

Chronic Suppurative Otitis Media correlated with Karnasrava -
Ayurvedic Interventions Using Dhoompana and KarnapichuChaudhari S^{1*}, Sharma A²

DOI:10.21760/jaims.10.3.64

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Introduction: Ear pus discharge with central small perforation and hearing loss are common complaints that can significantly affect quality of life. Karnapichu and Karnadhoopana therapy, an Ayurvedic treatment, has been suggested as a potential symptomatic treatment. This case study reports a 48-year-old male, who presented with bilateral ear pus discharge with small central perforation and decreased hearing in the last 7 months. The disease chronic suppurative otitis media can co-related to Karnasrava in Ayurvedic science. Acharya Sushruta explains that Karnasrava is an ailment marked by ear discharge, primarily triggered by the Aavarana of the Vata Dosha.

Materials and Methods: a fully conscious male patient, presented to the Shalakya Tantra OPD, National Institute of Ayurveda, Jaipur with complaints of pus discharge from both ears, decreased hearing, and numbness in bilateral ear for the past 7 months. Clinical examination and investigations revealed bilateral ear small perforation with active discharge with hearing loss. Karna Dhoopana and Karna Pichu therapy was administered as a symptomatic treatment and other oral treatment also given for 4 months.

Results: Following Karna Dhoopana and Karna Pichu therapy, the patient experienced significant improvement in both ear with reduction pus discharge and Tympanic membrane healing with hearing. The therapy was well-tolerated, and no adverse effects were reported significant subjective improvement was observed with oral medications.

Discussion: This case study highlights the potential benefits of Karna Dhoopana and Karna Pichu therapy in managing ear discharge associated with hearing loss.

Keywords: Chronic Suppurative Otitis Media, Hearing Loss, Karna Pichu, Karna Dhoopana, Karnasrava

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How to Cite this Article

Chaudhari S, Sharma A, Chronic Suppurative Otitis Media correlated with Karnasrava - Ayurvedic Interventions Using Dhoompana and Karnapichu. J Ayu Int Med Sci. 2025;10(3):412-416.
Available From
<https://jaims.in/jaims/article/view/4185/>

To Browse



Manuscript Received
2025-02-13

Review Round 1
2025-02-25

Review Round 2
2025-03-05

Review Round 3
2025-03-15

Accepted
2025-03-25

Conflict of Interest
None

Funding
Nil

Ethical Approval
Not required

Plagiarism X-checker
11.82

Note



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Introduction

This case study examines chronic suppurative otitis media (CSOM) from both modern medical and Ayurvedic perspectives. Chronic Suppurative Otitis Media (CSOM) is an inflammatory disease impacting mucous membrane of middle ear cleft, marked by pus-filled ear discharge, swelling, pain, and perforation of eardrum. This condition affects individuals of all ages and both genders in India, and it stands as leading cause of hearing loss among rural population. *Karnasrava* is a condition described by Acharya Sushruta in chapter titled *Karnaroga Vigyaniya*, where it is listed among twenty-eight *Karnarogas*. Acharya Charaka identified *Karnasrava* as a symptom occurring in four types of *Karnarogas* caused by imbalance of different *Doshas*. Acharya Vagbhata also highlighted *Karnasrava* as a significant symptom within five types of *Karnashoola*. Both Ayurveda and modern science concur that Rhinitis and nasopharynx play a crucial role in development of *Karna Srava* (CSOM). *Pratishyaya* (chronic rhinitis) is identified as primary underlying cause of this condition.

Pathogenesis of Karnasrava

Nidan Sevana → *Vata-Kapha Sanchaya* → Common aggravating factors like *Shiroabhighata*, *Nimajjato Jale*, *Prapak* or *Vidhradhi* → *Vata-Kapha Prakopa* → *Prasara* in different organs → *Sthan Samshraya* in *Karna* → Further *Nidan Sevana* → *Karnasrava*

According to Acharya Sushruta, the treatment for *Karnasrava* includes procedures such as *Shirovirechana* (nasal purgation), *Dhoopan* (medicated fumigation), *Purana* (filling with medicated substances), *Pramargana* (cleaning) and *Dhavana* (washing).

Based on this background, current study aims to assess combined effectiveness of *Karnadhoopana* with *Kaishor Guggulu* + *Nimba Churna* + *Haridra Churna* + *Sarshapa Taila Karnapichu* with *Jatyadi Taila* following *Pramarjana*, and an internal Ayurvedic regimen (including *Sitopaladi Churna*,

Plan of Treatment

Table 2: Prepared a plan on Ayurvedic mixtures as given below.

SN	Drugs	Ayurvedic mixture	Dose	Anupana
1.	Complex medicine	Sitopaladi Churna - 3gm Yashti Churna - 1 gm Godanti Bhasma - 500mg Kapardika Bhasma - 125mg Tankan Bhasma - 250 mg	5 gm two time a day after meal	Honey

Tankana Bhashma, *Godanti Bhashma*, *Guduchi Satva*, *Yastimadhu*, and *Kaishore Guggulu* and *Sarivadi Vati* and *Gandhak Rasayana* and *Chitrak Haritaki Avleha*) in the management of *Karnasrava*.

Aim and Objectives

To evaluate the effectiveness of *Karnadhoopana*, *Karnapichu*, and internal medicines in the management of "*Karnasrava*" with special reference to CSOM through a single case study.

Case Report

A 48-year-old male patient presented to the *Shalaky Tantra* OPD on September 2, 2024, with primary complaints of numbness and purulent discharge from both ear for over six months. The patient also reported reduced hearing, ringing, and itching in the ear for the past 4 months. Despite receiving oral antibiotics and analgesic medications for six months, there was no relief.

