

Chapter 24. Karnapoorana (Filling of the Ears with Medicated Oil)

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Karnapoorana is an Ayurvedic procedure where **medicated oil** (taila), **swarasa** (juice), or other medicated liquids are filled in the ears for a specified duration. It is beneficial in treating ear-related disorders, inflammation, and certain conditions of the head and neck.

Infrastructure and Materials Required

- **Manpower:** An attendant or qualified technician
- **Space:** This procedure can be performed in a bed or on a massage table.

Materials Required:

- **Medicated oils or swarasa** suitable for the condition
- **Gokarna (ear dropper)**
- **Spoon**
- **Cotton**

Indications

Karnapoorana is indicated for:

- **Karnasoola** (ear pain)
- **Badhirya** (hearing loss)
- **Sirasoola** (headache)
- **Inflammatory and degenerative diseases of the ear**

Preparation of the Patient (Poorvakarma)

1. **Apply Medicated Oil:**
 - Medicated oil is applied over the **head, face, and neck**.
2. **Fomentation:**
 - Mild fomentation with **Nadisveda** (herbal steam) is performed around the **ears, face, neck, and head** to prepare the area.

Procedure

1. **Positioning the Patient:**
 - The patient is made to lie down in a **lateral position**, with the ear to be treated facing upwards.
2. **Administering the Medicine:**
 - Warm the medicine to **37-39°C**.
 - Using **Gokarna** (ear dropper), pour the lukewarm oil into one ear and hold it there for **5 minutes**.
3. **Retaining the Medicine:**
 - Place a piece of **cotton** in the ear to retain the oil.
 - Repeat the same procedure for the other ear after turning the patient.

Post-Operative Procedure (Paschatkarma)

1. **Remove and Clean:**
 - After the specified time, remove the cotton and **wipe out the oil** from the ears.
2. **Kabala with Hot Water:**
 - Perform **kabala** (gargling) with **hot water** to clear the throat and ensure the complete removal of excess oil.

Precautions

- Avoid exposure to **heat**, **dust**, and **wind** after the procedure.
- The patient is advised to **rest**.
- **Karnapoorana** should be avoided in patients with **purulent discharge** from the ear.

Clinical Vital Data Recording

- Record **temperature**, **pulse rate**, **blood pressure**, and **respiratory rate** before and after the procedure.
- Routine **pathological investigations** are to be conducted on the first and last day of the treatment.
- **Specific investigations** to assess **hearing power** should be carried out before and after treatment to measure the effectiveness of Karnapoorana.

Karnapoorana is an effective Ayurvedic therapy for **ear disorders** and related issues of the head and neck. It helps in alleviating **ear pain**, improving **hearing**, and managing **inflammation** by providing nourishment to the ear canals and soothing the related structures.

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