

AYURVEDIC MANAGEMENT OF OTOMYCOSIS (KAPHAJA KARNA SHOOLA) - A CASESTUDY

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ABSTRACT

Ayurveda being the science of life deals with the detailed description & management of *karnarogas*. Karna being the organ of hearing is given more importance. *Karnashoola* is one among the most common conditions. Among the different types of *karnashoola* explained, *kaphaja karnashoola* can be correlated with otomycosis which is a common disease of external ear. It is characterized by Otagia (*Manda ruja*), Itching (*Kandu*), thick ear discharge (*Ghana shruti*), ear blockage, reduced hearing and ringing sound in the ear (*Vaisruthya*). Also the disease exhibits a peculiar nature of recurrence, hence it is the need of the society that medical science contributes, to the treatment of otomycosis which is cost effective and efficient enough to prevent recurrence. Here, in this article an attempt is made to discuss a case of *kaphaja karnashoola* (Otomycosis).

KEYWORDS: *Kaphaja karnashoola*, Otomycosis.

INTRODUCTION

Otomycosis is one of the most common disease in ENT clinics, especially in hot and humid area. Fungal Infection of External Auditory Canal (EAC) is called as Otomycosis. It is characterized by Otagia, Itching, ear discharge, ear blockage, reduced hearing and ringing sound in the ear which are very similar to Kaphaja Karnashoola.^[1] Other major sign of Otomycosis is Karna Gata Vrana. Trauma (Karna Gata Vrana), by scratching the ear canal with unskilled instrumentation to remove foreign body or wax leads to maceration and break in continuity of meatal lining, this enhances the growth of microorganism in ear. On removing fungal colony chances of ulcer formation in external auditory canal are more.^[2] Otagia is a main presenting symptoms in most of the cases, and 'ruk' which is the samanya lakshana of Vrana. On the basis of this, Otomycosis can be correlated with KarnaGata Vrana.^[3] According to American academy of otolaryngology, prevalence of Otomycosis is 5.2% all over the world and 9.00% in India.^[4] Further 5-25% of otitis externa is caused due to Otomycosis As it is a frequently recurring condition, it has to be managed effectively. Ayurveda provides better treatment modalities in such cases without any adverse effects. So in this study proper management of kaphaja karna shoola (Otomycosis) and also karnagata vrana with ayurveda is been discussed.

AIM AND OBJECTIVES

To evaluate the efficacy of Ayurvedic treatment in the management of kaphaja karnashola (Otomycosis).

Presenting concern

A female patient of aged 33 years, complaining of sudden onset of severe pain in the right ear associated with mild itching and ringing sound since 3 days, which occurred as a result of getting herself exposed to rain. Patient also had a habit of using ear buds frequently. The pain and itching had increased day by day associated with watery ear discharge and the intensity of pain, itching increases during night time and in cold weather. The past history revealed that the Patient suffered with complaints of itching and mild pain in right ear 3 months back which got relieved by pramarjana and dhoopana. So, she consulted Shalaky tantra OPD of SKAMCH for further management.

Her built was moderate, body weight was 60 kg and belonging to higher socioeconomic status. Occupationally, she is Doctor. No significant family history identified and personal history reveals improper sleeping and food habits. All vitals were within normal limits. On general examination, there was no pallor, icterus, clubbing of nails, oedema or lymphadenopathy noted. No CVS, RS and CNS abnormalities noted on examination.

Ear examination

	Examination of ear	Right ear	Left ear
1	External Ear and surrounding area		
	Shape and size of Pinna	Normal	Normal
	Position	Normal	Normal
	Colour	Reddish	Normal
	Tenderness	Present	No any tenderness
	Temperature	Raised	Normal
	Swelling	Present	Absent
2	External auditory canal		
	Meatal skin	Hyperemic	Normal
	Fungal moulds	Present- blackish moulds	Absent
	Wax	Absent	Absent
	Discharge	Present – watery	Absent
3	Tympanic membrane		
	Position	Retracted	Normal
	Colour	Hyperemic	Normal
	Cone of light	Absent	Present
4	Examination of middle ear	Not seen	Handle of malleus seen
5	Mastoid	Non tender	Non tender
6	Eustachian tube	Normal	Normal
7	Tuning fork test		
	Rinne's test	AC>BC	AC>BC
	Weber's test	Lateralized to both ear	Lateralized to both ear

Case Concept and Line of treatment

Otomycosis is a superficial, sub-acute or chronic infection of external auditory canal (EAC) due to *Candida* and *Aspergillus* species. It is characterized by itching, discharge, pain, ear blockage, impaired hearing and ringing sound in ear which makes the patient irritated. The fungal mass may appear white, black, brown and has been likened to a wet piece of filter paper.^[5] It is

commonly seen in hot and humid climate and dusty area. In Ayurveda this can be correlated to kaphaja karna shoola which is one among Karnagata Roga mentioned by Acharya Vagbhata. Its signs and symptoms include kandu (itching), srava (discharge), manda ruja (mild pain), vaishruthya (ringing sound), gourava. These symptoms can be correlated with otomycosis.

