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A single case study to evaluate the applicability of Ayurveda treatment protocol in Otagia w.s.r. to Kaphaja Karnashoola

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ABSTRACT

Background: Otagia or ear ache is a symptom which will hamper the daily activities of individual, and a cause of unease or discomfort. Even today there is no specific permanent remedy to this condition in advance modern medical system despite of some Otagesics which will only mask the pain. The common over the Counter medicines available on medical stores are having side effects on continuous usage. So there is a need for safe Ayurvedic medicine which can act better like modern analgesics but fewer side effects. **Methodology:** In this Case study, *Agastya Haritaki Avaleha*, *Dashamoola Katutraya Kashaya* and *Capsule Grab*, internally and *Haridradi Karnadhoopana* and *Anu Taila Nasya* as *Sthanika Chikitsa* were tried on patient of otalgia with ASOM (*Kaphaja Karnashoola*) Patient was treated in 2 stages. **Observations:** It was observed in the present study that in stage 1 there was 50% improvement as compared to stage 2 which showed better results in reducing the symptoms of Otagia with ASOM. Re-occurrence of symptoms were merely less in stage 2 as compared to stage 1 **Conclusion:** There is a false assumption that Ayurvedic medicines are slow acting and allopathic medicines are desperately used for pain management and acute conditions. But this study throwing a light to substantiate that, Ayurvedic medicines are potent enough to manage acute otalgia also, just like Otagesics in Modern Medical Science. The study revealed that the re-occurrence rate of symptoms was very less in patients who used *Agastya Haritaki Avaleha*, *Dashamoola Katutraya Kashaya* and *grab* along with *Haridradi Karnadhoopana* and *Anu Taila*.

Key words: *Agastya Haritaki Avaleha*, *Dashamoola Katutraya Kashaya*, *Karnadhoopana*, *Otagia*, *ASOM*, *Kaphaja Karnashoola*, *Capsule Grab*.

INTRODUCTION

Shalakyatantra, also called *Urdhwanga chikitsa Shastra*, described diseases which are affecting to organs above the clavicle, along with their signs, symptoms and prognosis and also mentioned

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different methods of management including local therapies and surgical treatments. Otagia or earache causes the life of common man unease, causing stress and strain which needs immediate medical attention. The specific remedies in modern system of medicine are Otagesics which will just hide the sensation of pain rather than treating the underlying pathology. There are several medicines and regimens regarding *Karnashoola* in *Samhithas* and other literatures. Those Ayurvedic drugs are being proven for safe acting also. It is yet to be proving that these medicines are fast acting in relieving pain as much speedy as a modern medicine can do. Hence should also convince that it cannot be causing any side effects on prolonged use, meanwhile preventing the re-occurrence of symptoms. Here the commonest, easiest cost effective and more abundant available drugs are

taken for the study. More over these drugs are having antimicrobial, anti-inflammatory and analgesic action. The present study is intake of *Agastya Haritaki Avaleha Dashamoola Katutraya Kashaya*, *grab* and *Haridradi Karnadhoopana* with *Anutaila* in patient having symptoms of acute otalgia.

1. **Haridradi Karnadhoopana** reference is in *Bhaishajya Ratnavali* where it is mentioned as *Kaphahara* and *Krimihara*.
2. **Agastya Haritaki Avaleha** reference is in *Astanga Hridaya*. Its uses are mentioned as *Kasa*, *Svasa Kshaya*, *Peenasa* and as *Rasayana*. It prevents regular allergic manifestations. Acts as *Kaphavatahara*.
3. **Dashamoola Katutraya Kashaya** reference is in *Sahasrayoga* it's mentioned as it is hot in potency and balances *Vata* and *Kapha Dosha* in the body. It's anti-inflammatory in nature. It is also helpful in management of pains as well as stiffness.^[2]
4. **Capsule Grab** has *Putighna*, *Kandughna* and *Lekhana* property thus very effective in wound healing. It offers anti-microbial and anti – inflammatory property which helps in infectious disease.^[6]
5. **Anu Taila** - Strengthens ears, eyes, nose, tongue and throat. *Tridosha* balancing effect. Medicines administered through nasal route passes via *Shringataka Marma* and enters all sense organs and strengthen them.^[5]

AIM OF THE STUDY

In this present study, trying to disclose certain truth related to Ayurveda medicines to prove it's genuinely, as a traditional and evidence based system of medicine by managing *Karnashoola*, a prime disorder in the field of *Shalakyas*.

