

Sarshap Tail Karnapooran With Goghrita Paan In The Management Of Tinnitus – A Case Report

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Abstract

Tinnitus, a subjective perception of ringing or buzzing in the ears without external sound, is a widespread clinical problem affecting 10–15% of the global population^{1,2}. Persistent tinnitus interferes with daily functioning and often leads to insomnia, irritability, and reduced concentration. Modern therapies, including pharmacological agents and sound therapy, offer only partial relief^{3,4}. Ayurveda correlates tinnitus with Karna Nada, a disorder arising mainly from vitiated Vata dosha obstructing the auditory pathway^{5,6}. This case report evaluates the efficacy of Sarshap Tail Karnapooran (ear instillation of mustard oil) with Goghrita Paan (oral intake of cow's ghee) in a middle-aged patient with chronic tinnitus. Significant subjective and objective improvements were observed.

KeyWords: Tinnitus, Karna Nada, Ayurveda, Sarshap Tail, Goghrita, Karnapooran, Case Report

INTRODUCTION

Tinnitus is one of the most common ear-related problems seen in the general population. Its impact can range from being mildly bothersome to severely debilitating¹⁷. Studies show that the prevalence of tinnitus varies widely, affecting between 4% and 37% of people. It is also reported in about half of patients with sudden hearing loss, in around

70% of those with presbycusis (age-related hearing loss), and in 50% to 90% of individuals exposed to noise-induced hearing loss. Due to rapid industrialization, urbanization, nutritional deficiency, sound pollution, stress and increased incidence of allergic disorders, ear infection Tinnitus is found as one of the most prevalent form of ear disease. Especially, due to the recent Covid19 pandemic, the prevalence rate seems to be rapidly increasing due to change in activities such as smart schooling and working, exposing the individuals to a higher use of audio terminal like excess use of ear phone, excess use of mobile phone etc. which is a well-known risk for Tinnitus.

In Ayurvedic classics, symptoms of Tinnitus i.e. ringing sound or noise in the ear are found to be similar and can be co-related with one of the *Karn Roga*, i.e. *Karnanada*.

It is described as *Vataja* in *Charaka Samhita*, according to *Acharya Vagbhata*, *Acharya Shushrut* and *Madhav Nidan* considered this as one of the *Karn Roga*.

Karnapoorana Karma with *Sarshapa Tail* has been mentioned as one of the treatments of *Karnaa* in *Susruta Samhita*, *Vagbhat Samhita*. *Karnapooran* is preferred for the ear diseases because it is the safest, easiest and most effective channel for ear.

Previous studies have used single *kriyakalp* and may be result were unsatisfactory. Hence in this study I will used combined *kriyakalp* which are *Karnapooran* with *goghritpaan*.

Tinnitus is associated with sensorineural hearing loss, presbycusis, noise exposure, and ototoxic drugs⁸⁹. Neurophysiologically, tinnitus is linked to abnormal spontaneous activity of auditory neurons¹⁰. Tinnitus is generally managed through a range of methods, including dietary supplements, antioxidants, sedatives, antidepressants, vasodilators, sound therapy, psychological counseling, and in some cases, electrical stimulation, focuses on counseling, hearing aids, and cognitive behavioral therapy¹¹¹². However, curative treatment remains elusive.

These strategies may be applied alone or in combination for mild or early presentations, whereas surgical interventions are reserved for severe cases. Despite these options, both medical and surgical treatments show limited effectiveness, as they are often associated with side effects and frequent relapse.

Managing tinnitus remains a major challenge and can significantly affect quality of life. With the increasing burden of noise pollution and lifestyle-related factors, the number of individuals experiencing tinnitus is steadily rising. At present, modern medicine does not provide a permanent cure for this condition.

Sarshapa is *Katu*, *Tikt Rasa*, *Katu Vipaka*, *Ushna Veerya*, *Guru* & *Tikshna*, *Snigdha Guna*. It is *Vata-Kaphaghna*, *Pittakar*.

Goghrita possesses qualities such as Vata-Pitta shamak, Balya (strength-promoting), Agnivardhak (digestive fire-enhancing), Madhura (sweet in taste), Saumya (gentle), Sheeta Virya (cooling in potency), Vrishya (aphrodisiac), and Vayasthapaka (anti-aging). Medicines that pacify Vata and have Rasayana (rejuvenating) properties are considered highly effective in the management of Karnanada (tinnitus). Therefore, the therapeutic attributes of *Sarshap Taila Karnapoorana* and *Goghrita Pana* can play a beneficial role in alleviating tinnitus.

