ABSTRACT:

Karnastrava is a recurrence condition in malnourished and low immunity patients. URTI is one of the most responsible factors for karnastrava. It is diagnosed with symptoms like karnastrava, putikarna, krimikarna, karnabadhirya etc. It relapses after using various antibiotics. In Ayurveda Achary Sushrut has described Guggul dhupan for karnastrava, guggul acts with its ushna, tikshna guna and vatshamak, kaphshamak, shothhar, jantughna, vrinashodhan, vrinaropan, vedanashaman action which are useful for the management of karnastrava. In present case study patient of karnastrava was cured by guggul dhupan.

KEYWORD: putikarna, karnastrava, krimikarna, otitis media, guggul, dhupan.
INTRODUCTION:

Now a days there are number of higher antibiotics, still it is challenge to treat middle ear infection and so its recurrence mostly occurs. Sushrut has already described the treatment of Karnastrava (discharge from ear), Putikarna (Faull smell) and Krimikarna2

Today every persons lifestyle is changed with food habbit, working hours, type of work & pollution etc., these factors are responsible for upper respiratory tract infections which leads to otitis media (Karnastrava)1. Sushrut has described the treatment for Karnastrava is guggule dhup (commifera mukul)4. As the gug gule is ushna (hot property) acts vatshamak (deviates), due to tikshna (sharp), ushna gun it is kaph shamak5. Guggul is also shothhar (anti inflammatory), Jantughna (anti microbial), Vranashodhan (cleaning) , vranaropan (wound healing) and vednasthapan5 (analgesic), it is used in kaph Vat roga. Dhupan (smoke) of guggul can easily reaches at affected area. This property of guggul is useful in the management karnastrava (discharge from ear).

So, here we present a case where chronic otitis media (karnastrava) is treated with guggul dhupan.

Aim

The aim of this case study was to find out the results of guggul dhupan (commifera mukul) in karnastrava (discharge from ear / otitis media).

CASE REPORT

A female patient named Kaveribai Mohan Kamble, age 42 years, r/o of Udgir came in opd of shalakyatantra, Dhanwantari Ayurved Medical college and hospital, Udgir, Dist Latur. Her prakruti (physical nature) was vat kaph with following complaints.

- Discharge from left ear (Karnastrava/Puyastrava),
- Karnakandu (itching).
- Durgandha (Faull smell) and
- karananad (tinnitus) since 6 to 7 days.

Past History

Patient has history of taking Allopathic treatment since one and above year but above symptoms occurs immediately. The patient has no systemic disease.

Examination

On examination puyastrava (purulent discharge) was gadha (thik), prabhat (large) with durgandha (faull smell). On cleaning discharge, small tympanic membrane perforation seen with conductive deafness, there was no otitis externa.

Systemic Examination

Patient was conscious, with good general condition, pulse rate was 82/min, blood pressure was 130/80 mm of Hg and temperature was 98F.

Blood Investigations

- Haemogram : 9 gm%
- Blood Sugar : Fasting-80 mg/dl and post meal was 120 mg/dl.
- Urine routine & microscopic was normal.
- The pus culture report showed the presence of staphylococcus.
- X-ray Mastoid is normal.

Material & Methods :

After proper investigation and examination Firstly the puyastrava (purulent discharge) was cleaned with ear buds then the dhupan is given by keeping the guggul on hot
pan (tava) and it is covered with aluminum funnel. Mahishaksha guggul of ground nut sizes (8 to 10 grams) is advised to use two to three times a day for fifteen days. Before taking dhupan strava (discharge) was cleaned every time with earbud. Dhupan was given for 2 to 3 minutes only. Along with local treatment firstly til tail (oil) massage given then nadi swed (tube fomentation) of dashmul bharad (row powder) was given to face area for 5 to 6 minutes.

Oral medication

Orally shankha bhasma (250 mg.) and kapardik bhasma (250 gm.) given with Go ghrit (cow ghee) in 5 ml. dose for 2 times a day. Arogyavardhini tablet 250 mg. 3 times a day with lukewarm water for 7 days.

Follow up

After 7 days puyastrava (purulent discharge), karnkandu (itching) gate reduced with minimal tinnitus. There was no strava, itching and tinnitus after one month follow up.

Dry perforation was present.

DISCUSSION

Guggul has laghu (light), ruksha (dry), tikshna (sharp) gun with ushna veerya and it is Vat kaph shamak. This property reduces the discharge. As Guggul is shothahar (anti inflammatory), jantughna (anti bacterial) it reduces inflammation of middle ear cleft mucosa which helps to minimize the heaviness and itching in ear. Ghrita pan improves the patient general health by increasing the immunity as sushruta advised samanya chikitsa (general treatment) in karnaroga (diseases of ear). Use of nadi swed (hot fomentation through a tube) acts as soothing & reduces the heaviness of ear, it helps to drain the discharge by opening the Eustachian tube. The tikshna, ushna contents of arogyavardhini tablet stopped the dhatu pak (liquification of mucosa) which reduces putistrava (fault smell discharge). Shankh and kapardik bhasma is stravanashak, jantughna and stravashoshak. Vat shaman helps to treat tinnitus.

Shaman of kapha reduces itching. Eustachian tube patency improves Karnabadhira (deafness).

The Rosayan (regumination) drugs and multivitamins are advised to patient.

There were no Adverse event throughout the management of Karnastrara.

RESULT :-

The guggul dhup is useful in the management of Karnastrara (discharge from ear) without any adverse effect. There was no recurrence for 2 month, general health of patient get improved by supporting treatment.

CONCLUSION:-

Karnastrava (otitis media) is disease which may lead to severe complications.

Ayurvedic line of treatment gives useful result in the management of Karnastrara by improving general status.

The mode of treatment was found to be cost effective, safe and ease to implement.

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