

Role of Karnapuran in Karna Badhirya Diagnosed by Otoscopy w.s.r. to Cerumen Impaction: A Single Case Study

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Abstract— Karna Badhirya (hearing impairment) is a common ear ailment described in Ayurveda, often associated with Vata dosha vitiation. One of the most frequent causes of conductive hearing loss is cerumen impaction (Karna mala sangraha). This single case study aims to evaluate the efficacy of Karnapuran with Bilwadi Taila in the management of Karna Badhirya diagnosed through otoscopy. A 25-year-old female presented with mild conductive hearing loss for 3 months and tinnitus for 1 month. Karnapuran with Bilwadi Taila was administered for 30 minutes daily for 7 days. Post-treatment otoscopy showed a clear ear canal, and the patient's hearing was completely restored. The study indicates that Karnapuran is an effective, safe, and simple therapy for managing Karna Badhirya caused by cerumen impaction.

I. INTRODUCTION

Karna Badhirya (hearing loss) is one of the common ear disorders described in Ayurveda, which may arise due to vitiation of Vata dosha and obstruction in the auditory canal. In modern science, one of the frequent causes of conductive hearing loss is cerumen (ear wax) impaction. Accumulated cerumen can lead to decreased hearing and tinnitus.

Ayurveda recommends Karnapuran the therapeutic pouring or filling of medicated oil into the ear as a classical procedure under Dinacharya and Karna Rog Chikitsa. This case study demonstrates the efficacy of Bilwadi Taila Karnapuran in managing Karna Badhirya due to cerumen impaction.

II. CASE DETAILS

Patient History:

A 25-year-old female visited the OPD of the Panchakarma Department with complaints of mild hearing loss for the past 3 months and tinnitus for 1 month. There was no history of trauma, infection, or systemic illness.

General Examination:

- Pulse: 78/min
- BP: 118/76 mmHg
- Temperature: Normal
- No systemic abnormalities noted.

Local Examination (Otoscopy):

- External auditory canal: Obstructed with dark brown hard wax.
- Tympanic membrane: Not visible before treatment.
- Mild conductive hearing loss noticed. (Before treatment otoscopy image attached)

Dashavidha Pariksha:

- Prakriti – Vata-Kaphaja
- Vikriti – Vata Pradhan
- Sara – Madhyama
- Samhanana – Madhyama
- Pramana – Madhyama
- Satva – Madhyama
- Satmya – Madhyama
- Ahara Shakti – Madhyama
- Vyayama Shakti – Madhyama
- Vaya – Yuvati (25 years)

Systemic Examination:

- No signs of upper respiratory tract infection or sinusitis.
- No vertigo or dizziness.

Ashtavidha Pariksha:

- Nadi – Vata-Kapha
- Mala – Samanya
- Mutra – Samanya
- Jihva – Niram
- Shabda – Alpata
- Sparsha – Ruksha
- Drik – Prakrit
- Akrti – Madhyama

Investigation:

- Otoscopic finding – Cerumen impaction.
- Audiometry (if done) – Mild conductive hearing loss.

III. TREATMENT / MANAGEMENT

The patient was advised Karnapuram with Bilwadi Taila for 30 minutes daily for 7 consecutive days.

Procedure:

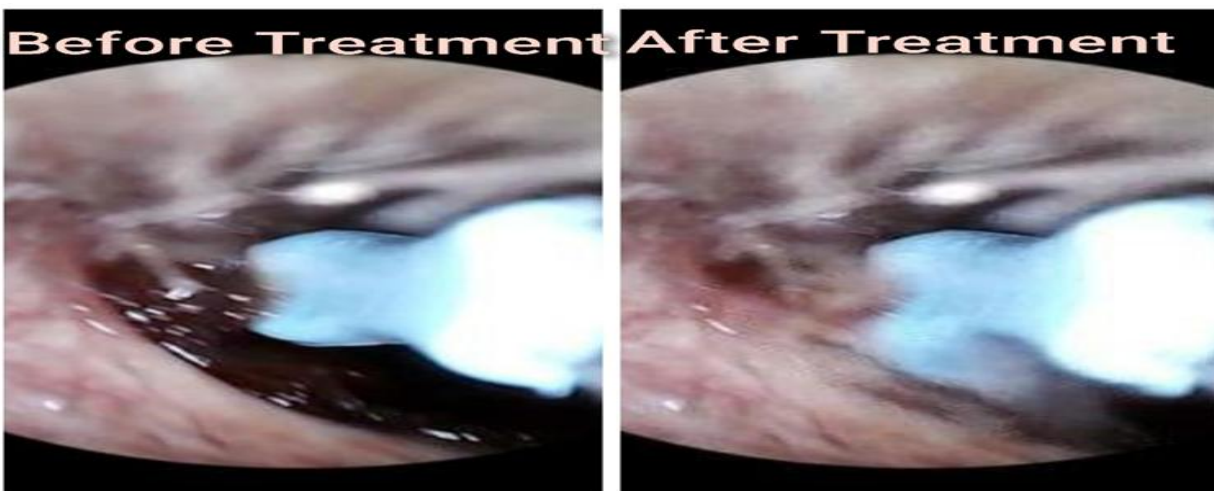
1. The patient was made to lie in lateral position.
2. Bilwadi Taila was slightly warmed to lukewarm temperature.
3. The oil was poured into the affected ear canal until completely filled.
4. Retention time: 30 minutes.
5. After the procedure, the ear was gently cleaned.

IV. OBSERVATION AND RESULT

- After the 3rd sitting, tinnitus reduced significantly.
- By the 7th day, hearing was completely restored.
- Post-treatment otoscopic examination showed a clean ear canal with visible tympanic membrane and no residual wax. (After treatment otoscopy image attached)

Result: Complete cure of hearing loss and tinnitus after 7 days of treatment.

Otoscopy findings Before and After treatment:



V. DISCUSSION

Cerumen impaction causes conductive hearing loss by obstructing sound wave transmission. Karnapuram with medicated oil softens the wax, lubricates the ear canal, and facilitates natural expulsion.

In Ayurveda, Vata dosha governs auditory function; its vitiation leads to Karna Badhirya. Bilwadi Taila, with its Vata-shamaka, Shothahara (anti-inflammatory), and Shoolahara (analgesic) properties, helps restore normal auditory function. The snehana and mardava action of the oil dissolves impacted wax and nourishes the ear tissues.

VI. PROBABLE MODE OF ACTION OF KARNAPURAN

In Ayurveda:

- Snehana property of taila pacifies aggravated Vata dosha.
- Ushna and Snigdha guna help soften the hardened cerumen.
- Bilwadi Taila has Karna roga nashaka properties and provides nourishment to auditory structures.
- Improves Srotoshodhana and enhances Indriya balam (sense organ strength).

In Modern Science:

- The warm oil acts as a cerumenolytic agent—softening and loosening ear wax.
- The oil's viscosity and lubrication aid in mechanical removal.
- Retention therapy maintains ear canal moisture and prevents dryness or itching.

VII. CONCLUSION

Karnapuram with Bilwadi Taila proved to be an effective, non-invasive, and safe management for cerumen impaction leading to mild conductive hearing loss. The therapy not only provided symptomatic relief but also restored normal hearing function, demonstrating the classical Ayurvedic principle of Vata-shamana through Snehana karma.

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