



AYURVEDIC MANAGEMENT OF *KARNASRAVA* (ACUTE OTITIS EXTERNA) WITH *GOMAYADI VARTI KARNADHOOPANA* AND *TRIPHALA GUGGULU*- A CASE STUDY.

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Abstract-

Acute otitis externa is a generalized condition of the skin of the external auditory canal that is characterized by general oedema, pain and erythema. It can present as diffuse or localized form of inflammation of external auditory canal. Otorrhea, also known as ear discharge, is a common symptom of otitis externa. This condition, which includes inflammation, can be caused by issues in the external ear canal or a perforated tympanic membrane. Otorrhea is a sign of infection and is typically treated with antimicrobial agents to combat bacterial and fungal infections. The *Gomayadi varti* for *karnadhoopana* and *Triphala Guggulu* for *shaman chikitsa* are formulation mentioned in the Ayurvedic text can be a good option for the treatment of various infectious diseases. *Karnasrava* is a type of ear condition known as *Vata* predominant *Tridoshaja* disease and it's totally treatable. The term *Karnasrava* simply means a discharge from the ear. *Karnasrava* covers a range of ear problems and shares similarities with otitis externa based on signs and symptoms. The *Gomayadi varti* for *karnadhoopana* and *Triphala Guggulu* exhibited significant antibacterial, antifungal and anti-inflammatory activity in acute otitis externa. A 40year-old male patient was clinically diagnosed as *Karnasrava* (Otitis externa) and advised *Gomayadi varti karnadhoopana* and *Triphala Guggulu* as internal medicine for 7 days. The signs and symptoms were reduced to mild degree.

Keywords- Acute otitis externa, *Gomayadi Varti*, *Triphala Guggulu*, *Karnastrava*, *Karnadhoopana*, case study

INTRODUCTION

The branch that deals specifically with *Urdhwajatrugata Roga* and its *Chikitsa* is *Shalaky Tantra*. It covers all of the diseases that affect *Netra* (Eye), *Asya* (Mouth), *Karna* (Ear), *Nasa* (Nose), *Kantha* (Throat), and all *Chikitsopakrama* to heal illnesses that trouble them, including *Shastra Chikitsa*. Among the twenty-eight ear disorders, *Acharya Sushruta* describes *Karnasrava* in chapters on ear [1]. *Karnasrava* consists of a wide spectrum of diseases and can have a near correlation with otitis externa as per signs and symptoms. *Vata* vitiates other *Dosha* and causes the ear canal to become stagnant, which leads to *Karnasrava*. These conditions include *Shiroabhogata* (head trauma), *Jala Nimmajjana* (splashing water on the head), *Karnapaka* (yellowish ear discharge), and *Karna Vidradhi* (ear abscess) [2]. Regarding the prognosis of the diseases.

Otitis externa (OE) is an inflammation of the external auditory canal that can be infected or non-infectious. Inflammation may occasionally spread to the tragus or pinna, which are parts of the outer ear. OE can be categorized as either chronic (lasting more than three months) or acute (lasting less than six weeks). Since it frequently happens in tropical and summer regions and is made more likely by retained water in the ears, it is also referred to as swimmer's ear. A bacterial infection is the most frequent cause of acute otitis externa. It could be linked to psoriasis, eczema, and allergies. *Pseudomonas aeruginosa* and *Staphylococcus aureus* are the two most common infections linked to otitis externa. In rare cases, a fungal infection like *Aspergillus* or *Candida* may cause otitis externa, although it can also be caused by a polymicrobial infection. One of the most frequent risk factors is swimming, which raises the risk five times higher than for non-swimmers [3]. Other risk factors include humidity, trauma or external devices (cotton swabs, earplugs, hearing aids), narrow external ear canals, ear canal obstruction (cerumen obstruction, foreign body), radiotherapy or chemotherapy, stress, immunocompromised patients [4]. The severity and stage of otitis externa can affect the symptoms. A clinical diagnosis is implied by the existence of otalgia, otorrhea, auditory fullness, pruritus, pain to tenderness, and different levels of external auditory canal blockage. Management strategies are limited as one of the basic and safe measures to treat wet ear. Alternatives like medicine and surgery include dangers and adverse effects, and they might not always be completely successful in curing the illness. Furthermore, surgery may limit its use by raising the risk of hearing loss and possibly facial nerve damage. The primary line of treatment is topical antibiotics. Antibiotics that are unlikely to cause ototoxicity should be used, nevertheless. Topical sensitivity is frequently observed, particularly in recurrent or resistant instances. Furthermore, ear drops frequently cause burning or stinging sensations as side effects, which may make a patient less likely to adhere to treatment. When treating localized or systemic illnesses, systemic antibiotics are utilized.[5]

In this case *Karnadhoopan* with *Gomayadi Varti* and *Triphala Guggulu* orally for *shaman chikitsa* was used. Drugs That are used for *Gomaya*, *Gomutra*, *Goghrita*, *Haridra*, *Triphala*, *Pippali*, *Guggulu* have a antifungal, anti-inflammatory and anti-bacterial properties.

