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RESEARCH ARTICLE

MANAGEMENT OF PUTIKARNA (CSOM) WITH SHAMANA AUSHADHI, LOCAL EAR KRIYAKALPA REMEDIES (CASE STUDY)

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Abstract

A 34 yrs old female complaining of mild otalgia with discharge and deafness at right sided ear, since last 7 days and this is her 3rd recurrence in last 4 months intermittently, taking the treatment for the same complaints with systemic and local antibiotics, and also given a history of tympanoplasty one yr ago. She was diagnosed as Putikarna through case history, examination and treated with Snehapana, Shamana aushadi, karna kriyakapa in the form of karna pichu and karnadhupana along with agnikarma after karnapramarjan. Patient shows improvement in the symptoms with satisfaction after 2 months of regular treatment. The study needs to be further continued with larger samples to generalize results.

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Introduction:-

According to Ayurveda above clinical condition is related with Putikarna in which there is profuse painless ear discharge, due to vata pradhanik deranged kapha pitta dosha. This condition is compared with CSOM.

According to modern science, CSOM is chronic infection of middle ear that causes persistent discharge from ear.

Etiology-

1. CSOM is usually preceded by AOM
2. Frequent URTI
3. Failure of tympanoplasty may shows re-perforation
4. Poor socioeconomic group

Types of CSOM –

Two types

1. Safe / Tubotympanic CSOM
2. Unsafe / Attico-antral CSOM which shows following sign symptoms
3. Perforation, discharge, granulation, polyp, cholesteatoma and deafness.

Currently it is treated with

- 1) Topical and systemic antibiotics, steroids along with ear cleaning

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- 2) Surgery to repair ear drum and removal of pathology from middle ear cavity
- 3) Hearing aids

If not treated CSOM shows serious complications like mastoiditis, headache, vertigo, fever, facial paralysis, meningitis and intracranial abscess.

Case study and Treatment –

A 34 yrs old female complaining of mild otalgia with discharge and deafness at right sided ear, since last 7 days and this is her 3rd recurrence in last 4 month intermittently, taking the treatment for the same complaints with systemic and local antibiotics, and also given a history of tympanoplasty one yr ago.

After tympanoplasty patient shows recurrence with same symptoms and not satisfied with modern treatment so she was diagnosed with putikarna and treated with karnaprakshalan.

Local ear examination-

After cleaning the ear, Otoscopic examination shows EAC, TM and middle ear cavity congested with re-perforation so taken in mind that, aim of treatment is to stop ear discharge and always try to keep ear dry. This goal of treatment is achieved by following Ayurvedic prescription.

Treatment given for 2 months -

1. Mahatiktaka ghritapana-20ml daily at night with koshnajala 7 days
2. Dry sweda 7 days.
3. Karna pichu with kushthyadi taila 3 times a day.
4. Karna dhupana with nimbapatradi churna 2 times a day.
5. Maharasnadi guggulu 250 mg 2 tab BD with kosha jal
6. Sarivadi vati 250mg 2 tab BD with kosha jal

Treatment 1-6 repeated after 15 days break.

Drugs-

- 1) Mahatiktaka ghrita- Tridoshaghna.
- 2) Kushthyadi taila- Krimighna, Vranaropaka.
- 3) Nimbapatradi churna- Krimighna, Vranaropaka
- 4) Maharasnadi guggulu- Vedna sthapak, shothaghna.
- 5) Sarivadi vati- Karna Rasayana

Conclusion:-

In this patient after medical and surgical treatment, patient shows recurrence of disease, But with above treatment patient gets complete relief from discharge and pain with dry perforation in 2 months. Also shows no recurrence of otorrhea during follow up of 6 months with partial healing of re-perforation. Further study must be done to observe result and evaluation need larger sample.

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