

AYURVEDIC MANAGEMENT OF KARNASRAVA (C.S.O.M) – A SINGLE CASE STUDY

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<https://doi.org/10.46607/iamj3310042022>

(Published Online: April 2022)

Open Access

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Article Received: 11/03/2022 - Peer Reviewed: 26/03/2022 - Accepted for Publication: 27/03/2022



ABSTRACT

Introduction: According to *Acharya Sushruta*, *Karnasrava* is a disease characterized by the discharge from the *Karna* (ear) and is caused mostly by *Vata dosha Avarana*. According to modern science, this condition is linked to Chronic Suppurative Otitis Media (C.S.O.M). Chronic Suppurative Otitis Media is an inflammatory illness that affects the mucous membrane of the middle ear cleft and is characterized by purulent ear discharge, swelling, discomfort, and tympanic membrane perforation. **Objectives:** To see the effect *Karnadhoopana*, *Karnapichu*, and *Ayurvedic* drugs can help with *Karnasrava* (C.S.O.M). **Methodology:** In this case, a 31- year-old male patient had been experiencing symptoms of discharge in his left ear for over a year. *Karnadhoopana* with *Nimbaridradi Varti*, *Karnapichu* with *Jatyadi Taila* after *Pramarjana*, and an *Ayurvedic* medication (*Sitopaladi Churna*, *Tankana Bhashma*, *Godanti Bhashma*, *Guduchi satva*, *Yastimadhu Churna*, and *Kaishore Guggulu*) were used in this study for two months. The patient's chief complaints improved significantly, which was a highly important result. **Discussion:** The major goal of treatment should be to clear the Eustachian tube blockage, ventilate the middle ear cleft, and manage the secretions, systemic therapy through the oral route was also administered. According to our ancient texts, *Karnasrava* is caused by *Vata Dosha*. The *Karnadhoopana* not only dries

up the *Srava*, but also makes it difficult for bacteria to flourish. Anti-inflammatory, antiseptic, and antibacterial properties are all found in *Guggulu*. *Guggulu* is the best among the herbs described by *Acharyas* for *Vatarogas*. Azadirachtin, a molecule found in *Nimb* seed oil, has been proved to have insecticidal qualities. *Curcuma Longa* has a strong antifungal effect. *Jatyadi Taila* works on *Vrana* (wound) primarily through two mechanisms: *Shodhana* and *Ropana*, both of which aid in the healthy healing of the wound. **Conclusion:** We may claim that *Karnasrava* is a sickness that has been known since ancient times after treatment with *Ayurvedic* medications. Chronic suppurative otitis media, as described by *Acharya Sushruta*, is comparable to *Karnasrava*. *Ayurvedic* remedies can be used to cure it. After treatment, the results are promising. *Ayurvedic* remedies have long-lasting effects and are also safe.

Keywords: *Karnapichu, Karnadhoopana, Nimbaridradi Varti, Jatyadi Taila, Kaishore Guggulu.*

