



AYURVEDIC MANAGEMENT OF OTOMYCOSIS W.S.R TO KAPHAJA KARNA SHOOLA - A CASE STUDY

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ABSTRACT

Otomycosis is a common clinical condition encountered in a general ENT clinic setting and is typically described as a fungal infection of the ear canal in layman's language. The disease is a challenging and frustrating entity for both patients and the treating doctor due to its complications involving the middle ear and typically requires long-term treatment and follow-up. Ayurveda the ancient science of life states that the Prasannata of Indriya^[1] is one of the aspects to state that the individual is healthy and that shows the importance of sense organs to lead a pleasurable life. One of the motives of Ayurveda is getting rid of the disease in diseased^[2], one can find descriptions regarding several diseased conditions and guidelines for managing the same. Kaphaja Karna Shoola is a disease condition described under Karna Rogas in classics which finds similarities with Otomycosis clinical presentation. In this article, an attempt is made to discuss a case of Kaphaja Karna Shoola.

KEYWORDS: *Ayurveda, Otomycosis, Kaphaja Karna Shoola, Surasaadi Thaila, Aparajitha Dhooma Choorma, Karna Pichu, Karna Dhoopana*

INTRODUCTION

Otomycosis is one of the most common diseases in ENT clinical practice especially in hot humid climates of tropical and subtropical countries. This condition is commonly characterized by intense itching, pain in the ear, watery discharge with a musty odor, and ear blockage^[3]. In the general population, the prevalence of otomycosis is 9% in India. Clinical management of the condition includes the removal of the fungal mass, Epithelial Debris that facilitates the growth of fungus, mopping of the discharge, and instilling anti-fungal ear drops^[3].

According to Ayurveda this clinical condition with *Lakshanas* such as Otagia (*Manda Ruja*), Itching (*Kandu*), thick ear discharge (*Ghana shruti*), ear blockage, reduced hearing, and ringing sound in the ear (*Vaisruthya*) can be understood as *Karna Shoola* as the main presenting complaint of the patient will be a pain in the ear and more precisely as *Kaphaja Karna Shoola*^[4] due to its dominant and persisting itching sensation and discharge from the ear as associated symptoms. Ayurveda provides better and more effective treatment modalities for this condition without any known adverse effects. In this single case report, effective and proper Ayurvedic management for the above-seen condition is discussed.

AIM AND OBJECTIVES

To analyze and present the medicaments and treatment protocols adopted to manage a case of Otomycosis in the lines of *Kaphaja Karna Shoola* mentioned in Ayurveda classics.

MATERIALS AND METHODS

A patient visited the *Shalaky Tantra* OPD of *Mahant Digvijaynath Ayurveda Chikitsalaya* Gorakhpur Hospital of Guru Gorakshnath Institute of medical sciences (faculty of Ayurveda) Gorakhpur.

A CASE STUDY

Date of first visit: 03/03/2023

Pradhana Vedana Evum Avadhi: A 45 years old male patient complaints of severe itching and pain associated with heaviness of the right ear since 21 days.

Vedana Vrittanta: The patient was said to be apparently healthy 21 days back, he gradually developed itching along with pain in his right ear later on in a few days started experiencing heaviness in the same ear. With these complaints, the patient has visited *Shalaky Tantra* OPD of *Mahant Digvijaynath Ayurveda Chikitsalaya*

Poorva Vyadhi Vrittanta: Known case of Chronic Suppurative Otitis Media since 3 years, history of Otomycosis 2 months back.

Chikista Vrittanta: Underwent allopathic treatment of several cycles comprising different oral medications along with ear drops. (Details of which are unknown as the patient didn't produce any records during the visits to OPD).

Vyattika Vrittanta:

Appetite: Normal / Regular

Bowel Movement: Normal / Regular

Micturition: Normal / Regular



Sleep: Disturbed for the past 7 – 8 days due to pain and itching sensation

SYSTEMIC EXAMINATION

Ear Examination

S.No	Examination of ear	Right ear	Left ear
1.	External ear examination		
a	Shape and size of the pinna	Normal	Normal
b	Position of the ear	Normal	Normal
c	Colour of the ear and surroundings	Normal	Normal
d	Tenderness	Non tender	Non tender
e	Swelling	Absent	Absent
f	Redness	Absent	Absent
2.	External auditory canal examination		
a	Meatal Skin	Hyperaemic	Normal
b	Fungal Molds	Present – wet newspaper appearance	Absent
c	Wax	Absent	Absent
d	Discharge	Absent	Absent
3.	Tympanic membrane		
a	Position	Subtotal perforation	Normal
b	Colour	Pale	Normal
c	Cone of light	Absent	Present

Diagnostic Criteria: Presence of fungal mass identified through otoscopy.

