

Ayurvedic treatment protocol in karnasrava (pooya) with special reference CSOM: A case report**Harleenkaur ^{*1}, Manjiri Keskar ², Shital Baraiya³, Rajkumar Rathod ⁴.**^{*1} PG Scholar, Department of Shalaky Tantra, Parul institute of Ayurveda, Vadodara, Gujarat, India.² Professor and H.O.D, Department of Shalaky Tantra, Parul Institute of Ayurveda, Vadodara, Gujarat, India.³ Assistant. Professor, Department of Shalaky Tantra, Parul Institute of Ayurveda, Vadodara, Gujarat, India.⁴ PG Scholar, Department of Shalaky tantra, Parul Institute of Ayurveda, Vadodara, Gujarat, India.**Address for Correspondence:** Dr.Harleenkaur, (PG Scholar ,Department of Shalaky Tantra, Parul institute of Ayurveda, Parul University, Gujarat, India.**E-Mail:** kharleen477@gmail.com**Abstract**

Karnasrava is a disease described in Shushruta samhita as *Karnaroga*. In correlation to modern approach it can be correlated with Otitis Media presented with Discharge from Ear. In Ayurveda classic, there is particular line of treatment given for *Karnasrava* which is very cost effective and easy to do. So here A case study of 20 year old Male Patient of Rt CSOM(*Karnasrava*) is presented. Some treatment Protocols like *Karnapramarjana*, *Karnadhupana*, *Karnapurana* was done properly with taking care of ear with regular ear Examinations. It gives Very effective result in Stopping Ear Discharge.

Keywords: *Karnasrava*, Otitis Media , *Karna Pramarnjan*, *Karnadhupana*, *Karnapurana*, CSOM.

Introduction

Shalaky tantra is one among the eight branches of *Ayurveda*. *Shalaky tantra* is a deep as ocean and is not possible to explain it completely even with any number of verses. *Shalaky tantra* [1] is the branch dealing with *Urdhwajatrugata Rogas* and its *Chikitsa* in detail. It involves all the diseases and its treatment affecting *Netra* (eye), *Karna* (ear), *Nasa* (nose), *Asya* (mouth) and *Kantha* (throat) and all *Chikitsopakramas* to treat the diseases affecting it, including *Shastra Chikitsa* [2].

Karnashashukuli to collect sound waves Sent towards the *Shrotra* which is not seen by naked eye (*Shrotra* is situated in *mastishaka*(brain)). *Karna* is originated from *Akasha Mahahuta* [3].

Karna, one among the *panchendriya*, is responsible for *Shabdagrahana* and is

considered as a *bahyasrotas*. *Acharya Sushruta* has explained 28 *Karna Rogas* in detail which includes the signs and symptoms and treatment. He has included *Karnasrava* as one among the *Karna Roga*. *Acharya Vagbhata* has explained 25 *Karna Rogas* but he did not explain *Karnasrava* under *Karna Roga*.

Chronic suppurative otitis media (CSOM) [4] is one of the most common childhood infectious disease world wide and is leading cause of hearing impairment. It is characterized by Pus discharge from middle ear Associated with tympanic membrane perforation. It can be correlated with *Karnasrava*.

***Nidana and samprapti of karna roga* [5]:**

1. Stay in the Dew
2. Swimming in Water

3. Itching in ear
4. Use of false instruments
5. Misuse of shalaka

According to above cause vitiated vata distracted to own path, then its met to shira produced severe pain. As 28 *karnagata* roga explain in *Sushruta Samhita*.

Karnasrava: Discharge of Pus from vata affected ear may result from a head injury or due to immersion in water or else due to suppuration of an abscess. This is known as *Karnasrava* [6].

