



Case Study

AYURVEDIC APPROACH IN THE MANAGEMENT OF KARNA STRAVA

Ditsa Prajapati*, Nitin Bamana

*Assistant Professor, Department of Shalakya tantra, Merchant Ayurvedic College, Basna, Gujarat, India.

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ABSTRACT

Karna Strava is one of the disease entities mentioned 28 *Karna Roga*. *Karna strava* is a condition described in Ayurvedic classic characterized by discharge from ear, often smell, hearing impairment, itching, and discomfort. It can be correlated with Chronic Suppurative otitis Media (CSOM). A 62-year-old female patient came to Shalakya tantra OPD with complaints of profuse, pulsatile, non-foul-smelling discharge, itching and heaviness in the right ear from 1 month associated with moderate hearing loss, mild pain in right ear and episodic sneezing since 1 year. *Karna Prakshalana* with *Aragvadhadi kwatha* followed by *Karna dhoopana* with dried cow dung, *Guggulu*, *Nimba patra*, *Sarshapa*, *Haridra*, cow's ghee and an Ayurvedic medication (*Hingvashtaka churna*, *Sitopaladi churna* + *Vasa churna* + *Trikatu churna*, *Sarivadi vati*, *Gandhaka Rasayana*, *Tribhuvana kirti rasa*, *Harde tablet*) were used in this study for one month.

INTRODUCTION

शिरोभिघातादथवा निमज्जतो जले प्रपाकादथवाऽपि विद्रधेः ।
स्रवेत्तु पूयं श्रवणोऽनिलावृतः स कर्णसंस्नाव इति प्रकीर्तितः ॥
(SHU.UT - 20/10)^[1]

Karna strava is one among the 28 *Karna rogas* described by *Acharya Sushruta*.^[2] *Acharya Vagbhatta* mentioned 25 types of *Karna Roga*, in that *Chikitsa* of *Karna strava* is explained but has not described *Karnastrava* as a separate disease.^[3] *Acharya Sushruta* has said about etiology of the disease as *Shiro bhigata* (head injuries), *Jala nimajjana* (diving in water), *Karna Paka* (inflammation of aural mucosa) and *Karna Vidradi* (ear abscesses) causes *Karna strava*. *Aavrita Vata* is the underlying pathology for *Karna strava*.^[4]

Classical features of *Karna strava* can be compared to Chronic Suppurative Otitis Media (CSOM). CSOM is a long-standing infection of a part or whole of middle ear cleft characterized by ear discharge and permanent perforation. Incidence of CSOM is higher in developing countries because of poor socio-economic standards, poor nutrition and lack of health education.

It affects both sexes and all age groups in India overall prevalence rate is 46 and 16 persons per thousand in rural and urban population respectively. It is also single most important cause of hearing impairment in rural population.^[5] The principal treatment includes long duration of antibiotics orally and surgical treatments. Oral medication for longer duration having more side effects and surgical method leads to complications. So effective treatment approach is simple and economical. General line of treatment of *Karna strava* includes *Shiro virechana*, *Dhoopana*, *Karna poorana*, *Dhavana*.^[6] With this background present study has been intended to evaluate the combined efficacy of *Karna Prakshalana* with *Aragvadhadi kwatha*.^[7] followed by *Karna dhoopana* with *Dried cow Dung*, *Guggulu*,^[8,9,10] *Nimba patra*.^[11,12,13], *sarshapa*,^[14] *Haridra*,^[15,16] cow's ghee and an Ayurvedic Medication (*Hingvashtaka churna*,^[17] *Sitopaladi churna*.^[18] + *Vasa churna*.^[19] + *Trikatu churna*,^[20] *Sarivadi vati*,^[21] *Gandhaka Rasayana*,^[22] *Tribhuvana kirti rasa*.^[23,24] *Harde tablet*.^[25]) were used in this study for one month.

AIM AND OBJECTIVES

To see the efficacy of *Karna Prakshalana* followed by *Karna dhoopana*, and internal medicines in the management of *Karna strava* w.s.r to CSOM by a single case study.

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Case Report

A 62-year-old female patient came to Shalaky Tantra OPD, presented with chief complaints of pain, pulsatile, non-foul smelling purulent discharge from right ear from 1 month, also reduced hearing and itching was noted for the last one to two months and episodic sneezing since 1 year. The patient received oral antibiotics and analgesics medications for 1 months but had no relief.

On Examination

A medium perforation in the antero-inferior quadrant in the right tympanic membrane with Moderately pulsatile, purulent non-foul-smelling discharge was seen in external acoustic meatus. Rinne Test was negative in right ear (AC<BC). Weber Test was lateralized to the affected (right) side. Air-Bone conduction was normal in the left ear.

