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

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:
 - $\circ~$ Medicated oil is applied over the $\mbox{\bf head, face, and neck}.$
- 2. Fomentation:
 - Mild fomentation with Nadisveda (herbal steam) is performed around the ears, face, neck, and head to prepare the area.

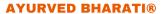
Procedure

- 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.

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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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