CONCEPT OF KARNANADA & KARNAKSHVED WITH SPECIAL REFERENCE TO TINNITUS

Shukla Hemangi 1
Chabhadiya Nileshkumar 2
1HOD, Department of Shalakyatantra, Govt. Akhandanad Ayurved College, Ahmedabad, Gujarat, India.
2P.G.Scholar, Department of Shalakyatantra, Govt. Akhandanad Ayurved College, Ahmedabad, Gujarat, India.

ABSTRACT:
To find out the etiopathogenesis of Karnanada and Karnakshveda and explain the concept of 'Vatvyadhivat Chikitsa' and 'Pratishyayvat chikitsa'. Acharya Sushrut is the first, who had explained the Karnaroga in detail. It is accepted truth that, in our samhitas every single letter has its important. Karnanada and Karnakshveda are the diseases characterized by noise that seems to originate in the ear. According to modern science both can be correlated with Tinnitus. Here, an attempt has been done to understand the reason why Acharya Sushrut have mentioned two different diseases with apparently the same characteristics. In this study, the concept of difference between Karnanada and Karnakshveda along with their etiopathogenesis, and management has been carried out. Conclusion: Karnanada is aavrutta vata pradhan vyadhi and can be treated by ‘Vatvyadhivat’ while as Karnakshved is Kapha pitta snshrusht vata pradhana vyadhi which can be treated by ‘Pratishyayvat’.

Keywords: Karnanada, Karnakshveda, Tinnitus, Vatvyadhivat, Pratishyayvat

INTRODUCTION: Ayurveda is the science based on Indian philosophy. The philosophical insight provided by our seers is a complete science in itself. Even after thousands of years after their documentation; we are not able to decipher the extent and the context of aphorisms putdown. Acharya Sushruta has mentioned 28 types of Karnaroga in Uttartantra. Tinnitus is an auditory sensation within the ears or head in the absence of any relevant external stimulus to cause it. In Ayurveda, it can be correlated by Karnanada and Karnakshved in which patient hearing sound in the ear.

Ayurveda is the medical science narrated to the sages in the lap of nature. So, in the description of the diseases, its signs and symptoms we can found the impression of nature. Thus, there are many facts hidden in the words or ‘upama’ in the description of any diseases. It is our duty to find out such fact and try to understand the Sutratmak form of our Acharyas. Here an attempt has been made to establish the concept of Karnanada and Karnakshved along with tinnitus.

DISCUSSION: Acharya Sushruta has mentioned two different diseases with the similar characteristic i.e. sound heard in the ear. They are Karnanada and Karnakshved. The hidden fact and the concept are discussed here.

Karnanada: Karnanada is made up from Karna and Nada. Karna means ear and Nada defined the sound. Thus Karnanada is the sound heard in the ear. In dictionary, the word Nada is defined not only as sound but a specific characteristic of sound and particular manner of the origin of the sound. The characteristic of sound is like roaring, bellowing. The manner of the origin of the sound is the nasal sound
represented by a semicircle and used as an abbreviation in mystical words.\(^5\)

**Samprapti of Karnanada:** The vimaraga gata, vitiated shirogata Vayu get obstructed by Kaph, pitta etc, doshas. This Vayu is then become aavrutta by the Avarana of Kaphadi dosha. This Avvrutta vayu get sthana samsraya in Shabdabhivaha nadi and produced different kind of sound which is known as Karnanada.\(^6\)

**Symptoms:** Hearing of different kind of sound is the only symptom of Karnanada. In the commentary of Ashtanga Sangraha, the characteristic of the sound are like the sound of bhrungara, kronch, mrudanga, bheri\(^7\) etc. All these sounds are generated by the Avvrutta vata so as in Karnanada.

