



Title of Article

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“The role of *guggul* (*commifera mukul*) *dhupan* (smoke) in the management of *karnastrava* (otitis media) a case report”

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Dhate R. H.¹, Shrigire S. R.², Veena Sharma³

1. Professor & HOD, Dept. of Shalakya tantra
2. Professor & HOD, Dept of Dravyaguna
3. Professor & HOD.

Dhanvantari Ayurved Medical College and Hospital, Udgir, Maharashtra, India
MSM Insti Khanpur, Kalan, Sonipat, Hariyana, India.

ABSTRACT:

Karnastrava is a recurrence condition in malnourished and low immunity patients. URTI is one of the most responsible factors for *karnastrava*. It is diagnosed with symptoms like *karnastrava*, *putikarna*, *krimikarna*, *karnabadhira*.etc. It relapses after using various antibiotics. In Ayurveda Acharya Sushrut has described *Guggul dhupan* for *karnastrava*, *guggul* acts with its *ushna*, *tikshna* *guna* and *vatshamak*, *kaphshamak*, *shothhar*, *jantughna*, *vrinashodhan*, *vrinaropan*, *vedanashaman* action which are useful for the management of *karnastrava*. In present case study patient of *karnastrava* was cured by *guggul dhupan*.

KEYWORD: *putikarna*, *karnastrava*, *krimikarna*, *otitis media*, *guggul*, *dhupan*.

INTRODUCTION:

Now a days there are number of higher antibiotics, still it is challenge to treat middle ear infection and so its recurrence mostly occurs. *Sushrut* has already described the treatment of *Karnastrava* (discharge from ear), *Putikarna* (Faull smell) and *Krimikarna*²

Today every persons lifestyle is changed with food habbit, working hours, type of work & pollution etc., these factors are responsible for upper respiratory tract infections which leads to otitis media (*Karnastrava*)¹. *Sushrut* has described the treatment for *Karnastrava* is *guggule dhup*⁴ (*commifera mukul*). As the *guggule* is *ushna* (hot property) acts *vatshamak* (deviates), due to *tikshna* (sharp), *ushna gun* it is *kaph shamak*⁵. *Guggul* is also *shothhar* (anti inflammatory), *Jantughna* (anti microbial), *Vranashodhan* (cleaning), *vranaropan* (wound healing) and *vednasthapan*⁵ (analgesic), it is used in *kaph Vat roga*. *Dhupan* (smoke) of *guggul* can easily reaches at affected area. This property of *guggul* is useful in the management *karnastrava* (discharge from ear).

So, here we present a case where chronic otitis media (*karnastrava*) is treated with *guggul dhupan*.

Aim

The aim of this case study was to find out the results of *guggul dhupan* (*commifera mukul*) in *karnastrava* (discharge from ear / otitis media).

CASE REPORT

A female patient named Kaveribai Mohan Kamble, age 42 years, r/o of Udgir came in opd of shalakyatantra, Dhanwantari Ayurved Medical college and hospital, Udgir, Dist Latur. Her *prakruti*

(physical nature) was *vat kaph* with following complaints.

- Discharge from left ear (*Karnastrava/Puyastrava*),
- *Karnakandu* (itching),
- *Durgandha* (Faull smell) and
- *karnanad* (tinnitus) since 6 to 7 days.

Past History

Patient has history of taking Allopathic treatment since one and above year but above symptoms occurs intermediately. The patient has no systemic disease.

Examination

On examination *puyastrava* (purulent discharge) was *gadha* (thick), *prabhut* (large) with *durgandha* (faull smell). On cleaning discharge, small tympanic membrane perforation seen with conductive deafness, there was no otitis externa.

Systemic Examination

Patient was conscious, with good general condition, pulse rate was 82/min, blood pressure was 130/80 mm of Hg and temperature was 98F.

Blood Investigations

- Haemogram : 9 gm%
- Blood Sugar :Fasting-80 mg/dl and post meal was 120 mg/dl.
- Urine routine & microscopic was normal.
- The pus culture report showed the presence of staphylococcus.
- X-ray Mastoid is normal.

Material & Methods :

After proper investigation and examination Firstly the *puyastrava* (purulent discharge) was cleaned with ear buds then the *dhupan* is given by keeping the *guggul* on hot

pan (*tava*) and it is covered with aluminum funnel. *Mahishaksha guggul* of ground nut sizes (8 to 10 grams) is advised to use two to three times a day for fifteen days. Before taking *dhupan strava* (discharge) was cleaned every time with earbud. *Dhupan* was given for 2 to 3 minutes only. Along with local treatment firstly *til tail* (oil) massage given then *nadi swed*³ (tube fomentation) of *dashmul bharad* (row powder) was given to face area for 5 to 6 minutes.

Oral medication

orally *shankha bhasma* (250 mg.)⁶, and *kapardik bhasma* (250 gm.) given with *Go ghrat* (cow ghee) in 5 ml. dose for 2 times a day. *Arogyavardhini* tablet 250 mg. 3 times a day with lukewarm water for 7 days.

Follow up

After 7 days *puyastrava* (purulent discharge), *karnkandu* (itching) gate reduced with minimal tinnitus. There was no *strava*, itching and tinnitus after one month follow up.

Dry perforation was present.

DISCUSSION

Guggul has *laghu* (light) , *ruksha* (dry) , *tikshna* (sharp) *gun* with *ushna veerya* and it is *Vat kaph shamak*. This property reduces the discharge. As *Guggul* is *shothahar*(anti inflammatory), *jantughna*(anti bacterial) it reduces inflammation of middle ear cleft mucosa which helps to minimize the heaviness and itching in ear. *Ghruta pan* improves the patient general health by increasing the immunity as *sushruta* advised *samanya chikitsa* (general treatment) in *karnaroga* (diseases of ear). Use of *nadi swed* (hot fomentation through a tube) acts as soothing & reduces the heaviness of ear, it

helps to drain the discharge by opening the Eustachian tube. The *tikshna, ushna* contents of *arogyavardhini* tablet stopped the *dhatu pak* (liquification of mucosa) which reduces *putistrava* (faull smell discharge). *Shankh* and *kapardik bhasma* is *stravanashak, jantughna* and *stravashoshak*. *Vat shaman* helps to treat tinnitus⁵

Shaman of *kapha* reduces itching. Eustachian tube patency improves *Karnabadhira* (deafness).

The *Rasayan* (regumination) drugs and multivitamins are advised to patient.

There were no Adverse event throughout the management of *Karnastrara*.

RESULT :-

The *guggul dhup* is useful in the management of *Karnastrara* (discharge from ear) without any adverse effect. There was no recurrence for 2 month, general health of patient get improved by supporting treatment.

CONCUSION:-

Karnastrava (otitis media) is disease which may lead to severe complications.

Ayurvedic line of treatment gives useful result in the management of *Karnastrara* by improving general status.

The mode of treatment was found to be cost effective, safe and ease to implement.

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