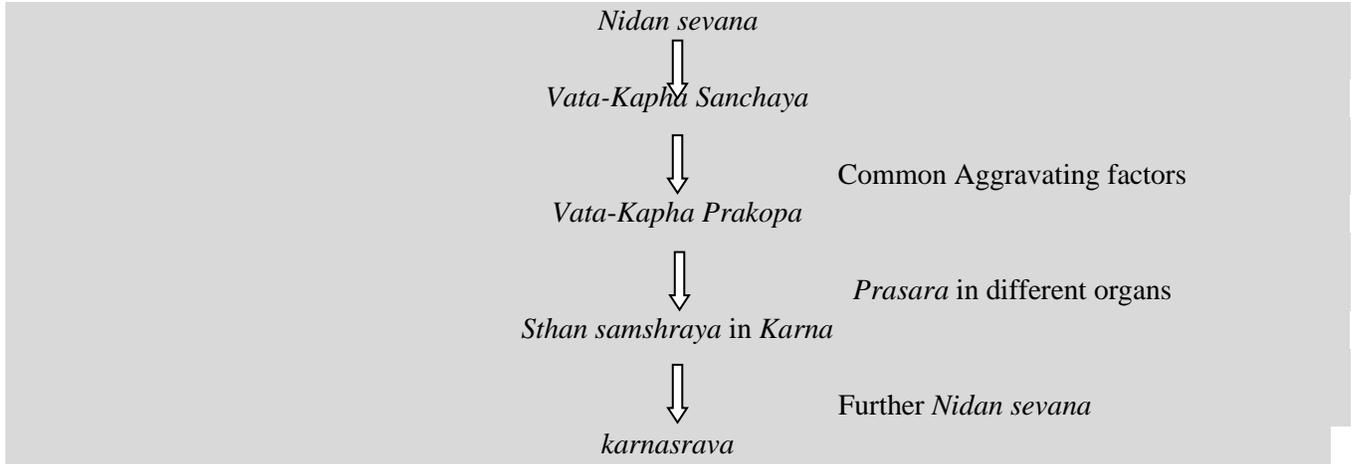
INTRODUCTION

Karnasrava is a disease mentioned by *Acharya Sushruta* in the chapter named *Karnaroga Vigyaniya*¹ under twenty-eight *Karnarogas*. *Acharya Charka* included *Karnasrava* as a symptom under the four types of *Karnarogas* due to vitiation of different *Doshas*². *Acharya Vagbhata* has described *Karnasrava* as an important symptom among all the five *Karnshoola*³.

As per modern classics, this condition can be correlated with Chronic Suppurative Otitis Media (C.S.O.M). Chronic Suppurative Otitis Media is an inflammatory condition affecting the mucous membrane of the middle ear cleft characterized by purulent ear discharge along with swelling, pain, and perforation of the tympanic membrane⁴. It affects both sexes and all age groups in India. It is also the single most important cause of hearing impairment in rural population⁵.

Both *Ayurveda* and modern science agree unanimously that the nose (Rhinitis) and nasopharynx are the main culprits for *Karna Srava* / CSOM. *Pratishyaya* is the root cause of the disease⁶.

Details of the pathogenesis of *Karna Srava* as per classics are mentioned below – Flow chart diagram:
- *Sampratpti* of *Karnasrava*⁷ –



Acharya Charaka had mentioned the treatment of Karnasrava should be on the line of Vranakriya (wound management)⁸. The general line of treatment of Karnasrava includes Shirovirechana, Dhoopana, Karnapurana, Dhavana.

With this background present study has been intended to evaluate the combined efficacy of Karnadhoopana⁹ with Nimbharidradi Varti, Karnapichu¹⁰ with Jatyadi Taila after Pramarjana and an Ayurvedic medication (Sitopaladi Churna, Tankana Bhashma, Godanti Bhashma, Guduchi satva, Yastimadhu, and Kaishore Guggulu) internally in the management of Karnasrava.

Aim and Objectives – To see the efficacy of Karnadhoopana, Karnapichu, and internal Medicines in the management of “karnasrava” w.s.r to CSOM by a single case study.

Case Report

A 31-year-old male patient came to Shalaky Tantra OPD on 10 January 2021, presented with chief complaints of pain, purulent discharge from left ear from more than three-month, reduced hearing, ringing sound and itching was noted for the last two to three months. The patient received oral antibiotics and analgesics medications for 3 months but had no relief.

Table 1: Signs and Symptoms –

S. No	Signs and Symptoms	Duration
1	Earache	More than 2 months
2	Itching	More than 2 months
3	Perforation	More than 3 months
4	Discharge from ear	More than 3 months

On examination - A small central perforation in the anteroinferior quadrant in the left tympanic membrane with the non-foul smelling mild discharge was seen in external acoustic meatus. No family history of illness. Rinne test was negative, weber test was lateralized to the affected (left) side and Air-Bone Conduction was normal in the left ear.

General Examination - The Sharirik Prakriti of the patient was Pitta-Vataj and he had a Madhyam Kostha (based on bowel habit), Madhyam Bala (physical strength), with Madhyam Satva (psychological strength).

Plan of Treatment –**Table 2:** Prepared a plan on Ayurvedic mixtures as given below.

