



## **Ayurvedic Management of Karnasrava with Oral Medicine - A Case Study**

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### **ABSTRACT**

*Acharya Susruta described Karnasrava in uttaratantra 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 Gandhakrasayan and Triphalaguggulu in the management of Karnasrava cases. Methodology: The patient was selected from our hospital Shalakya 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 karnasravnavutpana, alpadosha and no complication can be 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 uses 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:** Karnasrava, Gandhakrasayan, triphalaguguuglu, steam inhalation

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### **INTRODUCTION**

*Acharya Charaka has described about four types of Karnaroga (vataj, pittaj, kaphaj and sannipataj). Acharya Sushruta has described twenty-eight types of ear diseases. Acharya Vaghbhatta 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 [1,2]. 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 [3,4]. 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.*

### **MATERIAL AND METHODS**

*Karnasrava case study- a 36 year male patient came in Shalakya 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 [5,6].*

### **CLINICAL FINDINGS**

**Autoscop 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. *Gandhakrasayan* 2 tab 2 time with warm Cow milk
2. Tab. *Triphalaguggulu* 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

**Table1 : Pain grading.**

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

**Table 2: Ear discharge grading**

No discharge	0
Serous	1
Mucoid / mucopurulent	2
Sanguineous	3

#### RESULT AND DISCUSSION

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 14<sup>th</sup> day pain and discharge not seen.

Due to *Nidanasevana* and injury in ear canal, disease produced *karnasrava* can managed by *ayurvedic* oral medication [7,8].

#### MODE OF ACTION OF MEDICINE

In this study *karnasrava* managed by oral medicine *Gandhakrasayan* 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 [9].

#### CONCLUSION

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

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