

AYURVEDIC MANAGEMENT OF KARNA SRAVA W.S.R. TO CHRONIC SUPPURATIVE OTITIS MEDIA (C.S.O.M) – A CASE REPORT

¹ Dr. Sejal Kuchhadia, ² Dr. D. B. Vaghela

¹P.G. Scholar, Shalaky Tantra Department, IT&RA, GAU, Jamnagar, Gujarat, India

²I/C HOD & Associate Professor, Shalaky Tantra Department, IT&RA, GAU, Jamnagar, Gujarat, India

E-mail: ¹ sejal.kuchhadia31@gmail.com, ² drvaghela@rediffmail.com

Abstract: One of the most prevalent complaints seen in ENT clinical practise is Karna Srava (CSOM). CSOM affects 65–330 million people who have draining ears. The therapeutic strategy has been unsatisfactory, costly, and time-consuming; for example, parenteral antibiotics necessitate prolonged hospitalisation, and medicines can be ototoxic. However, such treatment does not always result in sufficient hearing improvement, and it is out of reach for many people in developing countries. With all of these factors in mind, the purpose of this study was to discover a method to treat the condition. The therapy procedures used are Karna Prakshalana, followed by Karna Pramajana, Karna Dhoopana, Karna Avachurnana along with internal medicines are also given. The patient was free of Karna Srava after three months of treatment. As a result, the single case report demonstrates that Karna Srava Ayurvedic management was effective.

Key Words: Karna Srava, C.S.O.M, Karna Prakshalana, Karna Dhoopana.

1. INTRODUCTION:

In the chapter *Karnaroga Vigyniya*, Acharya Sushruta mentions the ailment *Karnasrava*. *Karnasrava* is included as a disease entity under 28 *Karnarogas*¹. Under the four varieties of *Karnarogas* caused by vitiation of distinct *Doshas*, Acharya Charaka includes *Karnasrava* as a symptom. *Karnasrava* was not described individually by Acharya Vagbhata, but rather as part of *Karnashula*. Vitiated *vata Dosh* causes pus discharge from the ear due to head injury (*shirobhighata*), diving in water (*jala nimajjana*), inflammation of aural mucosa (*karna paka*), ear abscesses (*karna vidradhi*) etc causes *karna srava*².

In modern medical literature, Chronic suppurative otitis media (CSOM) is defined by a persistent discharge from the middle ear through tympanic perforation after an initial episode of acute otitis media³. It is a major source of preventable hearing loss, especially in impoverished countries. In India, the overall prevalence rate is 46 and 16 persons per thousand in rural and urban population respectively.

Surgical treatment is more appropriate for CSOM patients who have intracranial or extracranial infections. However, such treatment is pricey and does not always result in sufficient hearing improvement, and it is out of reach for many people in developing countries. After thorough aural cleaning for at least 2 weeks, daily instillation of topical antiseptics or antibiotics appears to be the most cost-effective treatment option.

In light of these considerations, it is necessary to develop a safe medicine that is both affordable and accessible to the general public. Various formulations are mentioned in *Ayurveda* under the *Karnaroga Chikitsa Adhyaya*, which signifies the scope of research for better approach to the disease *Karna Srava*. *Dashamoola Kashaya* for *Karna Prakshalana*, followed by *Karna Pramajana*, *Nimba Curna*, *Vidanga Curna*, *Trikatu Curna*, *Haridra Curna* for *Karna Dhoopana* and injecting fine powder of *Sphatica Bhasma* into the external auditory canal for *Karna Avachurnana*. Internally *Rasayana curna* along with ghee is given.

Along with systemic medicines, Acharya Sushruta places a greater emphasis on local treatment in *Shalaky*. Because the aetiology of this condition is primarily local, local medicinal administration was chosen, as described by Acharya Sushruta in the form of *Karna Prakshalana*, *Karna Pramajana*, *Karna Dhoopana*, *Karna purana*⁴. Here *karna Avacoarana* is used in form of *karna purana*.

2. CASE REPORT:

A 43 year old female patient come to OPD of Shalakya Tantra Department with the chief complain of pus discharge from right ear since 5 months.

History of present illness:-

Patient was well before 5 months. Gradually she started suffering from pus discharge from right ear (several times in a day). So she came for Ayurvedic treatment.

She has same complain before 2 year. At that time, she has taken allopathic medicine. No any positive family history was found.

History of past illness:- No past history is noted.