S.NO	Drug	Dose	Anupan
1	Complex Medicine <i>Sitopaladi Churna</i> – 3 g <i>Tankana Bhashm</i> , - 250 mg <i>Godanti Bhashm</i> – 250 mg <i>Gudduchi sattva</i> – 500 mg <i>Yastimadhu Churna</i> - 1 g	5 gms two times per day after meal	Honey
2	Single medicine Kaishor Guggulu	500mg 2 times per day after meal	<i>Ushnodak</i>
3	<i>Karna Dhupana</i> <i>Nimbharidradi Varti</i>	1 -2 <i>Varti</i> (10 g per <i>Varti</i>)- 2 time per day	For Fumigation
4	<i>Karnapichu</i> <i>Jatyadi Tailam</i>	As required for Local application -2 times per day for 15-20 minutes	

Follow up – The patient came regularly after Fifteen days for three months without any single relapse. After completion of treatment patients were assessed after 3 months there were no symptoms of

recurrences. The patient got symptomatically relief after every Fifteen days which is mentioned below in table –

Table 3: Assessment of Classical signs and symptoms in each follow up -

S.NO	Symptoms	BT (Before Treatment)	AT (After-Treatment)	Follow up after 15 days	Follow up after one month	Follow up after two month	Follow up after three month
Subjective Parameters							
1	Earache	1	1	1	1	0	0
2	Itching	2	1	1	0	0	0
3	Impaired hearing	1	1	1	1	1	0
Objective Parameters							
1	Discharge	1	0	0	0	0	0
2	Perforation	1	1	1	1	0	0
3	Pure tone audiometry	1	1	1	1	1	1

Table 4: Grading suggests –

S. No	Characteristics features	Grade
1.	Earache	
	No earache	0
	Not continuous	1
	Continuous but not incapacitating normal activity	2
	Continuous throughout and incapacitating normal activity	3
2.	Itching	
	No itching	0
	Occasional itching	1

Continuous mild itching	2
Continuous severe itching	3
3. Impaired hearing	
Absent	0
Unable to hear the whispering voice	1
Unable to hear normal voice	2
Unable to hear a loud voice	3
4. Discharge	
Absent	0
Mild – scanty secretion near the tympanic membrane	1
Moderate – secretion irritating in the ear canal	2
Severe secretion coming out of ear canal	3
5. Perforation	
No perforation of tympanic membrane	0
Mild- Pin hole small central perforation (<2 mm)	1
Moderate – large central perforation (2 to 3 mm)	2
Severe subtotal perforation (> 3mm)	3
6. Pure tone audiometry	
Up to 25 dB	0
26 to 45 dB	1
45 to 65 dB	2
More than 65 dB	3

Table 5: Pathyapathya (Do and Don't) Chart –

Pathya in Karna srava			
A	Ahar (Diet)		
	1	Drava	Purana ghruta (Old Ghee)
	2	Phala	---
	3	Anna	Gehu (wheat), Shali chaval (rice), mudaga (Green gram), Yava (Barely), Lavka, Mayur-Harina, titir murga maamsa (Meat), karvellaka (Bitter Gaud), Patola (pointed gourd), Sahijana (moringa), Punarnava Shaka, Sunishnika shaka
B	Vihar (Regime)		Brahmacharya (Celibacy), atialpa bolana (Less talkative)
C	Aushadh (Medicine)		Rasayana sevana (Antioxidant treatment)
D	Upakrama (Therapy)		Swedana (medicated steam), Virechana (medicated purgation), Vaman (medicated emesis), Nasya (nasal drops), Dhumapana (Medicated smoke inhalation) and Raktamokshana (bloodletting)
Apathya in Karna srava			
A	Ahar (Diet)		
	1	Drava	---
	2	Phala	---
	3	Anna	Viruddha anna evam pana ka sevana (incompatible diet), kapha karaka evam guru padartho ka sevana
B	Vihar (Regime)		Vyayama (Exercise), Shirahsnana (head-bath), danta kashta, sheeta vayu evam shital jala ka sparsha

