

Ayurvedic treatment of Tinnitus



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Tinnitus

Tinnitus is an intermittent or continuous sensation of hearing ringing, buzzing, whistling, pulsing, humming, or chirping sound without an external source. The sound may feel in one ear or in both and from inside the head or from a distance. It can vary in loudness and is often worst when the background noise is low.

Tinnitus can be subjective (only you can hear the sound) or objective (others can also hear the sound- eg:Pulsatile tinnitus). One of the main causes of tinnitus is the damage of the hair cells in the cochlea.



*sabḍavāhi sirāsamste ṣṛnōti pavanē muhuh
nādānakasmāḍvidhān kaṛnanādam vadanti tam //*

The vitiated vayu gets lodged in the sabda vaha srotas, thereby causing different types of sounds in the ear is called Karna nada.

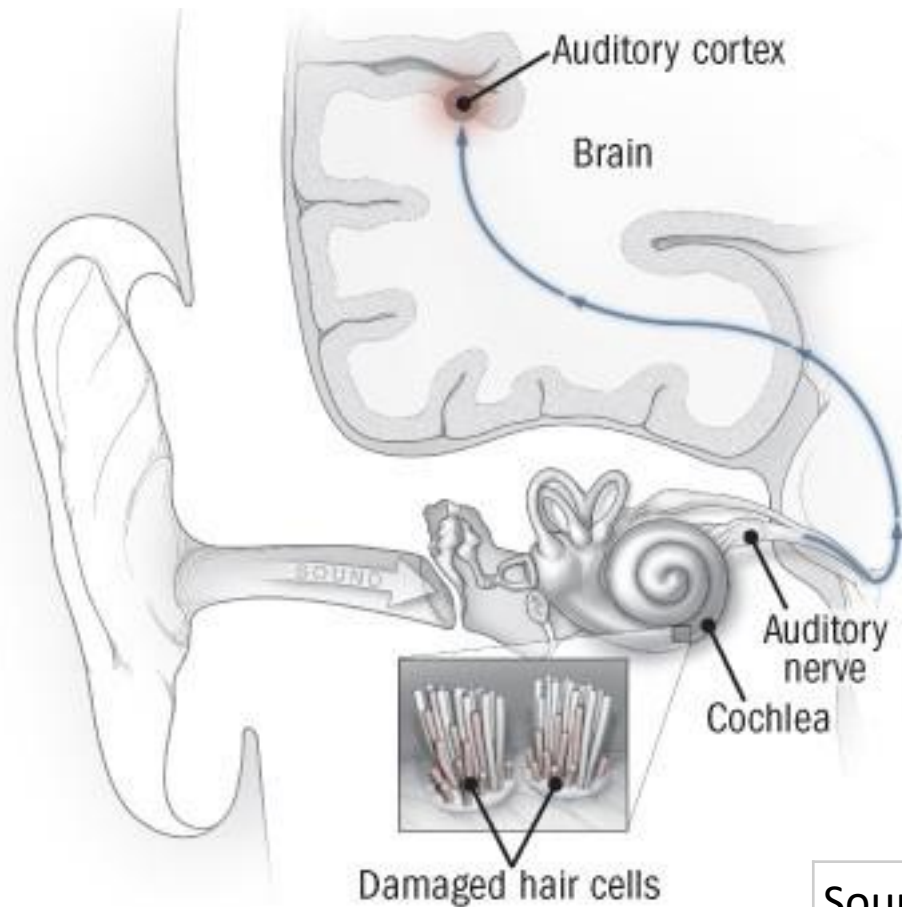
(Ashtanga Hridaya-
Uttarasthana

Karnaroga Vijnaniyam)

***kaṛṇasrōtō sthitē vāta sṛṇōti vividhān swarān
bhērī mṛdanga sankhānām kaṛṇanādasya ucyatē //***

The vitiated Vata dosha entering into (or encircled by Kapha dosha) shabdavaha srotas produces different types of sounds such as bheri (drums), mrudanga (a double headed drum), shankha (conch), etc. in the ears is known as Karnanada.

(Madhava Nidana, Karnasrotogata roga Nidana)



Auditory pathway and tinnitus

Sound waves travel through the ear canal to the middle and inner ear, where hair cells in part of the cochlea help transform sound waves into electrical signals that then travel to the brain's auditory cortex via the auditory nerve. When hair cells are damaged — by loud noise or ototoxic drugs, for example — the circuits in the brain don't receive the signals they're expecting. This stimulates abnormal activity in the neurons, which results in the illusion of sound, or tinnitus.

