

2. THE ROLE OF GUGGUL DHUP IN THE MANAGEMENT OF OTITIS MEDIA (KARNASTRAVA) A CASE REPORT

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INTRODUCTION :

There is availability of number of higher antibiotics, still there is challenge to treat middle ear infection and so its recurrence mostly occurs. Sushrut has already described the treatment of Karnastrava, Putikarna and Krimikarna.²

Today every persons lifestyle is changed with food habit, 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 dhupan⁴. As the guggule is 'ushna' acts 'vatshamak,' due to 'tikshna, ushna gun, kaph shamak'⁵. Guggule is also shothhar, Jantughna, Vranashodhan, vranaropan and vednasthapan⁵, it is used in kaph wat rog'. Dhup of guggule can easily reaches at affected area. This properties of guggule is useful in the management karnastrava.

So, here I present a case where a chronic otitis media (KARNASTRAVA) is treated with' guggule dhup.'

CASE REPORT:

A 40 years female patient of vat kaph prakruti presented with complaints of discharge from left ear (Karnastrava/ Puyastrava), itching (Karnakandu) fall smell (durgandha) and tinnitus (karnanad) since 6 to 7 days. Patient have history of taking treatment since one and above year but above symptoms occurs intermediately. On examination puyastrava was gadha, prabhut with faull smell, on cleaning no otitis externa, tympanic membrane perforation, seen with conductive deafness. Mastoid x-ray and all routine blood investigation was normal. The pus culture report showed the presence of staphylococcus.

The patient has no systemic disease. Patient general status is poor. Firstly the puyastrava was cleaned with bud then the dhup is given by keeping the guggule on hot pan (tava) and it is covered with aluminium funnel. Mahishaksha guggule of groundnut sizes (8 to 10 grams) is advised to use 2-3times a day for 15 days. Before taking dhup the every time strava was cleaned with ear bud dhupan was given for 2 to 3 minutes only. Along with local treatment firstly tiltail massage given then nadi swed³ of dashmul bharad was given to face area for 5 to 6 minutes, orally shankha bhasma (250 mg.)⁶, and kapardik bhasma (250 gm.) given with go ghrut in 5 ml. dose for 2 times a day. Arogyavardhini tablet 250 mg. 3 times a day with lukewarm water for 7 days. After 7 days puyastrava, itching gate reduced with minmal tinnitus. There was no strava, itching and tinnitus after one month follow up. Dry perforation was present.

DISCUSSION:

Guggule has laghu, ruksha, tikshna gun with ushna veerya and it is wat kaph shamak this property reduces the discharge. Guggule is shothahar, jantughna it reduces inflammation of middle ear cleft mucosa which helps to minimize the heaviness and itching in ear. Ghrita pan improves the patient geneal health by increasing the immunity as sushruta advised samanya chikitsa in karnarog. Use of nadi swed acts as shoothing & reduces the heaviness of ear, it helps to drain the discharge by opening the estachian tube. The tikshna, ushna contains of arogyavardhini tablet stoppes the dhatu pak which reduces putistrava. Shankh and kapardik bhasma is stravanashak, jantughna and stravashoshak. Vat shaman helps to treat tinnitus⁵.



Shaman of kapha reduces itching. Eustachian tube patency improves Kasnabadhirya.

The Rasayan drugs and multivitamins are advised to patient. There were no Adverse event throughout the management of Karnastrara.

RESULT :

The guggule dhup is useful in the management of Karnastrara without any adverse effect. There was no recurrence for 2 month,

general health get improve by supporting treatment.

CONCLUSION:

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

Ayurvedic line 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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