Therapeutic intervention: Both *Bahirparimarjana* and *Antarparimarjana* methods were adopted using different medicaments.

Bahirparimarjana:

Karna Pramaarjana was done using Jobson’s probe followed by *Karna Dhoopana* using *Aparijita Dhooma churnam* for 5 days on an OPD basis along with internal medications. From day 6 to day 10 *Karna Pramaarjana* followed by *Karna Dhoopana* and *Karna Pichu* with *Surasadi Tailam*.

Antarparimarjana:

Internal medications were prescribed for 15 days starting from day 1

- Aaragwadaristam 10 ml twice daily after food
- Triphala Guggulu 1 TID after food

Advice on Dite and Habits

Advised not to consume food items such as curd, citrus fruits, and items which are cold and asked not to expose to cold wind, not to have frequent head baths, not to immerse in water, and asked the patient to keep the head and the ear canal dry.

RESULT

After the first therapeutic sitting i.e., day 1 patient got relieved from the heaviness of the ear as the entire fungal mass is taken off the ear canal through *Karna Pramaarjana* Procedure. There was a reduction of pain and itching sensation within 3 days of intervention, a significant reduction of suffering was noted by the 6th day of sitting, and by the 10th day patient got relieved from all the complaints and he was advised to continue internal medication for 5 more days.

Pictorial Representation



On Day 1- Before Treatment



On Day 15- After Treatment

DISCUSSIONS

In this study, a combination of both *Bahirparimarjana* and *Antarparimarjana Chikista* was adopted. Chief complaint of the patient being itching, pain, and heaviness it is inferred that the *Pradhana Dosha* involved in the manifestation of the presentation would be *Kapha Dosha*.

Bahirparimarjana

Karna Pramaarjana was done to remove the fungal mass. *Dhoopana Karma* is one of the most used therapeutic procedures pertaining to Ear complaints, the nature of the *Dhoopana* itself is *Ushna* and *Ruksha* which are against that of the *Gunas* of *Kapha Dosha*, with this it is understood that the therapy itself is antagonistic to the disease-causing environment as reducing *Kledha Bhava* locally will help in combating the growth of fungus. *Aparijita Dhoopa churnam*^[5] was used to produce fumes as it has an anti-fungal activity which was proven by an in vitro study^[6]. *Karna Pichu*^[7] was done from the 6th day till the 10th day with *Surasadi Taila*^[8] as it is having *Sleshma Hara*, *Medho Hara*, *Krimi Hara*, and *Vrana Ropana* property. This being *Taila* preparation that even helps in countering adverse effects of *Dhoopana Karma* such as excessive local dryness.

Antarparimarjana

Aragwadaristam was selected for internal usage as it has *Kapha Hara* and *Kandu Hara* properties as *Kapha* is the *Pradhana Dosha* and *Kandu* is the *Pradhana Vedana*. The drug also possesses antimicrobial effects and also influences liver and metabolic function, and has an insecticidal effect.^[9] *Triphala Guggulu* was also prescribed as *Triphala* being *Tridosha Samaka* and *Shoolahara*.

Dite and Habits

Food items such as curd and which are cold in nature and habits such as exposure to cold wind and keeping area moist act as disease-promoting factors by vitiating *Kapha Dosha*^[10] furthermore. According to Ayurveda one has to eliminate disease-causing factors first to get rid of the disease^[11].

CONCLUSION

Through the *Karna Pramaarjana* procedure, fungal mold was removed, and that itself gives quick relief for the patient from the presenting complaints. Regular cleaning of the ear canal carefully will help in arresting new fungal growth. Appropriate administration of *Dhoopana Karma*, *Pichu Dharana* externally and usage of internal medicaments along with proper dietary and behavioral habits showed positive results in the patient



within 15 days. This article is to put forward our *Yukthi* (Approach) in the management of this diseased condition. As every individual is different from another individual there is no such clime that the same protocol will bring about the same positive results in every otomycosis (*Kaphaja Karna Shoola*) patient. To attain success in clinical practice through Ayurveda, an individualistic approach toward each patient is inevitable.

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