Case Report

A 40-year-old male patient working as a computer engineer visited our OPD of *Shalakyatantra* in Sane Guruji Arogya Kendra Hadapsar Pune with chief complaints of severe ear earache, watery discharge and mild itching in a left ear from last 3-4 days. The patient had no any medical history and no associated complaints. No history of any immune-compromised diseases.

On examination

BP-120/80 mm of Hg Pulse-76/min

RR-19/min

Ashtavidha Pariksha

Nadi: - Pitta Pradhan

Mala: - Prakruta

*Mutra: - Samyaka Pravrutti**Jivha: - Sama**Shabda: - Spashta**Sparsha: - Anushna**Druka: -Prakruta**Akruti: - Madhyama*

The diagnostic assessment includes otoscopic examination, endoscopic examination, and pre-treatment and post treatment photographs.

Table: 1

clinical examination of ear with findings.

	Examination of ear	Right ear	Left ear
1	External ear and surrounding area		
	Shape and size of pinna	Normal	Normal
	Position	Normal	Normal
	Colour	Normal	Reddish
	Tenderness	No any tenderness	Present+
	Swelling	Absent	Present+
	Local temperature	Normal	Raised
2	External auditory canal		
	Meatal skin	Normal	Hyperaemic
	Fungal Moulds	Absent	Absent
	Wax	Absent	Absent
	Discharge	Absent	Present- Thick, whitish
3	Tympanic membrane		
	Position	Normal	Retracted +
	Colour	Normal	Hyperaemic
	Cone of light	Present	Absent
4	Examination of middle ear	Handle of malleolus seen	Not seen
5	Mastoid	Normal	Non tender
6	Eustachian tube	Normal	Normal
7	Tuning fork test		
	Rinne's test	AC>BC	BC>AC
	Weber's test	No Lateralized	Lateralized to left ear

Treatment

The patient was treated with local treatment from 05/02/2025 to 11/02/2025 as mentioned in Table 02. And follow up after 7 days.

Table 02 Treatment Protocol.

Sr. No	Procedure	Medication	Timings	Total Duration of treatment
01	<i>Karna Pramajarjan</i> (mopping)	Mopping with Sterile cotton applied on Jobson-Horne probe.	Twice a day	7 days
02	<i>Karnadhoopan</i>	<i>Gomayadi Varti</i>	Once a day	7 days
03	Oral medication	<i>Triphala Guggulu vati</i> (500mg)	Twice a day	7 days

Gomayadi Varti Karnadhoopana

Gomayadi Varti was prepared by properly mixing 100g of *gomaya* (cow dung), 10ml of *gomutra* (cow urine), 10g of *haridra* (*curcum longa*), and 5g of *goghrita* (ghee). The resulting small cylindrical *varti* was then dried in the sun and used for *karnadhoopan*.

The *Rasapanchaka* and antibacterial, anti-inflammatory and antifungal properties of drugs that are used in *Gomayadi varti* are as follows

(Table.No 3)

table 3 properties of drugs

<i>Dravya</i>	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipak</i>	<i>Rogaghnata</i>	<i>Doshghnat</i>	Constituent
<i>Gomutra</i> [6]	<i>Katu, Tikta, Kashaya</i>	<i>Teekshna, kshara</i>	<i>Ushna</i>	<i>katu</i>	<i>Kanduhara, Krimighna Shoolahara</i>	<i>Kaphavata</i>	phenolic acids(gallic, caffeic, ferulic, ocoumaric, cinnamic and salicylic acid)
<i>Gomaya</i> [7]	<i>Kashaya, Tikta</i>	<i>Shushka</i>	<i>Ushna</i>	<i>katu</i>		<i>Kapha</i>	
<i>Goghrita</i> [8]	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rakshoghna</i>	<i>Tridosha</i>	Fatty acids
<i>Haridra</i> [9]	<i>Katu, Tikta</i>	<i>Rooksha</i>	<i>Ushna</i>	<i>katu</i>	<i>Krimighna, Vranahara, Shothahara, Twak doshahara</i>	<i>Kaphapitta</i>	Curcumin



