. Shalakyatantra emphasizes both preventive and curative measures through Dinacharya, rasāyana, netra Kriyakalpa, herbal formulations, surgical instruments (śalākā), and para-surgical procedures such as kṣāra karma and Agnikarma. In contemporary times, Shalakyatantra plays a vital role in addressing lifestyle-related ocular and ENT disorders, including computer vision syndrome, refractive errors, allergic conditions, sinusitis, and migraine, by offering safe, cost-effective, and sustainable therapeutic options. With increasing global interest in integrative medicine, Shalakyatantra provides a unique blend of traditional wisdom and practical applicability, bridging the gap between ancient knowledge and modern

Keywords: Karnanada, Tinnitus, Bilva Taila, Karnapooran

Introduction:

Karnanāda (कर्णनाद) – Ayurvedic Perspective

Karnanada means "sound in the ear." In Ayurveda, it is described as a condition where a person perceives abnormal sounds like ringing, buzzing, humming, or roaring in the ears without any external auditory stimulus. It is considered a Vātaja Vikāra, mainly due to the aggravation of Vata Dosha in the head and ear region. The disturbed Prāṇa Vāta and Vyāna Vāta lead to abnormal auditory perception. Ayurvedic texts mention Karnanāda as a symptom in Karna Rogas (ear disorders) and sometimes as an early stage of Karna Badhirya (deafness).

Modern Perspective:

Tinnitus is the perception of noise or ringing in the ears when no external sound is present. Patients may describe it as ringing, buzzing, hissing, roaring, clicking, or whistling. It can be continuous or intermittent, unilateral or bilateral. Common causes include noise-induced hearing loss, age-related sensorineural hearing loss, middle or

inner ear pathologies, earwax impaction, ototoxic drugs, head injury, or systemic conditions like hypertension. Tinnitus is not a disease itself but a symptom, often associated with auditory system dysfunction. It can impact quality of life, causing sleep disturbance, anxiety, or difficulty concentrating.

Objectives of the study:

To Study the effect of Bilva Taila Karnapooran in Karnanad w.s.r. to Tinnitus

Materials and Methods:**Case Report:**

A 42 yr old male patient visited in Shalakyatantra OPD with presenting complaints of ringing sensation in the ear, from 4-5 days

History of Present illness:

Patient was all fine before 4-5 days then he developed ringing sensation in the rt ear So, to take further treatment patient came to the hospital.

General Examination:

PR-80/min

BP-130/80mmhg

RR-22/min

P/A-soft, non tender

CVS-No Rhonchi

CNS-Conscious And Oriented

RS-clear, no abnormality

Mala-Samyaka

Mutra_Samyaka

Jivha-Nirama

Past History:

No H/O any present illness

Treatment/Surgical History:

No any H/O of any Treatment/Surgery

Ear Examination:

No any deformity in external ,middle ear,Tympanic membrane,Auditory canal

Management:

In this study,Bilva Taila Karnapoorana is used in the management of Karnanada in the rt ear.This Bilva Taila is mentioned in the Bhaishajya Ratnavali for Karnanada.Bilva Taila having Rasa Tikta,Kashaya,Madhur, Virya ushna and Vipaka Katu.Bilva Taila having Vatahara and Sholahara Properties.It is having properties of Vedanahara,Balya and Sholahara.

Bilva Taila

Dru g	Latin Name	Family	Rasa	Guna	Viry a	Vipak a	Doshakarma	Prayojya ng	Karma
Bilv a Tail a	Aegle Marmel os	Rutaceae	Tikta Kasha ya Madhu ra	Guru Ruksh a	Ush na	Katu	Vatashamaka Kaphaghna	Patra	Shothahar Vadanasthap ana Shoolahar
Tilv a Tail	Sesamu m Indicu m	Pedaliac eae	Madhu ra	Guru Snigd ha	Ush na	Madhu ra	Vatashamaka kaphapittaprak opak	Beej,Par na	Snehana, Vadanasthap ana

Karnapoorana Vidhi:

It is the Procedure of pouring medicated oil into the ear.It is helpful in curing various Karnarogas.

Procedure:

- Right lateral position was given to the patient.
- Snehana of the right ear was done .
- Then swedana of the right ear was done.
- Lukewarm Bilva Taila was taken.
- Put it in the Rt ear fully .
- Remove the oil and let it dry with the help of cotton bale .



Duration: 100 matra

Time taken for pinching hand over the knee is 1 Matra .

The effect of treatment on ringing

	Symptoms	Before Treatment	After Treatment
VAS Scale	Ringing sensation in Rt ear	10	4

Gradation of symptoms:

- 1-3 mild,
- 4-6 Moderate,
- 7-10 severe

Bilva Taila helps to reduce *Vata Dosha*. *Shotra* [Ear] is the place for *Vata Dosha*. In this case study, *Bilva Taila Karnapoorana* is given for 7 days of study and it shows effective in the management of *Karnanada*.

DISCUSSION

Bilva Taila is mentioned in *Vagbhat Uttartantra* for *Karnanada*. It has *vedanasthaoana*, *Shoolahar* properties and also having action over *Pitta*, *Rakta Dosha*. *Bilva* has *Kashaya*, *Tikta*, *Madurai Rasa*, *Katu Vipaka* and acts on *Vata Doshas*. *Karnapoorana* helps to remove toxins from the ear, helps for vasodilatation and reduces *Vata Prakopa* and responsible for hearing loss.

CONCLUSION

Bilva Taila has Analgesic, Anti-inflammatory properties helps to heal complaints of *Karnanada*. In this case study, *Bilva Taila Karnapoorana* is given for about 7 days of treatment. In conclusion, *Bilva Taila Karnapoorana* is significantly effective in the management of *Karnanada* w.s.r. to Tinnitus.

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