In Ayurveda, tinnitus is described as Karna Nada, primarily resulting from aggravated Vata dosha⁵¹³. Texts recommend Sneha karma (oleation therapy) both locally and systemically¹⁴. *Sarshap Tail* is considered *Ushna* and *Tikshna*, thereby relieving obstruction and improving auditory function¹⁵¹⁶. *Goghrita* is *Madhura*, *Sheeta*, and *Vata-Pitta shamaka*, providing neuro-nourishment and stability¹⁷¹⁸. This case report highlights this combined approach.

Case Report

Chief Complaint

A 45-year-old male presented with a complaint of continuous ringing sound in the right ear for the past 8 months.

History of Present Illness

The patient reported progressive ringing associated with mild difficulty in concentrating during work and disturbed sleep at night. No associated vertigo, nausea, or hearing loss was initially noted, but occasional headaches were present.

History of Past Illness

No history of hypertension, diabetes mellitus, chronic ear discharge, head trauma, or prolonged drug intake was reported.

Personal History

Appetite – normal

Bowel – regular

Bladder – normal

Sleep – disturbed due to ringing noise

Addiction – none

Vitals

Pulse – 78/min

BP – 124/80 mmHg

Temp – afebrile

Respiratory rate – 18/min

Physical Examination

Patient appeared healthy, no pallor, edema, or cyanosis.

Systemic Examination

CNS – No any deformity seen

CVS – S1, S2 normal

RS – clear breath sounds

Abdomen – soft, non-tender

Examination of Ear

External ear – normal

Tympanic membrane – intact, no congestion

No wax, discharge, or perforation observed

Qualitative Tests for Hearing (Tuning Fork)

Rinne's test – positive in both ears

Weber's test – no lateralization

Pitch Matching Test

The tinnitus matched with 4 kHz frequency sound on audiological testing.

Questionnaires

Sr.No.	Does your tinnitus...?	Never (0)	Rarely (1)	Sometimes (2)	Usually (3)	Always (4)
1.	Still make you feel irritable or nervous					
2.	Still make you feel tired or stressed					
3.	Still make it difficult for you to relax					
4.	Still make you uncomfortable to be in a quiet room or sitting					
5.	Still make it difficult to concentrate					
6.	Still make it harder to interact pleasantly with others					
7.	Interfere with your required activities (work, home, care or other responsibilities)					
8.	Interfere with your social activities/ other things you do in leisure time					
9.	still interfere with sleep					

Scoring pattern:

Mild	1-9
Moderate	10-18
Marked	19-27
Severe	28-36

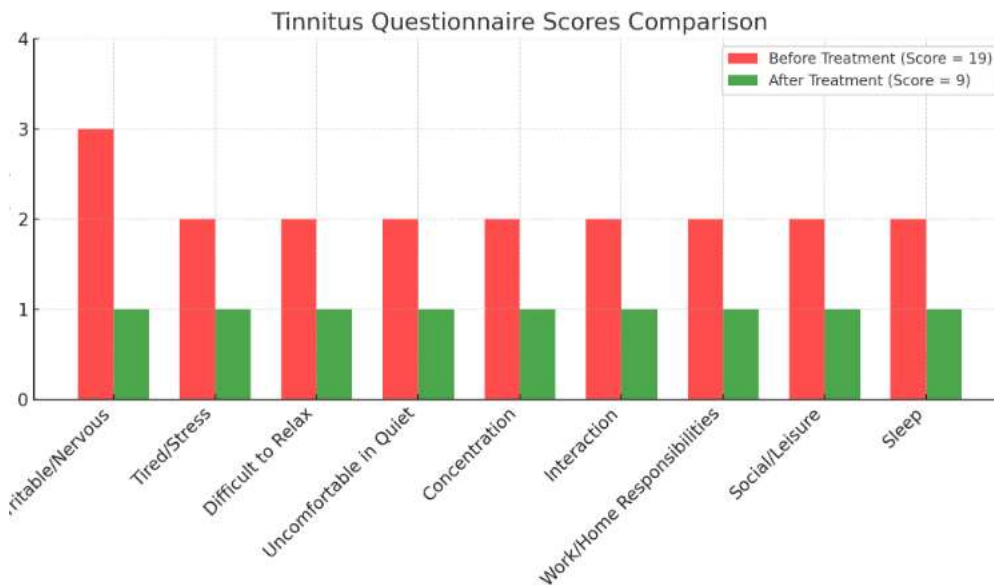
Treatment Modality

Sarshap Tail Karnapooran – 2 ml of lukewarm mustard oil instilled in the affected ear, once daily for 30 days in the morning 10 min.\

Goghrita Paan – 20 ml of cow's ghee with lukewarm milk once daily in the morning, with empty stomach continued for 30 days.