Causative factors(Nidana)

- Asatmendriyartha samyoga (excessive, low or absence of sensation of sound)
- Swimming in cold water
- Exposure to cold wind
- Constantly irritating the ears with fingers, or any other instruments.
- Improper usage of instruments that are used for diagnosing and managing ear issues.
- Rhinitis
- Other vata aggravating causes

- ❖ **Karna nada is an independent roga**
- ❖ **Karna nada is a poorva rupa**
- ❖ **Karna nada is a lakshana**



Chikitsa

***kaṛṇanādē kaṛṇakshwēdē katutailēna pūranam
nādabādhiryoho kuṛyāṭ kaṛṇasūlōktamoushadam //***

(Chakradattam, Karna rogadohikaram)

- Karnapurana with mustard oil
- Do the similar treatment of Karnasula

According to Vagbhata, Karna nada treatment is similar to Vatakarna roga chikitsa. Ghritapana (ghee intake) and karnapurana are the line of management. If karnanada is due to the obstruction of kapha, vamana karma needs to be done prior to the other management. Sarshapataila puranam (karnapurana with mustard oil) is also indicated in such cases.

Single herbs

- Dasamoola
- Moringa
- Lasuna
- Vilwa
- Devadarvi
- Vacha
- Yashtimadhu
- Bala
- Brahmi
- Aswagandha
- Guduci Satwa

Formulations

- Vidaryadi Kwatham
- Dasamoola Kwatham
- Ashtavargam Kwatham
- Ksheerabala (101) Oil
- Dhanwantharam Gulika
- Balarishtam
- Dasamoolarishtam
- Aswagandharishtam
- Dhanwantharam (101) oil
- Indukantham Ghrita
- Yashteemadhukadi Ghrita





Kshara Tailam



Vachalasanadi Tailam

Chikitsa

Karna dhupana



Karnapurana





Karna Abhyanga

Case presentation

- Female Rogi
- Age- 62 yrs
- Duration of the chief complaints- 3 yrs
- Prakriti- VP
- Vikriti-Vata associated with mild Kapha
- Agni- Vishama
- Ama- Moderate
- Satwa bala- Madhyama





Presenting complaints with history.

The rogi was suffering from ringing in the ear (diagnosed as tinnitus) for the last three years. It is bilateral now. It started in the left ear. She also had migraine and frequent sinusitis for many years. Migraine subsided during her menopause and sinusitis subsided 5 years ago. She used headphones for hours and had irregular sleeping habits. She described the tinnitus as a pulsing and ringing sound. It was severe during the night or when she was anxious. She was complaining of chronic constipation and was regularly taking stool softeners and laxatives. But her sleep was not affected due to tinnitus. She used to get mild tinnitus during her menstruation in her mid forties. She consulted with her physician and took some supplements. It was helpful initially and she stopped them since there was no sustainable result. Breathing exercise was helpful, but she was not regularly doing that.

Sthana pariksha



- Nadi- Vata, kapha
- Mutram- Sadharana
- Malam- Vata, ama+, baddha (mildly constipated) and sushka (dry)
- Jihwa- Ama (madhyama), vata and kapha, scalloped, and mild quivering present.
- Sabda- Sadharana
- Sparsa- Warm
- Drik- Dryness+, wearing glasses
- Akriti- Krisam

Chikitsa protocol



Phase 1 (6 weeks)

- Gandharvahastadi Kwath (2 pills twice a day, 30 min before food)
- Dhanwantharam Gulika (2 pills twice a day, 30 min before food)
- Dasamoola tea- Sipping it throughout the day
- Aswagandha Churna (1/2 teaspoon-as a decoction at bedtime)
- Gandharvahastadi Castor Oil (1/2tsp with Aswagandha tea at bedtime)
- Abhyanga (from 8th day onwards)- thrice a week (sesame oil)
- Regular exercise for 45 min
- Fixed mealtime with proper diet suggestions
- Suggestions for Ratricharya
- Yoga Nidra and pranayama

Phase 2

(for 6 weeks)



- Ashtavargam Kwatham (2 pills twice a day, 30 min before food)
- Dhanwantharam (101) Oil- 5 drops in Dasamoola tea, twice a day
- Dhanwantharam Gulika (1 pill, thrice a day, 30 min before food)
- Gandharvahastadi Castor oil- ½ tsp at bedtime
- Dhanwantharam Tailam for abhyanga (siro and Kaya)
- Dhanwantharam (101) oil for local application
- Moringa leaves bolus application- Locally
- Karna purana with Dhwanwantharam (101) oil- 2drops
- Karna dhupana with Guggulu (for 10 days in a row and then restart after 5 days)

Phase 3

(for 8 weeks)



- Dhanwantharam (101) Capsule (1 pill thrice a day, before food)
- Vidaryadi Kwatham (1 pill, thrice a day)
- Indukantham Ghritam (1 teaspoon at bedtime)
- Ashtachurnam (1 teaspoon per day along with food)
- Karnapoorana
- Siro Abhyanga
- Nasya (Pratimarsa with Anu Tailam)

Results observed

