

DIPIKA TAILA IN THE MANAGEMENT OF KARNASHOOLA- A COMPREHENSIVE REVIEW

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ABSTRACT

DipikaTaila has been recommended for the management of karnashoola in authentic Ayurveda texts; Susruta Samhitha-Uttaratantra, Sharangadhara samhitha-Uttara khanda. Therefore, this literary review on *DipikaTaila* was designed to study the effect of ingredients of *Dipika taila* in the management of *Karnashoola*. Scientific literary review on the formula of *DipikaTaila* has not been done so far. Therefore it is important to study the properties of the ingredients of *Depika taila* in the management of *Karnashoola*. *BrihatPanchamula* and Sesame oil are the ingredients of this oil. *Brihatpanchamula/ Mahat Panchamula*; *Bilva(Aegle marmelose Corr.)*, *Gambhari(GmelinaarboreaRoxb.)*, *Shyonaka (Oroxylum indicum Vent.)*, *Agnimantha (Clerodendrum multiforum Linn.)*, *Patala (Stereospermum suaveolens DC.)* and *Tilataila (Sesame oil)* are ingredients of *DipikaTaila*. Pieces of the roots of the major *Pancha-mula* measuring eighteen fingers in length should be covered (extending only to three-fourths of the whole) with a piece of linen and then soaked in oil. The stick so formed, should then be lighted and the oil pouring in drops. It instantaneously removes the pain, and is known as the *Dipika-Taila*. *BruhatPanchamoola*; it is *Laghu in Paaka*; it promotes appetite and it is slightly sweet in *Rasa (Taste)*. It reduces vitiated *Vata*. *Brihatpanchamoola*; is *laghu in paka*, promotes appetite and it is slightly sweet in taste. It reduces vitiated *vata and kapha*. In *karnashoola*, *karnapurna* treatment method has been applied using *Dipika oil* Since Ancient time, so main objective of this literary review to study about the medicinal values of the ingredients of *DipikaTaila* in the management of *Karnashoola*.

Key words: *DipikaTaila, BruhatPanchamula, Karnashoola*

INTRODUCTION

Acharya Vagbhata had explained 5 Varieties of *karnashoola* named as *vataja*, *pittaja*, *kaphaja*, *raktaja* and *sannipatika* each being dominated by respective dosha. Unlike *Ashtanga hridaya*, *Susrutasamhita* describes all types of *karnashoola* in one shloka itself and does not describe different varieties of *karnashoola*

depending upon dominance of dosha. In *karnashoola*, *Susruta Acharya* gives maximum importance to *avarana* of *vatadosha* and describes it as whenever *vata* situated in *karna*, gets vitiated by *avarana* of *kapha*, *pitta*, and *rakta* or by *vata* itself to take a faulty path and produce severe pain in and around the ear. *Sushruta Acharya* in

Susruta samhitha uttarakhanda had explained about Dipikataila in the management of Karnashoola.¹

Ear pain (otalgia) is one of the most common reasons for visits to primary care physicians and medical care providers. Causes include inner ear infections (otitis media), external ear infections (otitis externa), foreign bodies and trauma. Otitis media is the most common cause of ear pain, occurs primarily in young children, peaks during the winter months and is associated with respiratory infections. In contrast, otitis externa is regularly associated with swimming and diving (often called “swimmer’s ear”), affects all ages and peaks during the summer. However, because outer ear infections can develop anywhere from hours to days after exposure, they may not always be accurately attributed to swimming or other water exposures. Moisture, humidity and water in the ear canal are thought to remove the protective lining (cerumen, or ear wax) and increase the pH, increasing susceptibility to infection.

The health-care burden associated with earaches and ear infections is considerable. An estimated 2.4 million U.S. health-care visits (8.1 visits per 1,000 populations) were associated with a diagnosis of acute otitis externa (ambulatory care or emergency room) in 2007. To develop estimates of the incidence and health burden of earache directly attributable to swimming in natural waters, we used data from over 50,000 beachgoers enrolled in the National Environmental and Epidemiological Assessment of Recreational Water Study (NEEAR Water Study) at nine beach sites (4

marine, 5 freshwater. There for this literature review was designed to study the medicinal effect of the ingredients of Dipika oil in the management of earache (Karnashoola)²

In Susruta samhitha it is mentioned that Pieces of the roots of the major *Panchamula* measuring eighteen fingers in length should be covered (extending only to three-fourths of the whole) with a piece of linen and then soaked in oil. The stick so formed, should then be lighted and the oil pouring in drops (as an ear-drop).

It instantaneously removes the pain, and is known as the DipikaTaila. This procedure is named as Karna Purana. Purana: Literary meaning of purana is to fill up, to instill, and to pour. purana is the process of filling the required dravadravya like swarasa, taila etc. into external auditory canal to relieve pain, discharge, itching etc.

METHODOLOGY

1. Preparation of Dipika oil

Pieces of the roots of the major *Panchamula* measuring eighteen fingers in length should be covered (extending only to three-fourths of the whole) with a piece of linen and then soaked in Sesame oil. The stick so formed, should then be lighted and the oil pouring in drops.³

2. Application of Deepika oil

1. Do head massage of the patient for 15 to 30 minutes before the procedure. The brahmi oil can be used for head massage.
2. Ask patient to lie down on the lateral position.
3. Take Dipika oil and pour a few drops of that warm oil in the affected ear and let the patient stay in the lateral position

for 15 to 20 minutes.