Observation and Results

Parameter	Before treatment	After treatment
Tinnitus loudness (VAS)	8	3
Questionnaire	Marked	Mild
Pitch match	4 kHz	2 kHz



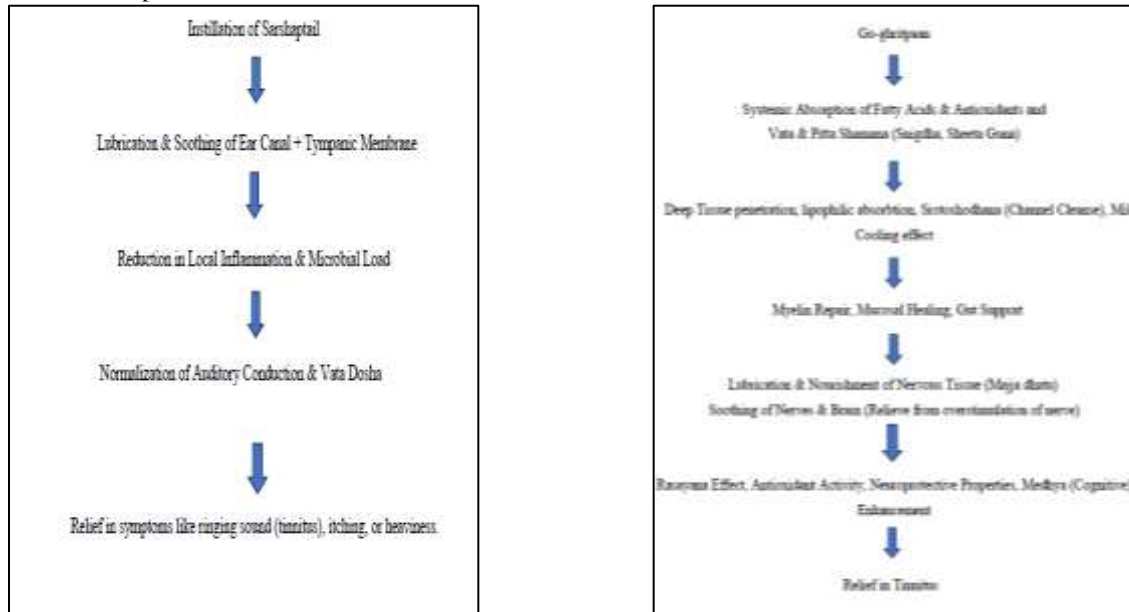
DISCUSSION

Tinnitus management remains a clinical challenge, with limited success in conventional therapy^{11,12}. In Ayurveda, *Karna Nada* is attributed to *Vata vitiation* obstructing *srotas* (channels). *Sarshap Tail* with *Ushna* and *Tikshna guna* penetrates deeply, clears obstructions, and pacifies *Vata* locally¹⁵. Instillation of warm oil enhances local circulation and stabilizes nerve conduction¹⁹.

Goghrita Paan nourishes the nervous system, enhances *Ojas*, and improves cognitive and sensory functions^{17,20}. It has documented neuroprotective and antioxidant properties²¹. The combined

regimen provided both local and systemic correction, addressing the dosha imbalance and neural dysfunction simultaneously.

Earlier studies also support the role of oleation therapy in ear disorders²². The results of this case align with the Ayurvedic concept of *Sneha karma* for *Vata vyadhi* and highlight an integrative treatment option.



CONCLUSION

The combination of Sarshap Taila Karnapooran with Goghrita Paan showed promising results in reducing tinnitus severity and improving quality of life. The therapy is safe, cost-effective, and holistic. However, further controlled trials with larger patient populations are needed to establish its efficacy and standardize protocol. Study explored the use of Ayurvedic treatments for tinnitus, demonstrating some positive effects with the use of sarshap Taila karnapooran and goghritpaan, but with limited overall cure rates

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