

## Management of Karnasrava – A Case Report

Dr. Yuvraj More<sup>1</sup>, Dr. Vinod Jadhav<sup>2</sup>, Dr. Santosh Pujari<sup>3</sup>

<sup>1</sup>PG Scholar, <sup>2</sup>Professor and HOD, <sup>3</sup>Professor, Guide,

<sup>1, 2, 3</sup>Department of PG Studies in Shalakya Tantra, SVMAMC, Ilkal, Karnataka, India

### ABSTRACT

As per Acharya Sushruta Karnasrava is the condition characterized by discharge from Karna (ear) and occurs mainly due to Avarana of Vata doshas. Among many types of *Srava*, *Twakagata* and *Mamsagata Srava* can be clinically correlated to Chronic suppurative 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. Prolonged condition causes mastoiditis, sub-periosteal abscess, trigeminal neuralgia, facial paralysis, meningitis and labyrinthitis.

The treatment of this particular disease has never been satisfactory and therefore, a number of treatments were advised to relieve this condition. So as to overcome above problems there is a need to find cheaper and easily available Ayurvedic medicine.

In this study, a patient fulfilling the diagnostic and inclusion criteria of chronic otitis media was selected and an Ayurvedic medication - Raasnaadi Guggulu and Sarivaadi vati which is given for 1 month. The efficacy of the drug was analyzed in terms of the relief produced in the signs and symptoms before and after treatment.

**KEYWORDS:** Karnasrava, CSOM, Tympanic membrane, Raasnaadi guggulu, Sarivaadi vati

### INTRODUCTION

In *Vranasrava Vigyaniya Adhyaya*, Acharya Sushruta has described many types of *Srava*. Among them *Twakagata* and *Mamsagata Srava* can be clinically correlated to Chronic suppurative Otitis media. Acharya Charaka has described about four types of Karna roga (diseases of ear). Acharya Sushruta has described twenty eight types of ear diseases<sup>1</sup>. Acharya Vagbhatta has described twenty five types of Karna roga (diseases of ear). Acharya Sushruta 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.

Chronic Suppurative Otitis Media is a long standing infection of a part or whole of the middle ear cleft characterized by ear discharge and a permanent perforation<sup>2</sup>. A perforation becomes permanent when its edges are covered by squamous epithelium and it does not heal spontaneously. A permanent perforation can be linked to an epithelium lined fistulous track

**How to cite this paper:** Dr. Yuvraj More | Dr. Vinod Jadhav | Dr. Santosh Pujari "Management of Karnasrava – A Case Report" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-3, April 2022, pp.916-918, URL: [www.ijtsrd.com/papers/ijtsrd49646.pdf](http://www.ijtsrd.com/papers/ijtsrd49646.pdf)



IJTSRD49646

Copyright © 2022 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



The prevalence of otitis media varies in different countries, populations and ethnic groups. Studies around the world have reported that the prevalence of acute suppurative otitis media varies from 2.3% to 40%, chronic suppurative otitis media 1% to 46%. The prevalence rate of acute suppurative otitis media in India is around 17-20% and Chronic suppurative otitis media estimates a range between 1-46%.

According to Acharya Sushruta the etiologies like trauma of head, drowning or head bath and suppuration of ear abscess causes Karnasrava<sup>3</sup>. He advocates that Avrita Vata is the underlying pathology which leads to discharge ear. Acharya Sushruta mentions general line of treatment for karna roga. It comprises of ghrta pana, rasayana sevana, Avoid excessive work, Head bath, Sexual intercourse, excessive Talk etc. Therefore Samanya and Vissha chikitsa siddantha<sup>4</sup> is essential to do Samprapthi

vigatana of Karnasrava which is essential in managing the Karnasrava by eliminating the Vitiated doshas.

## CASE REPORT

A 26 year male patient complains of Right ear Karnasrava since 6 months, associated with mild reduced hearing, itching sensation in the ear and very often ringing sound in the ear.