OBJECTIVES OF THE STUDY

1. To evaluate the efficacy of *Agastya Haritaki Avaleha*, in the management of *Kaphaja Karnashoola/ Otagia* with ASOM (Ayurveda Medicine)

2. To evaluate the efficacy of *Dashamoola Katutraya Kashaya* in the management of *Kaphaja Karnashoola/ Otagia* with ASOM. (Modern Medicine)
3. To study the effectiveness of *bahirparimarjana Chikitsa* i.e. *Karnadhoopana* and *Anu Taila Nasya* in the management of *Kaphaja Karnashoola/ Otagia* with ASOM.
4. Main aim of this study to substantiate the use of Ayurvedic medicine in an acute painful condition. Also checking its efficacy in reducing pain in short while duration and expecting its long-term potential stability without any reoccurrence of symptoms.

Facts gets proved about Ayurveda medicines in this study

- Fast acting, can beat modern medicine also
- Can use in acute conditions like severe Otagia
- Never cause Side effects even in long usage also
- Chance of re-occurrence of symptoms is very rare
- Proper research work documentation is possible
- Non -Biased, evidence based health system.

MATERIALS AND METHODS

A case of *Kaphaja Karnashoola* was taken from *Shalakyas* OPD of Govt Ayurveda medical college, Bengaluru. Detail history of the patient was taken, patient examined thoroughly, treatment given to the patient for 15 days. Assessment was done after complete treatment.

Patient History

A 36 yrs. old male patient came to *Shalakyas* OPD of Govt Ayurveda medical college, Bengaluru with complaints of slight ear discharge, itching, earache, and cough cold since 1 month. His profession made him travel by which he got exposed to wind and dust. He took allopathic treatment from an ENT specialist even syringing was done but after a month of treatment symptoms would reoccur like heaviness of ear pain. So, he approached our hospital.

Patient was thoroughly checked, with otoscope.

Investigations

Blood routine - Hb%, TC, was found normal.

Treatment Given

From his history, it is taken as *Kapha-Avarana Vata Pradosha Vyadhi*. Patient was treated with *Bahya Kriya* and *Abhyanthara Oushadhis*.

Days	Treatment given	Medicine & Dose	Remarks
Day 1-15	<i>Karnadhoopana</i>	<i>Haridradi dhoomavarti</i>	<i>Pooya Krimi Haranartham Sthanika Ama Haranam</i>
	<i>Dashamoola Katutraya Kashaya</i>		Balances <i>vata</i> and <i>kapha</i>
Day -15-30 Along with above medicines	<i>Anutaila</i>	<i>Anutailam</i> - 2 drops Once in a day. <i>Pratimarsha nasya</i> .	<i>Dosha Shamanam Sringataka Phanadhi Marma Rakshanam,</i>
	<i>Agastya Haritaki Rasayana</i>	1tsp early morning with warm water	<i>Kapha Vata Hara</i>
	Cap grab	1-0-1 before food	Acts as antibiotic

Asta Sthana Pareeksha

1. *Nadi: Prakruta*, 78/min
2. *Mutra: Prakruta*, 4-5 times/day, once at night
3. *Mala: Prakruta*, regular, once a day
4. *Jihwa: Prakruta*
5. *Shabda: Prakruta*
6. *Sparsha: Prakruta*
7. *Druk: Prakruta*
8. *Akruti: Kaphapittaja*

Vitals were normal.

Respiratory system, cardiovascular system, Gastro intestinal system, Central nervous system and musculoskeletal system has shown no abnormal.

Ear

Right	Normal
Left	Pustules present

Palpation

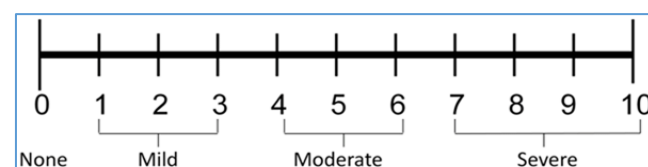
Jugulo-digastric lymph nodes-not palpable, moderate pain+

Standard scoring scale

- a) Visual analogue scale (VAS)
- b) Numeric pain rating scale

Numeric Pain Rating Scale^[8]

The NPRS is a segmented numeric version of the visual analog scale (VAS) in which a respondent selects a whole number (0-10 integers) that best reflects the intensity of his/her pain.



