

Effect of *Nasya karma* and *Karnapurana* in the management of *Karnanada* (Tinnitus): A case series study

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Karnanada is one among the twenty-eight *Karna roga* mentioned in the main Ayurveda source book of *Acharya Susritha* (Susruta Samhita), which correlated with Tinnitus in modern medicine. The general objective of this study was to evaluate the efficacy of an Ayurvedic intervention in the management of *Karnanada* (Tinnitus), with the specific objective of evaluating the efficacy of *Anu taila nasya* and *Bilva taila karnapurana* in the management of *Karnanada* (Tinnitus). This study was mainly designed as a case series. People seeking treatment for Tinnitus at Out Patient Department of *Shalakya* (ENT) clinic of Ayurveda National Hospital were recruited for the study. Five patients were treated for a period of two months and followed up for another one month. In the first week, *Shodhana nasya* with *Nirgundyadi taila* was done daily. In the second week, *Anu taila nasya* was done daily. *Karnapurana* was done for three weeks, with one week resting period after each *Karnapurana* for one week by using *Bilva Taila* according to reference of Ayurveda classical text book of Bhaishajya Ratnavali *Karnaroga chikitsa*. Assessment was done by using both objective criteria and subjective criteria. This research revealed the effectiveness of the treatment plan but differences were not statistically significant due to the small sample. Future studies with larger sample size and longer follow-up periods are recommended to confirm obtained results and explore the long-term effects of this Ayurvedic approach.

Keywords: *Karnanada, Karnapurana, Karnaroga, Nasya, Tinnitus*