

1 **Management of Putikarna (CSOM)) with Shamana Aushadhi ,local Ear**
2 **Kriyakalpa remedies and Agnikarma. (Case study)**

3

4 **Abstract** - A 34 Yrs female complaining of right mild otalgia with discharge and deafness since
5 last 7 days and this is 3rd recurrence in 4 month intermittently, taking the treatment for the same
6 with systemic and local antibiotics, giving the history of tympanoplasty 1 yr back.

7 She was diagnosed as Putikarna through case history and examination and treated with
8 snehapana, shaman aushadi, karna kriyakapa in the form of karna pichu and karnadhupana along
9 with agnikarma after karnapramarjan. Patient shows improvement in the symptoms with
10 satisfaction after 2 months of regular treatment. The study needs to be further continued with
11 larger samples to generalize results.

12 **Key words** – Putikarna ,CSOM, Mahatiktak ghrita, sarivadi vati

13 **Introduction** – According to ayurveda above clinical condition is related with Putikarna in which
14 there is profuse painless ear discharge, due to vata pradhanik deranged kapha pitta dosha.
15 snehapana and shaman aushadhi. This condition is compared with CSOM.

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

18 **Etiology**- 1.CSOM is usually preceded by AOM

19 2. Frequent URTI

20 3. Failure of tympanoplasty may shows re-perforation

21 4. Poor socioeconomic group

22 **Types of CSOM** – Two types

23 1. Safe / Tubotympanic CSOM

24 2. Unsafe / Attico-antral CSOM which shows following sign symptoms
25 Perforation, discharge, granulation, polyp, cholesteatoma and deafness.

26

27 Currently it is treated with

28 1) Topical and systemic antibiotics steroids along with ear cleaning

29 2) Surgery to repair ear drum and removal of pathology from middle ear cavity

30 3) Hearing aids

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

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34 **Case study and Treatment –**

35 A 34 Yrs female complaining of right mild otalgia with discharge and deafness since last 7 days and this
36 is 3rd recurrence in 4 month intermittently, taking the treatment for the same with systemic and local
37 antibiotics, giving the history of tympanoplasty 1 yr back.

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

40 **Local ear examination-**

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

44 **Treatment given for 2 months -**

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

51
52 Treatment 1-6 repeated after 15 days break.

53 **Drugs-**

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

59 **Conclusion –**

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

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