Personal History

1. *Kshudha*: *Alpa*
2. *Nindra*: 7-8 hr /N
3. *Mala Pravrutti*: *Svibandha* (1 time/day)
4. *Mutra Pravrutti*: *Samyaka*

Family History: Nothing specific

General Examination

1. BP:130/80mmhg
2. Pulse: 74/min
3. Lymphadenopathy: Absent
4. Respiratory rate: 18/min
5. Temperature: 98°F

ASHTAVIDHA PAREEKSHA

1. *Nadi* - *Pitta Vataja*
2. *Mala* - *Prakruta*
3. *Mutra* - *Prakruta*
4. *Jivha* - *Prakruta, Nirama*
5. *Shabda* - *Prakruta*
6. *Sparsha* - *Raksha*
7. *Drika* - *Prakruta*
8. *Akruthi* - *Madhyama*

Treatment

1. *Nidan parivarjana*
2. *Gandhaka rasayana* 250mg 2 times per day after meal with *Udaka*.
3. *Sarivadi vati* 250mg 2 times per day after meal with *Ushnodaka*.
4. *Karna pramarjana*^[26]
5. *Karna prakshalana* with *Aragvadhdi Kashaya* for 7 days with 7 days gap for 2 settings once a day for 2 months.
6. *Karna dhoopana* with dried cow dung, *Guggulu*, *Nimba patra*, *Vacha*, *Sarshapa*, *Haridra*, *Go-ghrita*

for 7 days with 7 days gap for 2 settings once a day for 2 months.

Procedure of Karna Prakshalana^[27]**Purva Karma**

Patient was informed about the procedure and consent was taken. Patient was placed in lateral position with affected ear upward. External ear was cleaned with sterile cotton.

Aragvadhadi Ghana Kashaya was prepared. The *Kashaya* was filtered through sterile gauze and made lukewarm before use.

Pradhana Karma

The lukewarm filtered *Aragvadhadi Kashaya* was filled into a sterile syringe without needle. The pinna was gently pulled upward and backward to straighten the external auditory canal. Gentle irrigation of ear canal was done with medicated *Kashaya*. Discharge, debris and accumulated secretions were allowed to drain out into kidney tray. The procedure was repeated 2-3 times until proper cleansing of ear canal was achieved.

Paschata Karma

Ear canal was dried gently with sterile cotton. Patient was advised to avoid water entry, dust exposure and self-cleaning of ear. Follow-up advice and medications were given accordingly.

Mode of Action Karna Prakashalana

Karnaprakshalana acts mainly through: *Srotoshodhana*- cleanses and clears blocked channels of ear. *Kapha-Pitta Shamaka* action- reduces discharge, foul smell and inflammation. *Krimighna* effect- helps in reducing microbial growth. *Shothahara* action- decreases local swelling and congestion. *Vrana Shodhana*- cleanses infected area and promotes healing. Removal of accumulated *Dushta Srava* from *Karna marga*.

Procedure of Karna Dhoopana^[28]**Purva Karma**

The patient is asked to sit comfortably on a chair, in a place having sufficient light and devoid of dust. The affected ear is cleaned thoroughly with cotton swab.

Pradhana Karma

The patient is asked to relax completely on the chair and fumes are passed to the ear with *Dhoopana yantra*. *Dhoopana yantra* has two ends one which is funnel shaped kept covering the ear for the passage of *Dhuma* into the ear canal and other end in which dried cow's dung, *Guggulu*, *Nimba patra*, *Sarshap*, *Haridra* keeps over ignited charcoal to produce fumes. This *Dhoopana* was given for 5 minutes.

Paschata Karma

After that procedure, patient advised to avoid cold and refrigerated food and drinks, cold water bath, cold wind, also prevent water from entering the ear.