### Past history:

Patient was given a history of fever, severe cough and cold, therefore he consulted local doctor and got treated before 6 months, later a week after Patient gradually developed karnasrava and ringing sound in the right ear

On examination right ear =

EAC- Mucopurulent discharge

TM - Not visible

Tuning fork test – Rinnes test negative and

Webers test lateralized to right ear

Diagnostic criteria: Based on classical symptoms of karna srava

### Sign and Symptoms<sup>5</sup>

**Table no 1. Showing sign and symptoms of Karnasrava**

Karnasrava	++
Karna kandu	+
Karnashula	-
Badhiryta	+
Karnanada	+
Karnaprathinaha	-

### Treatment Schedule:

Medicine	Dosage	Duration	Anupana
Rasnaadi Guggulu	500 mg	1 Bd after food for 15 days	Leukwarm water
Sarivaadi Vati	500 mg	1 Bd Before food for 15 days	Leukwarm water

Follow up: Patient were advised to come for follow up on 30th and 45<sup>th</sup> day

### Assessment criteria:

Effect of the treatment will be assessed with the help of parameters. The parameters selected for the study were divided in two categories

1. Subjective parameters
2. Objective parameters

### 1. Subjective parameters with Gradings

#### A. Karnasrava

- a. Nature of discharge.

0 - No discharge . 1- watery, 2- Mucopurulent, 3 – Purulent

- b. Amount of discharge

0 – No discharge , 1- Scanty, 2- Moderate, 3 – Profuse.

- c. Periodicity

0. No discharge, 1.- Occasionally, 2- Intermittent, 3- Constant

- d. Colour of discharge.

0 – No discharge, 1 – Whitish , 2- Yellow, 3- Greenish

#### B. Karna kandu –

0 – No itching, 1- Mild, 2 – Moderate , 3 – Severe

#### C. Karnashula

0 - No pain, 1 – Pain is tolerable, 2 – Pain can be controlled , 3- Pain disturbing patients routine work

#### D. Badhiryta

0 - No hearing loss, 1- Mild, 2 – Moderate, 3- Severe.

#### E. Karnanada

0 – No sound 1- Occasional, 2 – Day / night, 3 - Continuous

#### F. Karnaprathinaha

0 - No blockage, 1- Occasional feeling of blockage, 2- Day / Night, 3 – Whole day feeling of blockage

## 2. Objective parameters

#### A. Otoscopic examination

#### B. Tuning fork test

### Assesement of Results

Subjective Parameter: The effect of therapy on Subjective parameter was assessed below:

No improvement	0 – 25%
Mild Improvement	26- 50%
Moderate Improvement	51- 75%
Marked Improvement	76- 100%

### Observation and Results:

Parameters	BT	AT	% Change in Improvement
Karna srava	2	1	50 %
Karna kandu	2	1	50%
Karna shoola	0	0	0
Badirytha	1	0	100%
Karnaprathinaha	0	0	0

## DISCUSSION :

After treatment , Patient got 50 % relief from *Karnasrava and Karna kandu* and 100% relief in *Badirytha*. After follow-up days, the patient was absolutely normal. No side-effects were Observed during study period.

## CONCLUSION :

*Ayurveda* enlists various *nidanas* which includes *Aharaja, Viharaja* and *Manasika* factors etc. Most of

the *nidanas* mentioned in our classics go in similarity with Karnasrava, which has an active part in the diagnosis of the condition and as well as in planning the Chikitsa. The first line of treatment is *Nidanaparivarjana* and following proper pathya Ahara-vihara is needed.

It is the single case study by the intervention of Rasnaadi guggulu and Sarivaadi vati showed moderate improvement in the both Subjective and Objective parameters.

Therefore the combined effect of Rasnaadi guggulu and Sarivaadi vati highly effective in the management of *Karnasrava* W.S.R to CSOM.

## REFERENCES

- [1] Kaviraja Ambikadutta Shastri; Sushruta Samhita of Maharsi Susruta with the Ayurveda tattva Sandipika hindi Commentary; Chaukhambha Sanskrit Sansthan Varanasi, reprint 2010; Uttartantra.20/3, pg.No.111.
- [2] Disease of ear, nose and throat & head and neck surgery- P. L. Dhingra and Shruti Dhingra Elsevier publication 6th edition 2014, pg. no.77.
- [3] Kaviraja Ambikadutta Shastri; Sushruta Samhita of Maharsi Susruta with the Ayurveda tattva Sandipika hindi Commentary; Chaukhambha Sanskrit Sansthan Varanasi, reprint 2010; Uttartantra 20/10, pg. No. 127.
- [4] Kaviraja Ambikadutta Shastri; Sushruta Samhita of Maharsi Susruta with the Ayurveda tattva Sandipika hindi Commentary; Chaukhambha Sanskrit Sansthan Varanasi, reprint 2010; Uttartantra 21/3, pg. No. 127.
- [5] Charaka Samhita with the Vidyotini Hindi Commentary; Chaukhambha Bharati Academy Varanasi, reprint: 2005 chikitsa sthana, 26/127, pg. No. 742.