Chronic suppurative otitis media (CSOM) [7] is defined as ear discharge/otorrhea for more than 6 weeks in the presence of tympanic membrane perforation. The etiological pattern shows mixed infections of Gram-negative, Gram-positive, aerobe, and anaerobe bacteria. Several studies worldwide have reported that the most common microorganisms isolated are *Pseudomonas* spp and *Staphylococcus aureus*, followed by Gram-negative bacteria such as *Proteus* spp, *Klebsiella* spp, *Escherichia* spp, and *Haemophilus influenza*.

Case report

A 20 year old male patient had came 9/05/22 in OPD -112 Shalakyta tantra Parul Ayurved Hospital with chief complaints of pus discharge from right ear, heaviness and hearing difficulty in right ear since 15 Years.

Patient had been suffering from pus discharge from right ear, heaviness and hearing difficulty in right ear Since 15 years.He had taken allopathic medicine for many times, but he had got relief only while taking medicine after that recurrence was there. So he had consulted OPD of *Shalakyta Tantra* department in Parul Ayurved Hospital for better management.

Past history:

The patient was advised internal and topical medicines but didn't get satisfactory result and recurrence was there and he had advised

surgery by the surgeon. Patient didn't want to do the surgical procedure so, visited our Hospital and reported the above complaint.

Personal history:

- *Ahara* (Food): Samish (Mixed)
- *Kshudha*(Appetite): Samyaka
- *Nidra*(Sleep): 6-7 hours/ night
- *Mala pravrutti*: 1 time/ day
- *Mutra Pravrutti*: 5-6 times/ day (Samyak)

Local examination

All the Vitals sign were Normal.

Ear		
External Canal	Auditory	RE- Mucopurulent Discharge present (+++) Congestion and erosion present LE- mild wax present
Tympanic Membrane		RE- Subtotal perforation LE- Intact
Rinne's Test		RE- BC>AC LE- AC>BC
Weber's Test		Lateralised to LE
Nose		
Nasal Mucosa		Mild Inflamed
Turbinate		B/L Inferior turbinate hypertrophy present
Throat		
PPW		Normal

Diagnosis: Based on the history and clinical examination, the case was clinically diagnosed as a *Karnasrava* (Chronic Suppurative Otitis Media).

Chikitsa: Treatment of *karnasrava*, *putikarna* and *krumikarna* should be carried out on similar karma and also by specific Yoga their cure [8].

Chikitsa yojana:

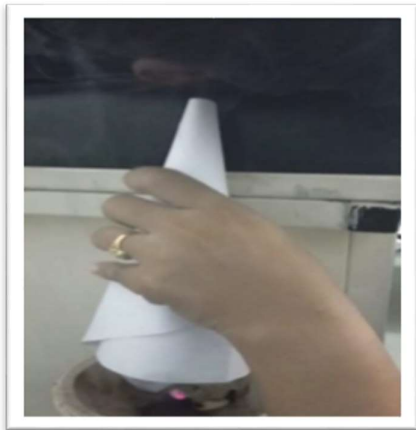
- 1) Nidana Parivarjana
- 2) Upakrama /Kriyakalpa
- 3) Aushadha
- 4) Pathyapathya acharan

Nidana parivarjana [9]: *Nidana parivarjana* helps in prevention and cure of the disease and cure of th disease by avoiding the causative factors in the form of *Ahara* (Food)

/ Vihara (Lifestyle) or both. Further *Nidana Parivarjana* helps in stoppage of progression of the disease by avoiding respective *Nidanas*. Avoid Swimming in water, Avoid Direct exposure to Wind etc.

Upakarma/ Kriyakalpa [10]:

