

Ayurvedic Management of Karnasrava with oral medicine - A case study

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Introduction:

Acharya susruta described *Karnasrava* in *uttartantra* chapter 20 *karnasrava* correlate with otitis media. 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 tympanic membrane.

Objectives: To evaluate the efficacy of *Gandhak rasayan* and *Triphala guggulu* in the management of *Karnasrava* cases.

Methodology: The patient was selected from our hospital Shalakyta Tantra OPD, 36year Patient come with the complaints of pain and discharge from right ear last 13 days then after clinical examination on the basis of symptoms medicine given for *karnasrava*.

Discussion:

In *karnasrav navutpana*, *alpa dosha* and no complication can managed by only systemic medicine, If we go in details, we found that long lasting blockade in Eustachian tube and improper treatment are the main reason to existing chronic otitis media. The common treatment use antibiotic drops, steroid containing drops, aural toilet, granulation tissue control, systemic therapy and surgery for chronic ear disease. Here in this case we applied only systemic medicine by oral route.

Conclusion: After the treatment with Ayurvedic medicines as we can say that *Karnasrava* is a disease which is known from ancient era. Chronic suppurative otitis media is similar to *Karnasrava* as described by *Acharya Sushruta*. It can be treated with Ayurvedic medicines gives a good result.

KEYWORDS- *Karnasrav*, *Gandhak rasayan*, *triphala guguuglu*, steam inhalation

INTRODUCTION

Acharya Charaka has described about four types of *Karna roga* (*vataj, pittaj, kaphaj* and *sannipataj*). *Acharya Sushruta* has described twenty eight types of ear diseases. *Acharya Vagbhatta* has described twenty five types of *Karna roga* but did not say anything about *Karnasrava*. *Acharya Susruta* is the first who described *Karna Srava* as a disease. Ayurvedic texts have referred *Karnasrava* as a disease rather than a symptom signifying its prevalence in that era. According to *Acharya Sushruta* has said about etiology of the disease that trauma of head, drowning or head bath and suppuration of ear abscess causes *Karnasrava*. He advocates that *Avrita Vata* is the underlying pathology which leads to discharge ear. Chronic suppurative otitis media is chronic inflammation of mucous membrane lining of the middle ear cleft.

MATERIALS AND METHODS

Karnasrava case study- a 36 year male patient came in Shalakyta tantra OPD in our hospital with complaints of pain and discharge in right ear since last 13 days on the date 25/05/2021, after subjective complaints and clinical examination diagnosis made *Karnasrava*.

CLINICAL FINDINGS

Autoscopy finding – pin point perforation of Tympanic membrane (antero-inferior quadrant)

Discharge – Right Ear mild discharge present in External auditory canal, mucopurulent and no foul smell, no blood. Left ear TM retracted

Hearing test – Rinne test – BC < AC due to perforation conductive hearing loss

Weber test – lateralized to left ear and Left AC > BC

Pain – severe at night specific

Nose – mild rhinitis seen

Throat – Post Nasal drip and mild congestion seen

DOSE AND MODE OF ADMINISTRATION

In *Karnasrava* patient give orally medication –

1. Tab. *Gandhak rasayan* 2 tab 2 time with warm Cow milk
2. Tab. *Triphala guggulu* 2 tab 2 time with warm water
3. Pain hot water steam inhalation 2 time - 15 days

After 7 days follow up 2 follow ups taken during treatment

DURING TREATMENT PRECAUTION TAKEN

Diet - avoid cold food and cold drinks, species etc.

Vihar – Avoid travelling on bike (direct exposure to wind) swimming, head bath etc.

GRADING

Pain grading.

No earache	0
Not continuous	1
Continuous but not incapacitating normal activity	2
Continuous throughout and incapacitating normal activity	3

Ear discharge grading

No discharge	0
Serous	1
Mucoid / mucopurulent	2
Sanguineous	3

RESULT

DATE	0 DAY	7 TH DAY	17 TH DAY
Pain	3	1	0
Discharge	2	1	0

When the patient came grading 3 (severe pain) and discharge became mucopurulent.

After 7 days of treatment pain decreased but pain intensity is decreased severe to not continuous and discharge inactive.

Then 14th day pain and discharge not seen.

DISCUSSION

Due to *Nidana sevana* and injury in ear canal, disease produced *karnasrava* can managed by *ayurvedic* oral medication.

MODE OF ACTION OF MEDICINE

In this study *karnasrava* managed by oral medicine *Gandhak rasayan* have anti-bacterial, anti-microbial and anti viral properties, reduced the infection of ear like chronic or acute suppurative otitis media.

Triphala guggulu is analgesic and anti-inflammatory properties reduced the pain and inflammation.

Gandhaka rasayan and *triphala guggulu* properties many article published.

CONCLUSION

Karnasrava is management by Ayurvedic medicine and its gives good results.

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