Self-formulated scoring scale

- Complete Relief: 100% relief in objective and subjective signs and symptoms.
- Marked Relief: 76-99% relief in objective and subjective signs and symptoms.
- Moderate Relief: 51-75% relief in objective and subjective signs and symptoms.
- Mild Relief: 26-50% relief in objective and subjective signs and symptoms.
- No Relief: Upto 25% relief in objective and subjective signs and symptoms.

Parameters

a) Subjective Parameter

Parameter	Score
Karnashoola	3
Sense of fullness	2

Muffled Hearing	2
Dizziness	1
Itching	3

No Symptom - 0

Mild - 1

Moderate - 2

Severe - 3

b) Objective Parameter

Parameter	Score
Tenderness	2

Treatment adopted

1st set of medicine

5/12/2020 to 20/12/2020 - *Karna Dhoopana* with *Haridradi Dhoomavarti* once in a day.

Agastya Haritaki Avaleha - 1tsp with warm water in empty stomach.

Dashamoola Katutraya Kashaya - 20ml with equal water half an hour before food twice a day.

It once got cured and later reoccurred in other ear

2nd set of medicine

1/1/2021 to 15/1/2021

Karna Dhoopana with *Haridradi Dhoomavarti* once in a day.

Agastya Haritaki Avaleha - 1tsp with warm water in empty stomach.

Dashamoola Katutraya Kashaya - 20ml with equal water half an hour before food twice a day

Capsule Grab: 1-0-1

Anu Taila Nasya - 2 drops as *Pratimarsha Nasya*.

After 15 days of treatment the condition got completely cured

OBSERVATIONS AND RESULTS

In 1st 15 days of treatment symptoms were relieved but it reoccurred.

In 2nd stage of treatment symptoms were completely relieved.

Parameter	Score
Karnashoola	1
Sense of fullness	0
Muffled hearing	1
Dizziness	0
Itching	1

Patient was advised to drink hot water, avoid travelling in wind, avoiding *Kapha Vata Vardhaka Ahara* and *Vihar*, avoiding head bath in cold weather.

DISCUSSION

Probable mode of action of internal medicines

The constituent in this *Agastya Haritaki Avaleha*, *Dashamoola Katutraya Kashaya*, *Grab* works internally as *Kaphavatahara*,^[3,4] and *Sthanika Chikitsa* with *Anutaila* acts on *Shringataka* and *Phana Marma* and oil medium acts as antibacterial and antifungal and *Karnadhoopana* with *Haridradi Dhoomavarti* acts as locally as *Putighna* and *Krimighna*. A potent drug which has been explained in Ayurvedic treatises for *Vedhana Sthapana Krimihara* properties.^[5] By checking the phyto-constituents *Dashamoola Katutraya* is best analgesic and anti-inflammatory. It is having antioxidant activity also, protect the cells from damage caused by free radicals-highly reactive oxygen compounds.

Mode of action of *Karnadhoopana*

It is a technique of fumigation of ear with the smoke of anti-infective drugs. One of the best drugs described by *Acharya Sushruta* for this purpose is a well-known anti-infective and anti-inflammatory drug namely *Guggulu*. In *Karnadhoopana Sthanika Abhyanga* and *Swedhana* increases the blood supply and helps in absorption of the drug. The medicines using in the *Karnadhoopana* are having properties like antimicrobial anti-inflammatory helps in reducing otalgia associated with infections.

Mode of action of Anu Taila

Strengthens ears, eyes, nose, tongue and throat. Tridosha balancing effect. Medicines administered through nasal route passes via *Shringataka Marma* and enters all sense organs and strengthen them.^[5]

CONCLUSION

Karnashoola explained in Ayurveda treatises cannot be merely correlated to the symptom Otagia of modern science. But the entire terminology of *Karnashoola* engulfs different other symptoms which is always associates with otagia like muffled hearing tenderness in the ear, sense of fullness, itching and dizziness in the ear. The present study shows that *Karnashoola* need not necessarily be associated with discharge from ear, fever etc. But there is a chance to accompany the symptoms like tenderness in ear, muffled hearing, sense of fullness, dizziness, itching etc. without appearing the symptoms of discharge and tympanic membrane perforation. Use of internal medicines like *Agastya Haritaki Avaleha*, *Dashamoola Katutraya Kashaya*, *Grab* and *Sthanika Chikitsa* with *Anu Taila* and *Karnadhoopana* with *Haridradi Dhoomavarti* worked as analgesic and anti-inflammatory thus helped in reducing the *Karnashoola*.

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