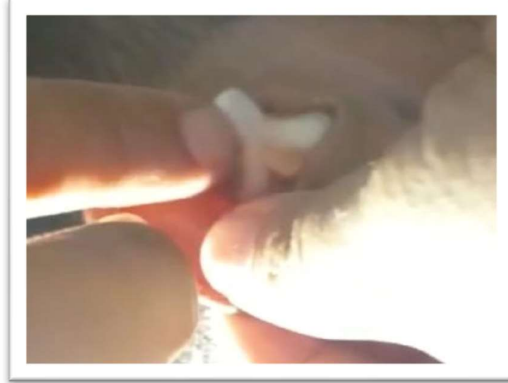
Kriyakalpa	Drug Administration	Duration
<i>Karnapramarjan with Panchvalkal Kwatha</i>	Once in Morning	1 Month
<i>Karnadhoopan with Raxoghan Dravyas (Guggulu, Haridra, Vacha, Nimba , Goghrit)</i>	Once In morning for 5-7 Minutes	1 Month
<i>Karnapichuvarti-pooran with Madhu & Sphatika Choorna</i>	Once in Morning	10 Days
<i>Nasya with Anutaila</i>	Once in morning	07 days



(A)Karna Prammarjan with Panchvalakal Kwatha

(B) Karnadhoopan with dhoomvarti made by

Guggulu, Haridra, Vacha, Nimba , Goghrita



(A)Karna-pichuvarti Pooran with madhu & sphatika

(B) Nasya with Anutail for shirovirechan 3) aushada (internal medicine given)

Drug Given	Drug Administration	Duration
<i>Swadishta Virechana Choorna</i>	At bed time with hot water	03 Days
<i>Guduchyadi + Pathyadi Kwatha</i>	30ml -Empty stomach in morning & evening	1 Month
<i>Triphala Guggulu</i>	2 tablet in morning & evening after food	1 Month
<i>Aarogyavardhini Vati</i>	2 tablet in morning & evening after food	1 Month

Observations

Chief Complaints	Before treatment	3 day	10 Day	1 Month
<i>Dakshina Karnasrava</i> (Pus discharge)	+++	++	+	-
<i>Dakshin Karna Gauravata</i> (Heaviness)	++	++	+	-
<i>Dakshina karna shravan Alpata</i> (Difficulty in hearing)	++	++	+	+

Discussion

Swadisht virechan churna Shudh Gandhak, Yashti, Sanay, Saunf, Mishri (Prepared By G.M.P Certified Parul Ayurved Pharmacy) Patient having Pitta prakruti so it was given for Virechan for koshth suddhi.

Pathyadi + Guduchyadi Kwatha having tridoshshamak, anti-inflammatory, rasayana, anti-bacterial, laxative properties. So here it may be helpful in reduce inflammation, infection and increase the immunity.

Karna Pramardan with Panchvalakal Kwatha it is Kashaya rasa dominant. Having Sodhan (cleaning) and Ropana (healing) property. So here it may help in cleaning and healing both.

Karnadhoopan with dhoomvarti made by Guggulu, Haridra, Vacha, Nimba, Goghrit having Anti-Fungal, Anti-Bacterial, Anti-Inflammatory, Anti-Septic, Anti-Spasmotic property may help in reduce the pus discharge and inflammation.

Karna-pichuvarti Pooran with Madhu & Sphatika having ropana, anti-inflammatory and Raktasodhana properties so here it may help in healing and stop the bleeding.

Nasya with Anutail for shirovirechana which expels aggravated dosha from Shirah and pacify tridosha and nourish sensory organs so here it may help in stop infectious activity and recurrence of the disease as it expels dushit doshas from ear.

Triphala Guggulu having antibacterial, antimicrobial, anti-inflammatory and analgesic properties so here it may help to control infection and reduce inflammation.

Aarogyavardhini Vati has anti-inflammatory and anti-pruritic properties which may help in reduces inflammation and stop pus formation.

Conclusion

Considering the entire factors regarding the treatment of *Karnasrava*, *Karnapichu*, *Karnadhoopana*, and herbo-mineral formulation help in the management of this ear disease. In the above case study, a significant reduction was obtained in ear discharge, perforation, and impaired hearing. Hence it can say that *Ayurvedic* medicines and procedure helps in the management of *Karnasrava*. With all the above facts it can be concluded that *Ayurveda* possesses a quality approach to alternative management of CSOM with the use of oral drugs, topical drugs as well as cleaning procedures.

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