

## **Role of Karnadhoopan in the Management of Karna Strava – A Case Study**

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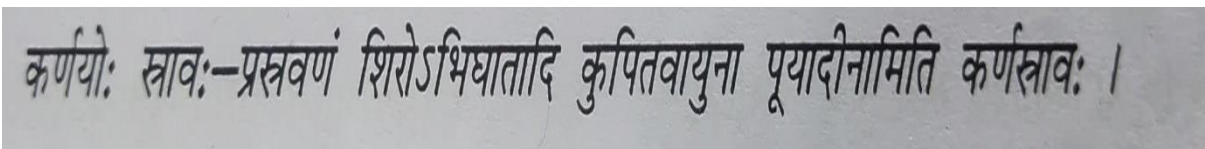
### **ABSTRACT**

*In Today's era, we are surrounded by billions of micro-organisms. Most of them are not harmful, or are opportunistic which may attack in hosts. The bacterial flora differs from place to place and with time, which has developed resistance to modern disinfectant procedures. Ayurveda has given a very wide explanation of many herbal drugs which may prove to be safe, effective, and lucrative in present settings. In the present study five such drugs which are explained in Kashyapa Samhita for Dhoopana karma namely Nimb, Guggul, Sarshapa, Nirgundi, and have been trialed. All drugs have been found to be effective and safe in karnastrava.*

### **INTRODUCTION**

The Shalakyta Tantra is an important branch of Ayurveda<sup>1</sup> dealing with the diseases situated above the clavicle concerned with the disorders of Ear, Nose, Throat, Eye, Dental, Head and Neck. This department is also concerned with prevention of contagious diseases, Preventive and Promotional aspects of health, etc. There are different process which are use in the treatment of shalakyta tantra which are Tarpana, Nasya, karna purna, karna dhupan, nasa pichu, etc.

### **Karna strava**



As karnastrava is the condition characterized by discharge from karna (ear) and mainly occurs due to avarana of vata doshas.

CSOM is a long-standing infection of a part or whole of the middle ear cleft, characterized by ear discharge and a permanent perforation. (A perforation becomes permanent when its edges are covered by squamous epithelium)<sup>2</sup>

### **Karna dhoopan**

Karna Dhoopana is a specialized and effective Ayurvedic<sup>3</sup> procedure performed in order to cure the diseases or disorders which is related with the ear and auditory canal. It comprises of two different words "karna- (which indicates ear) and Dhoopana"-(which means puffing of medicated fumes into the ear).

This special procedure is been performed in health seekers after proper examination done by the consultant specialist. Karna Dhoopana is done by igniting a varthi (wick) which is prepared out of combination of medicated powders and allowing the fumes to enter into the ear for a specified time as advised by the Doctor.

## **BENEFITS**

Helps to reduce bacterial affection of ear >Increase the blood circulation to the ear >Helps to reduce the ear pain

## **Indications:**

- Ear boils
- Ear infections
- Swimmers ear
- Otomycosis
- Vestibular neuritis \*Otitis media

## **Objective**

To evaluate the efficiency of karna dhoopan in the management of karna sstrava.

## **Case Study**

A 10-year-old female patient having complaint of pain in left ear, pus discharge for the left ear for 5 days.

## **History of Present Illness**

A 10-year-old female patient was relatively healthy before 5 days. Gradually she started complaining about pain in left ear, after 2 day she also observe the blocking of ear due to the pus discharge. She was having tenderness in left ear. Itching and heaviness was also there. She was suffered by the same problem before 2 years, that time she was treated by allopathic medicine. Because of reoccurs she came here for further treatment.