DISCUSSION

According to Ayurveda classics, *vata dosha* is responsible for *Karnasrava* in which *srava* is the main symptom and one of the most important features of *ruksha sweda* is to dry. Hence in *karnasrava* the *Karnadhoopan* not only dries up the *srava* but also creates the unfavorable condition for the growth of microbes. The fumes of *dhoopan* may bring about the sedative effect and dries up the *srava*¹². Heat also helps in vasodilatation and increased blood circula-

tion thereby helping in better absorption of drugs and healing. The main function of *Jatyadi taila* is on *vrana* (wound) mainly in two ways *shodhana* and *ropan* which help in proper healing of the wound. For local application, *taila* was used as *Karna Pichu*. Local action of *Pichu* is based on cellular absorption of the medicine, act as in *snehana*, *Sodhana*, *Ropana*, etc... Detailed reported pharmacological activities of herbo-mineral drugs are enlisted below -

Table 6: Reported Pharmacological Activities of Drugs –

S.No.	Drug	Reported Activity
1	<i>Sitopaladi Churna</i>	<i>Vata-kapha</i> balancing property and rejuvenating effect
2	<i>Tankana Bhasma</i>	Antiseptic and Anti-inflammatory properties
3	<i>Godanti Bhashm</i>	Anti-pyretic, anti-inflammatory, and analgesic properties
4	<i>Gudduchi sattva</i>	Antimicrobial and antioxidant activity
5	<i>Yastimadhu Churna</i>	Anti-inflammatory and antioxidant activity
6	<i>Kaishor Guggulu</i>	Anti-allergic, anti-bacterial, antioxidant, and Blood purifying property, wound healing property along with the antioxidant effect
7	<i>Nimbharidradi Varti</i>	Antibacterial and wound healing property
8	<i>Jatyadi Tailam</i>	Wound healing property

Table 7: Probable mode of action or *Samprapti Vighatana*²⁰ –

S.NO	<i>Samprapti Ghatak</i>	<i>Karnasrava</i>	Effect of Herbo-mineral Compound
1	<i>Doshaj</i>	<i>Vata-Kapha</i>	<i>Vata-Kapha shamak</i>
2	<i>Dushya</i>	<i>Rakta</i>	<i>Raktaprasadkara</i>
3	<i>Agni</i>	<i>Jatharagni mandya</i>	<i>Deepan, pachan</i>
4	<i>Ama</i>	<i>Jatharagni mandya janya</i>	<i>Nirama</i>
5	<i>Srotas</i>	<i>Shabdavahi srotas</i>	<i>Shulaghna</i>
6	<i>Udbhavsthan</i>	<i>Amashayajanya</i>	<i>Vata-kaphashamakRaktaprasadkara, ranaropana</i>
7	<i>Sanchay sthan</i>	<i>Shrotovahi Sira</i>	<i>Vata-kaphashamakRaktaprasadkara, ranaropana</i>
8	<i>Adhistan</i>	<i>Karna Pradesh</i>	<i>Vata-kapha shamak Raktaprasadkara, vranaropana</i>
9	<i>Vyakta sthan</i>	<i>Karna Pradesh</i>	<i>Vata-kapha shamak Raktaprasadkara, vranaropana</i>
10	<i>Dusti Prakar</i>	<i>Atipravriti</i>	<i>Vranaropan, Dhatusushtikara</i>
11	<i>Rogamarga</i>	<i>Madhyam</i>	<i>Vranaropana</i>
12	<i>Vyadhi svabhav</i>	<i>ati srava</i>	<i>asrava</i>
13	<i>Sadhyasadhyata</i>	<i>Kriccha sadhya</i>	<i>Sadhya</i>

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*. During the treatment period, *pathya* and *apathy* (dietary regime) should be strictly followed. With all the above facts it can be concluded that *Ayurveda* possesses a quality ap-

proach to alternative management of CSOM with the use of oral drugs, topical drugs as well as cleaning procedures.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Seema Yadav et al: Ayurvedic Management Of Karnasrava (C.S.O.M) – A Single Case Study. International Ayurvedic Medical Journal {online} 2022 {cited April 2022} Available from: http://www.iamj.in/posts/images/upload/1047_1053.pdf