4. Ask patient to rest for a half an hour after this procedure.

Properties of BrihatPanchamoola

“*BilvagnimanthaTintukaPatalaKashmaryas hchethimahat sathiktankaphavatanut- PakelaghuvahnidipanamMadhuranrasaschi vapanchamulammahatsmrutam*”
(*Susrutasamhitha*)

- Reduces Vitiated Kapha and Vata,

Properties of Ingredients

Ingredient (Root)	Rasa	Guna	Veerya	Vipaka	Karma
Bilva	Madhura	Laghu	sheeta	Madhura	Tridoshaghna, Karna Shoolahara
Agnimantha	Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kaphahara, Vatahara,
Shyonaka	Tikta, Kashya	Laghu, Ruksha	sheeta	Katu	Kaphapitta samaka, Shoolahara
Patala	Tikta, Kashaya	Laghu, Ruksha	Anushna	Katu	Tridoshahara, pain relief
Gambhari ⁵	Madhura, Katu, Tikta, Kashaya	Guru	Ushna	Madhura	Kaphahara, Pachana, Pittahara,

Efficacy of Bruhatpanchamoola and sesame oil in the management of karnashoola (Evidences through previous studies and Ayurveda texts)

1. Brihatdashamula taila has been prepared with reference of Bhaishajy aratnavali (65/64/98), in this oil Bruhatpanchamoola is included, Brihatdashamula taila is used

- It is Laghu in Paaka,
- It promotes appetite and it is slightly sweet in Rasa (Taste).

Properties of sesame oil

- Sesame oil is sweet, pungent, astringent, and bitter, and has a heating effect.
- Its greatest benefit is in balancing vata. The heating nature of sesame can also be good for kapha.⁴

for curing Karnashoola, so it can be considered as important evidence that Bruhatpanchamoola also helps for curing Karnashoola.⁶

2. Chauhan NS reported that the medicated oil of *O. indicum* in sesame oil base instilled into ears mitigates the pain in otitis.⁷

3. Sesame oil is derived from the plant species *Sesamum indicum* L. Warm oil in the ear helps support ear health.
4. Bilva taila has been prepared with reference of Bhaishajya Ratnavali Karnaroga Chikitsa, used for ear pain, hearing difficulties and tinnitus.
5. Malviya R reported that roots of *Aegle marmelose* dipped in neem oil was lighted

PROBABLE MODE OF ACTION

Ear can be also considered as a one of the major Vata's Place in human body.

Vata Vitiated Causes (Nidana)
(Katu, Tikta, Kashaya Rasa/ Katuvipaka/SheetaVeerya)



Vitiate Vatadosha in Karna Srotas



Karnashoola is occurred



Then the application of the roots of BrihatPanchamoola and Sesame oil with the reference of Susrutasmhitha

(*BruhatPanchmoola is slightly sweet in Rasa /
Bruhatpanchamoola is Laghu in Paka/
Madhura rasa and Laghuvipaka reduce the vitiated vata*)



Reduces the Karnashoola

Previous researches on Dipika oil

1. Nagendra kumar-Evaluation of Karna poorana Kriya in the management of Karna srava w.s.r.to Samudraphena choorna and Ksharataila, Dept of Shalakyatantra Govt. Ayurvedic College Bangalore.2001.
2. Vaidya Parbat Patel, Senior Vaidya, April 262010 Forkarnashoola – sarivadivati – Lakshmivilasa rasa - karnapooran with dipikatailam in karnasrava -use samudraphena churna -

and the oil dripped out from the burning end is an effective medicine for ear problems. The astringent extract of the roots of *Aegle marmelos* combined with the antiseptic properties of neem helps in curing ear infection, chronic inflammation and pus discharge.⁸

laxmivilas rasa. For karnanada - karnapoorana with dipikataila narayan tail –sarivadivati, yograjaguggulu.

3. Dr. MunishSood, Vaidya Shiromani, April 26 2010

4. Karnashoola after ruling other causes: dipika taila karnabindu ear drops aryakarnabindu.

5. Karnanada: mainly auditory hallucination so after ruling their causes: induvati with ala svarasanasya with narayan/vishnutaila karnabindu ear drops

DISCUSSION AND CONCLUSION

Considering authentic Ayurveda text books, Brihat Panchamoola has been mainly mentioned in Bhavaprakasha and Susruta samhitha. Considering the major properties of Brihat panchamoola it has the effect of reducing vitiated Kapha and Vata, Susruta Acharya reported to Susruta samhitha. A case of Karnashoola (ear-ache), due to the concerted action of the deranged Vayu and Kapha, As well as Susruta acharya has recommended dipika oil for karnashoola in Susruta samhitha, so it is proved that the action of Brihat panchamoola in the management of vitiated Kapha-Vata can be used for preparing Dipika Oil. Susrutaacharya had reported that Dipika oil instantaneously removes the pain. Brihat Panchamoolam; it is Laghu in Paka; it promotes appetite and it is slightly sweet in Rasa (Taste). Katu, Tikta, Kashaya Rasa/ Katuvipaka/Sheeta Veerya vitiate Vatadosha in karnasrotas. Brihat panchamoola and Sesame oil have the effect of reducing vitiated Vata according to their Properties. Karnapurna treatment method has been applied using Dipika oil Since Ancient time, so it can be concluded that the ingredients of DipikaTaila can be used in the management of Karnashoola.

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