**Differential diagnosis of Karnanada and Karnakshved:**

<table>
<thead>
<tr>
<th><strong>KARNA NADA</strong></th>
<th><strong>KARNA KSHVEDA</strong></th>
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<tbody>
<tr>
<td>Kevalvatarbdho</td>
<td>Doshasnsrushtarbdho</td>
</tr>
<tr>
<td>Kaphadi avaranavrutta vata</td>
<td>Doshasansrushta vata</td>
</tr>
<tr>
<td>Shabdabhivahanadi</td>
<td>Shabdapatha</td>
</tr>
<tr>
<td>Mrudanga, Bheri, Nagara – shabda</td>
<td>Venughosha – shabda</td>
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</tbody>
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**Tinnitus:** Tinnitus is an auditory sensation within the ears or head in the absence of any relevant external stimulus to cause it.\(^10\)

**Classification:** \(^11\)

**SUBJECTIVE:** Sound like ringing, whistling or roaring is heard by the patient without the existence of such a sound.

**OBJECTIVE:** Sound heard not only by the patient but also by the examiner

**Causes of subjective tinnitus** \(^12\)

Tinnitus can arise in any of the four sections of the ear:

1. The outer ear: wax, fungus, otitis externa, polyp, foreign bodies.
2. The middle ear: Fluid, infection, or disease of the middle ear bones or ear drum (tympanic membrane)
3. The inner ear: damage to the microscopic endings of the hearing nerve in the inner ear, Vasospasm of labyrinthine artery.
4. The brain: disseminated sclerosis, cerebrovascular insufficiency due to thrombosis, embolism and hemorrhage

**Mechanisms of Subjective Tinnitus:** The mechanism of tinnitus is still not developed. Though there are many theories developed for it.

**EAR THEORY:**
Damage to outer hair cells leads to Alteration of cilia and their stiffness. Due to that the cilia are decoupling from tectorial membrane. As a result, there is increase in baseline output and elevation of spontaneous discharge rate of auditory system. Ultimately it leads to Tinnitus.\(^13\)

**Neuroplastic Theory:**
Abnormal input of CNS and reorganization of pathway in CNS leads to abnormal interaction between auditory and other central pathways that don’t participate in hearing. Auditory information gets to those areas of brain that usually do not process sound. This coupling of auditory & other central system with limbic and other autonomic nervous system is the basis of neurophysiological approach to tinnitus.\textsuperscript{14} 

**Characteristics:**
- INTERMITTENT : With long / short / irregular intervals
- CONTINUOUS
- FLUCTUANT : Vary in intensity, More – when the patent is emotionally perturbed / when he is in a quiet atmosphere as at night
- PITCH : high / low

**Correlation:** Apparently tinnitus can be correlated with Karnanada and Karnakshveda. But if further evaluated, only subjective tinnitus can be correlated. Beside this, tinnitus explained by the Ear theory can be correlated with Karnakshveda where as the tinnitus explained by the Neuroplastic theory can be correlated with Karnanada.

**Treatment:** Acharya Sushruta has mentioned the similar treatment for Karnashoola, Karnanada, Badhirya and Karnakshveda.\textsuperscript{15} He has also mentioned the two kinds of chikitsasutras. ‘Pratishhyayvat chikitsa’\textsuperscript{16} and Vatvyadhivat chikitsa’.\textsuperscript{17}

As discussed in Samprapti of Karnanada, it is Kaphadi avarana avrutta kevalavatarabdh pradhana vyadhi.\textsuperscript{18} So; Karnanada is to be treated by Vatavyadhivat chikitsa siddhanta.

As per discussed in Samprapti of Karnakshveda, it is Kaphadidosha sanshrushta vata pradhana vyadhi.\textsuperscript{19} So, Karnakshveda is to be treated by Pratishhyayvat chikitsa siddhanta.

**CONCLUSION:** Karnanada and Karnakshveda, both are vata pradhana vyadhi. But in Karnanada there is avrutta vata and in Karnakshveda the vayu is sanshrushta (mixed) with Kaphadi dosha. Shbdabhivaha Nadi i.e. Cochlear Nerve is affected by avrutta Vata in Karnanada and Karnanada can be treated by Vatavyadhivat Chikitsa. Shabdapatha i.e. Ear itself is involved in Karnakshveda by KaphaPitta sansrushta Vata and Karnakshveda can be treated effectively with Pratishhyayavat Chikitsa.

**REFERENCES:**
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Corresponding Author:
Dr.Hemangi B.Shukla HOD, Department of Shalakyatantra, Govt. Akhandanad Ayurved College, Ahmedabad, Gujarat, India.
Email-drhemangishukla@gmail.com

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