Duration	Treatment given	Result
From 1 st day to 5 th day	<ul style="list-style-type: none"> ➤ Karna pramarjana ➤ Stanika Abhyanga With Moorchitha Tila Taila f/b Patrapinda Sweda ➤ Guggulu dhooma ➤ Sarivadi vati^[5] ➤ Gandhaka rasayana 	Patient didn't allow to remove the fungal moulds due to severe tenderness. Tenderness reduced, fungal moulds removed completely on 3 rd day. Pain – Reduced upto 60% Itching – reduced Ringing sound - Reduced Ear blockage- cleared Redness of EAC & TM was present
From 5 th day to 10 th day	<ul style="list-style-type: none"> ➤ Karna pramarjana ➤ Stanika Abhyanga With Moorchitha Tila Taila f/b Patrapinda Sweda ➤ Guggulu dhooma ➤ Sarivadi vati ➤ Gandhaka rasayana ➤ Gandarvahastadi taila 50 ml in the morning 	Fungal moulds – Absent Pain in right ear- Completely reduced Itching - Absent Ringing sound – absent Ear blockage - Absent Redness of EAC & TM- mild present
From 10 th day to 15 th day	<ul style="list-style-type: none"> ➤ Sarivadi vati ➤ Gandhaka rasayana ➤ Pitha rechaka qwatha 	In Follow up patient didn't had any complaints. On otoscopic examination there was no re-growth of fungal moulds

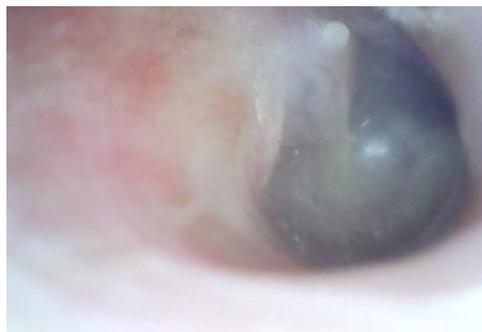
RESULT

Patient felt better after treatment with in a short duration of 3 days. Significant changes were noted in the signs and symptoms within a duration of 7 days. On the 10th day



Before treatment- black & white colour fungal

of treatment, patient was completely relieved from pain and other symptoms. On further follow up, neither there were any such complaints reported nor any reoccurrence noted till date.



After treatment- EAC clear & TM is normal

DISCUSSION

In this study a combination of both internal medicines and external therapeutic procedures was given simultaneously. Hence, the combination of these medicines had given the best results. As the patient was complaining of pulling type of pain in pinna, here snehana and swedana was adopted to relieve the pain which is mainly caused due to vata dosha. For abhyanga, moorchita tila taila was used, which has properties like Rasayana, Snehana and Sandhaniya. Here patra pinda swedana was adopted, where in pottali was made with vatakaphahara dravyas like leaves of Nirgundi, Eranda, Arka, Shigru, Agnimanta etc. These dravyas possess Kapha-Vata Shamaka and Rasayana gunas, also analgesic and anti-inflammatory properties, which helps in reduction of the swelling.

After snehana and swedana, dhoopanakarma (Fumigation) was administered, dhoopana drugs have qualities to purify the wound by krimihara, vatashamak and shoolahara, dhoopana is ruksha, ushna in nature, its ushna guna reduces sheeta guna of vata and kapha. Its ruksha guna also decreases snigdha guna of kapha predominantly, reducing kleda or moisture which is favourable for fungal growth. Thus, fungal growth is prevented by dhoopana. Guggulu is best for Karnashoola due to its shoolahara, shotahara. Gandhaka rasayana is one such preparation used in wound healing which has Guggulu as a main ingredient, acts as vranaropaka, tridosha shamaka and shotahara. Along with that Sarivadi vati was given, which is indicated in all types of karna roga, it mainly does the pitta and vata shamana.

Sadyovirechana was advised with Eranda taila 50 ml, it helps to expel increased pitta from the body and after sadyovirechana patient got relief from pain and also giddiness was reduced.

Thus, by the combination of all these therapeutic measures, it has helped in improving the condition of the patient, with no reoccurrence till date.

CONCLUSION

Proper removal of fungal moulds gives quick relief from pain and sense of blockage, the regular cleaning of EAC arrest new fungal mould growth. The Proper administration of dhoopana, along with shamana oushadhis showed promising result in the patient within 15 days of treatment, so it can be taken up for further clinical study in large sample for standardizing treatment protocol in Otomycosis.

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