## **Personal History**

- 1) Appetite-Normal
- 2) Bowel - Clear
- 3) Micturition Clear
- 4) Sleep - Reduced and Disturbed due to pain

## **Family History**

Nothing specific

## **General Examination**

- |                   |                            |
|-------------------|----------------------------|
| 1) Pallor: Absent | 5) Lymphadenopathy: Absent |
| 2) Edema: Absen   | 6) Icterus: Absent         |
| 3) BP:130/80mnhg  | 7) Cyanosis: Absent        |
| 4) Pulse: 68/min  | 8) Clubbing: Absent        |

## **Ashtavidha Pareeksha**

- |                      |                           |
|----------------------|---------------------------|
| 1) Nadi Pitta Vataja | 3) Mutra-Prakruta         |
| 2) Mala Prakruta     | 4) Jibva-Prakruta, Nirama |

- 5) Shabda Prakruta  
6) Sparsha-Raksha

- 7) Drik Prakruta  
8) Akruithi-Madhyama

### **Ear examination**

Inspection: pus discharge from left ear

Palpation: tenderness on left ear

**Diagnosis:** karna strava

### **Process of karnadhoopan**

The patient is asked to seat comfortably on a chair, in a place having sufficient light and devoid of dust. The affected ear is cleaned<sup>4</sup> thoroughly with cotton swab. 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 Nimbaharidradi varti (nimbi patra churnaharidra and guggul) keep over ignited charcoal to produce fumes. This Dhoopana was given for 15 minutes in each ear.

**Treatment:** Drug use for the purpose of karna dhoopana are:

### **Sanskrit Name**

- Neemba
- Guggul
- Sasharpa
- Nirgundi

These medicines are used in Karnadhoopana therapy for 7 days continuous 15 mints both ears

Shaman aushadhi

- Triphla guggulu 500mg 1tab bds
- Gandhak rasayan 250mg 1 tab bds
- Arogyavardhini vati 250mg 1 tab bds

## **OBSERVATIONS AND RESULT**



*Before karnadhoopana.*

*After karnadhoopana*

*Picture of patient's ear before and after karnadhoopana*

### Assessment Criteria

Assessment Criteria	Before karnadhoopan	After karnadhoopan
Itching	4	1
Heaviness in ear	4	1
Pus discharge	4	0
Pain	4	0

### DISCUSSION

According to our classics Vata Dosha is responsible for<sup>5</sup>Karnastrava in which Strava is the main symptom and one of the most important features of Ruksha Sweda is to dry. Hence in Karnastrava the Karnadhoopana not only dries up the Strava but also creates an unfavourable condition for growth of microbes.

The fumes of Dhoopana may bring about the sudative effect and dries up the Strava. Heat also causes Vasodilatation and increased blood circulation there by helping in better absorption of drug and healing.

Guggulu is an oleo gum resin having anti-inflammatory, antiseptic, antimicrobial property, fibrinolytic property of Guggulu may help in removal of fibrin and so healing of tympanic membrane. Guggulu is the best among herb that is described for Vatarogas by Acharyas Azadirectin in the Neem seed oil is proven chemical for its insecticidal properties. Fumigation of volatile oils of Azadirecta indica have potent insect repellent property. Nimba is well known for Kandughna, Krimighna and Kushtaghna properties having Katu, Tikta Rasa and Laghu Ruksha Guna and also it is Rakshoghna Dravya.

### CONCLUSION

This paper was aimed at reviewing the antibacterial and anti-infective activity of various Ayurveda drugs mentioned in Kashyapa Samhita for dhoopana and their role as a main line fumigation therapy for preventive and curative aspects among children. The review reveals that the plants nimba, guggul, sasharp, nirgundi possess potent antibacterial activity and therefore can be successfully used in fumigation therapy both as mainline treatment While blowing the fumes of varthi, the medicated fumes which has volatile property enters into the external auditory canal and reaches the tympanic membrane. Owing to its medicinal property and slight warm temperature, it is absorbed by the tympanic membrane which transfers to the tympanic cavity where malleus incus and stapes is present.

Due to its medicinal property, it reduces the inflammation on these areas, clears infections. and also, it helps to stimulate the vestibular and cochlear nerves thereby helps in proper functioning of the ear.

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