Ayurvedic management of Karnasrava (Otorrhoea)

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1. PG SCHOLAR Shalakya Tantra (Karna Nasa Kantha & Shiro Roga)
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ABSTRACT:
The aim is to present a compiled literature study of all the possible aayurvedic management in Karnasraava. Karnasraava is a condition in which theirs discharge through ear and is classified into many types with various causes. The discharge could be watery, purulent, blood stained, yellowish etc. If it’s not treated at proper time then may lead to dangerous consequences leading to spread of disease to other URT orifices and even brain. Karna Pramaarjana, Karnaprakshaalan, karnapurana etc with different medicines is advised in many ear diseases causing karnasraava.

KEYWORDS: Karnasraava, Pramaarjana, karnapurana, Karnaprakshaalan,

INTRODUCTION (AETIOLOGY & SYMPTOMS):
Shiroabhighaata¹ (Head Injury) leads to raktasraava through ear.
Jalanimajjan/Jalavatsraava² (CSF Rhinorrhoea) due to the fracture of Middle Cranial Fossa and puyasraava due to bhedana after vidradhi paak.
Puyasraava/putikarna³ (otitis externa or acute/chronic secretory otitis media) is when the kapha vilayana takes place from the karnasrotasa due to ushnata of pitta followed by atighana, durgandhit, kledayukta, and vedanayukta / avedanayukta puyasraava⁴.

Jalanimajjan leads to excessive kotha & kledanirmiti in karna due to pittaprakopa transforming into paak sometimes causing
Karnavidradhi\textsuperscript{5}. Karnavidradhi is of 2 types. Kshataja due to injury/repeatedly cleaning/scratching ear with some faulty techniques/instruments and Doshaja because of vataadi dosha prakopa/ raktamaansadi dhatu dushti causing todavat vedana, karnadhumayana, daaha, chosha, sarakta/pita/aruna sraava. Similiarly the sraava could be due to krimikarna, karnarsha, karnaguthaka etc.

**MATERIAL & METHODS:**

**Treatment:**

In the management of karnasraava, Pramaarjana is the first line of treatment (twice a day according to Vagbhata) with Varti/Pichu/Kurchika\textsuperscript{6} and thereafter Karnaprakshaalan with Aaragwadhadi (Rajvrukshadi)/Surasaadi Gana Dravya only if karnapatala bheda is not there\textsuperscript{7}. Then Pramaarjana is repeated followed by Dhupana with Gugguladi Dravya\textsuperscript{8}. After that karnapurana with the same Karnaprakshaalan dravya churna, panchakashaaya dravya churna kwatha with madhu and kapitharasas/ sarjatwaka churna/ karpaasaphalarasa with madhu/ laaksha rasanjana raal suksha churna/ aamrakapitthadi swaras/kalka/kwatha Siddha Taila Purana\textsuperscript{9}.

Priyangwadi taila\textsuperscript{10} (priyangu, yashtimadhu, ambashtha patra, dhaataki, manahsheela, shaalparni, manjishtha, lodhra, laaksha) karnapurana or only with kapiththa rasa siddha taila.

In karnapaaka, Pittavisarpa Chikitsa\textsuperscript{11} (Sheeta Lepa, Sechana kriya etc) is advised. Kshaaratala karrnapurana\textsuperscript{12} is used for putikarna, krimikarna, karnakandu, kleda, badhirya, karnashula.

In putikarna / krimikarna, karsnaaava Chikitsa\textsuperscript{13} (Pichu/Kurchika Pramaarjana) done after doing proper examination of ear. If puyasraava is they’re in it after paakotpatti then dhuma (of dried ripped brinjal), Gandusha, Kawalagraha, nasya, Vamana karma etc with Naadivrana/Dushta varna (Shodhana Ropanaadi) Chikitsa, Pramaarjana, Karnaprakshaalan, Dhupana with yava, agaru, madanaphala with ghrita or ghrita and guggulu or with karnadurgandhi naashana guggulu dhuma.

After Dhupana Sarshapa Taila Karnapurana.

Karnapurana in Jeerna karnasraava and putikarna with streedugdha, ghrita triturated in Rasanjana and madhu. Karnapurana of Nirgundi Swaras, taila, Saindhava,
dhumaraja (grihadhuma), guda & madhu subsides putikarna. Pichuvarti dipped in Surasaadi gana kwatha and faanita is kept in the infected ear. Karnapurana with the same but in churna form. Dhupana followed by karnapurana with madhu.14

Theirs twacha/mamsa/raktadi kotha and klesha in krimikarna due to vataaditridosha dushti.

Katu, tikshna, ushnaushadha kwatha parisheka and lepa is advised in karnashopha (shopha due to prolong kaphadushti in karna) 15. Ruksha, Tikta, Katu aahara with naadisweda, vanama, dhupana, tikshnavirechana, kaphashodhana. Shirovirechana and Gandusha also suggested. Due to ushnata of pitta, their happens to be kapha shoshana of karnasrotasa and formation of karnaguthaka/karnaveeta/ karnavarcha which should be made shushka by karnapurana of taila(prakledana) and thereafter swedana, vilayana, shalakayantra nirharan.

DISCUSSION:

Therefore from the total review it can be said that the first thing to be done in karnasraava is cleansing the External auditory canal slowly to clean the sraava, remove any debris etc with sterile media & instrument so as to keep the karnapatala safe from any injury and it becomes easier for examination and deciding the appropriate treatment (for the same Pramaarjana & Karnaprakshaalan are explained). Secondary Dhupana is advised for keeping it dry and away from any further infections. And then Karnaprakshaalan followed by karnapurana, Varti etc. Internal medications also can be given like Triphala guggulu, Sarivadi Vati etc.

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