Personal History:-

Table 1: Personal history

Micturition	Day time 3-4 times, At night -0 times
Bowel habit	Regular -2 times/day
Sleep	Disturbed sleep due to overtime work in factory At night 2-3 hours Day time-no
Addiction	No any
Blood Pressure	120/80 mmHg
Pulse rate	74/min
Respiratory rate	18/min

All vital signs and general physical examination were found to be within normal limit.

Occupational History:-

Patient was housewife

On Examination:-

- Ear Examination:
 - Right Ear: EAC(External Auditory Canal)-discharge.
 - TM(Tympanic membrane)-perforation.
- Left Ear : EAC(External Auditory Canal)-Normal.
 - TM(Tympanic membrane)- Intact and Normal.
- Nose Examination: - No abnormality detected
- Throat Examination: - No abnormality detected

Diagnosis:-

After general examination, Otoloscope examination it was found that the patient had Draining ear in Right side. After assessing the symptoms and all the finding, patient was diagnosed as C.S.O.M.

Treatment Protocol :

Sr.No.	Drug	Dose	Route	Duration
1	<i>Dashamoola kashaya</i>	5 ml	<i>karna</i>	90 days Once a day for <i>karna prakshalana</i>
2	<i>Nimbaurna</i> <i>Vidangaurna</i>	QS	<i>karna</i>	90 days Twice a day for <i>karna dhoopan</i>

	<i>Trikatuurna</i> <i>Haridraurna</i>			
3	<i>Sphatic Bhasma</i>	3 gm	<i>karna</i>	90 days Once a day for <i>karna avacoornan</i>
4	<i>Rasayana Curna</i>	2 gm	<i>Orally</i>	90 days Thrice a day internally. <i>Anupana-ghee</i>

Pathya – Apathya:-⁵

Pathya- *Ghratapana*, *Rasayan Ausadhi Sevana*, following of *Brahmacharya*, swimming.

Apathya- *Vyayama*, head bath, excessive talks.

3. RESULT & DISCUSSION:

After one month of medication, the ear drainage had significantly improved. After a two-month therapy period, there is no longer any discharge.

Dashamoola kashaya is a decoction formulation commonly prescribed in *vata Dosha* vitiation, most of the *dravya* of *dashamoola* are of *Ushna virya*.

Nimbaurna is *jantughna*, *putihara*, *vrana shodhan* and *kandughna*. *Haridraurna* is *vata – kapha shamaka*, it is *vishaghna*, *vrana shodhana* and *vrana ropana*. *Vidangaurna* is also *vata-kapha shamaka*, *jantughna*, *kusthaghna*. Hence these drugs help in fighting with microbes and shielding the body against various microbial invasions. They have antibactericidal property

Sphatic bhasma contains a calcined form of alum. It is having styptic, antipruritic, antibacterial etc. like property. *Rasayanaurna* acts as an immune-modulator. In *Rasayanaurna*, *Guduchi*, *Gokshura*, *Amalaki* are in equal quantities. They also act as anti-oxidants. *Ayurvedic* management of *Karnasrava* is based on the principle of *Vata Shamaka* and *Shrotro Shodhaka*.

4 CONCLUSION:

In C.S.O.M, there is pathology in middle ear where patient complains of draining ear. *Karna* is *Adhithana* of *Shravanendriya*. There is significant improvement in draining ears with help of *Ayurveda* medication and procedures along with proper following of *Pathya* and avoiding of *Apathya*. This case report concludes that *Ayurvedic* management offers good result in the treatment of *karna srava* (C.S.O.M).

REFERENCES:

1. Kaviraj Ambikadutta Shastri Sushruta Samhita, Ayurvedatvasandeeepika Commentary, Reprint 2015 Varanasi, Chaukhamba Sanskrit Sansthan, Su. U. 20/3,4,5. p. 111
2. Kaviraj Ambika Dutt Shastri, Sushrutasmhita, Ayurvedatvasandeeepika Commentary Reprint 2017, Chaukhamba Sanskrit Sansthan Varanasi, Uttar Tantra, Su. U. 20/10, Page No.117.
3. PL Dhingra/Shruti Dhingra assisted by Diksha Dhingra, Text book of Disease of Ear, Nose and Throat by Fifth edition Chapter 11 Page No. 77.
4. Kaviraj Ambika Dutt Shastri, Sushrutasmhita, Ayurvedatvasandeeepika Commentary Reprint 2017, Chaukhamba Sanskrit Sansthan Varanasi, Uttar Tantra, Su. U. 21/40, Page No.131
5. Kaviraj Ambika Dutt Shastri, Sushrutasmhita, Ayurvedatvasandeeepika Commentary Reprint 2017, Chaukhamba Sanskrit Sansthan Varanasi, Uttar Tantra, Su. U. 21/3, Page No.127.