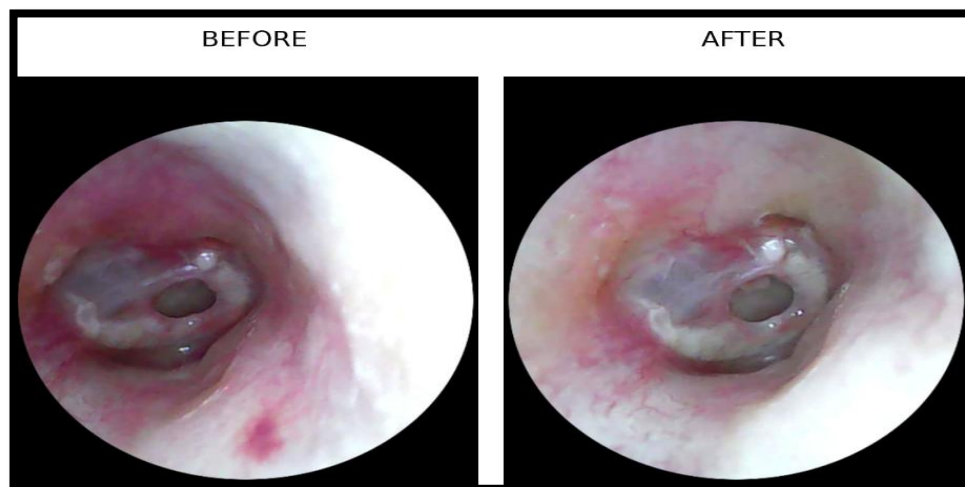
Mode of Action

Dhoopana Dravya Karma- The mode of action of *Dhoopana dravya* is due to *Agni sanskar*. *Dhoopana dravya* has *Vayu*, *Akash* and *Agni Maha bhootaadhikya*. *Sukshma strotogamitva* is attained owing to the combination of these *Maha bhootas*. So, the sterilization property of drugs is delivered and released in every corner and at microbiological level. It has a specialized combined effect on spiritual, medicinal and psychological aspects. *Dhoopana*

karma implies fumigation of the desired or the affected area, with essential drugs or objects taken as per need. Generally, the drugs chosen for *Dhoopana* are *Laghu* in *Guna* and *Katu*, *Tikta rasatmaka* and contain volatile content. *Dravya* are chosen depending on the condition where they are used, and on their rapid volatile and spreadable properties. Therapeutically, it plays an important role in the conditions such as *Vedana*, infestation of *Krumi*, *Ati srava*, *Kandu*, *Vrana* and the properties of the *Dhoopa* in general are *Rooksha*, *Laghu*, *Ushna*, *Vishada*, *Stroto Shodhana*, *Krumighna* etc. It also possesses *Kleda ghna*, *Shoola ghna*, *Vrana ropaka*, *Shothahara* property.

RESULT**Table 1**

Chief complains	Before (21/01/2026)	(31/01/2026)	After (11/02/2026)
<i>Dakshina Karna strava</i>	++++	+++	-----
<i>Dakshina Karna gauravata</i>	++++	++	-----
<i>Dakshina Karna kandu</i>	++++	++	-----
<i>Dakshina Karna shravane alpata</i>	++++	++	+
<i>Kshavathu</i> (sneezing)	++++	++	-----
<i>Nasa Strava</i>	+++	+	-----
<i>Udara gaurvata</i>	++++	+	-----
Examination			
EAC (Rt. ear)	Moderately pulsatile, purulent non-foul-smelling congested discharge,	Mild purulent non-foul-smelling discharge, mild congested	No discharge, no congestion

**Fig.1****Fig.2**

DISCUSSION

The present management showed significant improvement in the symptoms of *Karnasrava* by adopting an Ayurvedic treatment approach aimed at balancing mainly *Kapha-Vata dosha*, improving *Agni*, reducing infection, and promoting wound healing. Internal medicines such as *Hingvashtaka Churna*, *Sitopaladi Churna with Vasa* and *Trikatu Churna*, *Sarivadi Vati*, *Gandhaka Rasayana*, *Tribhuvan Kirti Rasa*, and *Harde Tablet* collectively helped in reducing ear discharge, relieving associated symptoms, enhancing immunity, and supporting tissue healing.

The therapeutic regimen acted through *Deepana-Pachana*, *Kaphahara*, *Vatanulomana*, *Krimighna*, *Kandughna*, and *Rasayana* properties, which ultimately improved the condition of the ear canal and middle ear. Thus, Ayurvedic management can be considered an effective and safe approach in the management of *Karnasrava* with better symptomatic relief and improved quality of life.

CONCLUSION

Karna Strava (ASOM) is disease which may lead to severe complication such as *Puti karna*, CSOM and Cholesteatoma. The results of the study indicate that *Karna Prakshalana* with *Aragvadhadi Kashaya* and *Rakshogana Dravya Dhoopana* along with internal medications was effective in the management of *Karnastrava*. Furthermore, the treatment is easy to administer and does not require any complicated preparation. Considering all aspects of *Karnastrava*, both external therapies and internal formulations were found to aid in its management. It was observed that these interventions helped reduce symptoms such as ear discharge, heaviness in the ear, itching in the ear and impaired hearing. The treatment was also found to be beneficial in improving the overall quality of life of patients suffering from this condition. The mode of treatment was found to be cost effective, Safe and ease to implement.

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***Address for correspondence**

Dr. Ditsa Prajapati

Assistant Professor

Department of Shalakya tantra,
Merchant Ayurvedic College, Basna,
Gujarat, India.

Email: ditsa1997@gmail.com

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