Table 1: Sign and symptoms

SN	Sign and symptoms	Duration
1.	Ear numbness	More than 4 months
2.	Purulent discharge	More than 6 months
3.	Reduced hearing	More than 4 months
4.	Perforation	More than 6 months

Examination

A small central perforation was observed in the anteroinferior quadrant of the left tympanic membrane, accompanied by on/off discharge in the external acoustic meatus. There was no family history of similar illness. The Rinne test yielded negative results, the Weber test showed lateralization to the affected (left) side, and the Air-Bone Conduction was normal in both ear.

General Examination

The patient's *Sharirik Prakriti* was identified as *Pitta-Vataj*. He had a *Madhyam Kostha*, indicating average bowel habits, *Madhyam Bala*, signifying moderate physical strength, and *Madhyam Satva*, representing balanced psychological strength.

SN	Drugs	Ayurvedic mixture	Dose	Anupana
2.	Single medications	1. Kaishor Guggulu 500mg 2. Gandhak Rasayana 500mg	500 gm two time a day after meal	Like warm water
3.	Complex drug for Karna Dhoopana	Kaishor Guggulu 250mg + Nimba Churna + Haridra Churna + Sarshapa Taila	Take mixer with oil put it on fire flame	For fumigation
4.	Karna Pichu	Jatyadi Taila	15- 20 mins 2 time a day	As required for local application
5.	Rasayana	1) Sarivadi Vati 500mg 2) Chitrak Haritaki Rasayana 12gm	1) 500mg Vati 2 time a day 2) 12gm in divided dose 2 time a day	1) milk 2) milk

Follow-Up

The patient returned for regular follow-up every fifteen days for a period of three months, with no episodes of relapse. Upon assessment three months after the completion of treatment, there were no signs of recurrence. The patient experienced symptomatic relief consistently every fifteen days, as detailed in the table below.

Table 3: Assessment of classical sign and symptoms in each follow up:

SN	Symptoms	BT (Before time)	AT (After time)	Follow-up after 15 days	Follow-up after one month	Follow-up after two months	Follow-up after three months
	Subjective parameters						
1.	Numbness of ear	2	1	1	1	0	0
2.	itching	0	0	1	0	0	0
3.	Impaired hearing	1	1	1	1	1	0
	Objective parameters						
1.	Discharge	1	0	1	0	0	0
2.	Perforation	1	0	1	1	0	0
3.	Pure tone audiometry	1	1	1	1	1	1

Table 4: Grading suggests.

SN	Characteristics features	Grade
1.	Numbness of ear	
	No numbness of ear	0
	Continuous but not incapacitating normal activity	1
	Persistent and significantly disrupting daily activities	2
2.	Itching	
	No itching	0
	Occasional itching	1
	Continuous mild itching	2
	Continuous severe itching	3
3.	Impaired hearing	
	Absent	0
	Unable to hear the whispering voice	1
	Unable to hear normal voice	2
	Unable to hear a loud voice	3
4.	Discharge	
	Absent	0
	Mild scanty discharge	1
	Moderate within canal	2
	Severe secretion coming out from ear canal	3
5.	Perforation	
	No perforation	0
	Small central perforation (<2mm)	1
	Moderate – large central perforation (2 to 3)	2
	Severe subtotal perforation (>3mm)	3
6.	Pure tone audiometry	
	Up to 25 dB	0
	26 to 45 dB	1
	45 to 65 dB	2
	More than 65 dB	3

Discussion

According to Ayurvedic texts, *Vata Dosha* is primarily respon. for *Karnasrava*, with *Srava* being main symptom.

Ruksha Sweda's key property is its drying effect, which is why *Karnadhoopan* is effective; it not only dries the *Srava* but also inhibits microbial growth. The *Dhoopan* fumes may also provide a sedative effect and dry up the *Srava*. Additionally, the heat from the *Dhoopan* helps with vasodilation and increases blood circulation, enhancing drug absorption and promoting healing.

Jatyadi Taila primarily functions on *Vrana* (wounds) through *Shodhana* (cleansing) and *Ropana* (healing), aiding in proper wound healing. For local application, *Jatyadi Taila* was used as *Karna Pichu*. The local action of *Pichu* relies on the cellular absorption of the medicine, performing functions such as *Snehana* (oleation), *Sodhana* (cleansing), and *Ropana* (healing). The detailed pharmacological activities of the herbo-mineral drugs used are outlined below:

Table 5: reported pharmacological activities of drugs.

SN	Drugs	Reported activity
1.	Sitopaladi Churna	The ability to balance Vata and Kapha Doshas and offer revitalization
2.	Yastimadhu Churna	Anti-inflammatory and antioxidant activity
3.	Godanti Bhasma	Anti-pyretic, anti-inflammatory and analgesic effect
4.	Tankana Bhasma	Antiseptic and anti-inflammatory effects
5.	Kaishor Guggulu	Anti-allergic, anti-bacterial, antioxidant, and blood purifying property, wound healing property
6.	Gandhaka Rasayana	Antibacterial, anti-inflammatory
7.	Sarivadi Vati	Rasayana property
8.	Kaishor Guggulu + Nimba Churna + Haridra Churna + Sarshap Taila = Karnadhoopana	Antibacterial and wound healing property
9.	Chitrak Haritaki Avaleha	Rasayana

Conclusion

Considering the various aspects of treating *Karnasrava*, it is evident that *Karnapichu*, *Karnadhoopana*, and herbo-mineral formulations are effective in managing this ear condition. In the mentioned case study, there was a significant reduction in ear discharge, perforation, and impaired hearing. Therefore, it can be concluded that Ayurvedic medicines and procedures are beneficial in managing *Karnasrava*.

Overall, these findings suggest that Ayurveda offers a valuable approach to the alternative management of CSOM, utilizing oral and topical medications, along with cleaning procedure.

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