Triphala Guggulu for shaman chikitsa

Triphala Guggulu is widely used for the treatment of *Shotha* (Inflammation). It consists of *Guggulu*, (*Commiphora wightii* Arn.) ,*Pippali* (*Piper longum* Linn.) and *Triphala*, i.e., fruits of *Amalaki* (*Embllica officinalis* Gaertn.), *Haritaki* (*Terminalia chebula* Retz.), and *Bibhitaki* (*Terminalia bellirica* Roxb). This formulation was firstly mentioned in *Sharangdhara Samhita*. Each ingredient possesses properties which alleviate inflammation and pain, one of the significant symptoms of these diseases. The *Raspanchaka* of *Triphala Guggulu* are as follows (table no 04).

table 4- the *raspanchaka* of *triphala guggulu*[10]

Ingredient	Rasa	Guna	Veerya	Vipaka	Doshghnata
<i>Haritaki</i> (<i>Terminalia chebula</i> Retz.)	<i>Pancharasa</i> Except <i>Lavana</i> <i>rasa</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshahar</i> esp. <i>vatahar</i>
<i>Bibhitaki</i> (<i>Terminalia bellirica</i> Roxb.)	<i>Kashaya</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshahar</i> esp. <i>kaphahar</i>
<i>Amalaki</i> (<i>Embllica officinalis</i> Gaertn.)	<i>Pancharasa</i> Except <i>Lavana</i> <i>rasa</i>	<i>Guru</i> , <i>Ruksha</i> , <i>Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshahar</i> esp. <i>Pittashamak</i>
<i>Pippali</i> (<i>Piper longum</i> Linn.)	<i>Katu</i>	<i>Laghu</i> , <i>Snigdha</i> <i>Tikshna</i>	<i>Anushna</i> <i>sheeta</i>	<i>Madhura</i>	<i>Kapha</i> <i>vatashamak</i>
<i>Guggulu</i> (<i>Commiphora wightii</i> Arn.)	<i>Tikta</i> , <i>Katu</i>	<i>Laghu</i> , <i>Ruksha</i> , <i>Tikshna</i> , <i>Vishad</i> , <i>Sukshma</i> , <i>Sara</i> , <i>Pichhila</i>	<i>Ushna</i>	<i>katu</i>	<i>Tridoshahar</i> <i>Kapha</i> - <i>vatahar</i>

Pathya-Apathya

Patient was advised to avoid head bath, swimming, putting earbuds in ear, to avoid cold beverages, to avoid cold climate and *vata kaphakara ahara*.

OBSERVATIONS AND RESULTS

Patient had started responding to the treatment. Observation and results are shown in Table.no 5 and by the end of the treatment all signs and symptoms were reduced, after treatment follow up was done for 1 week, there was no recurrence. No adverse events related to the medication were observed throughout the treatment period.

table 5 observations and results

Sr no	Sign and symptoms	1 st day	3 rd day	7 th day
1	Pain	Severe	Mild	No Pain
2	Discharge	Mild discharge Thick	Mild	No discharge
3	Itching	Mild	Mild	No Itching



Pre treatment day 1



post treatment day 7

Discussion

Acute otitis externa has the potential to progress into chronic otitis externa, resulting in canal stenosis that may adversely affect hearing. Common side effects of otitis externa include periauricular cellulitis and malignant otitis externa. The presence of watery and purulent discharge in otitis externa indicates the presence of *paka* (inflammatory changes). Ulceration may occur during the cleaning of ear canal. The external auditory canal is likely to get damaged.

Mode of action of *Karnadhoopana*

Dhoopana karma comes under *Rakshoghna vidhi* (sterilization). It dilates blood vessels and helps in the oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reduces inflammation and itching and eliminates infection. *Karnadhoopana* will do *srotoshodhana* by clearing obstruction in *srotas* which is caused by *kapha* and keeps the EAC dry.[11]

Mode of action of *Triphala Guggulu*

Amalaki has *Sheeta* and *Ruksha* properties which reduce *Pitta* and *Kapha dosha*. *Bibitaki* is slightly *ushna* and pacifies *Kapha* and *Pitta dosha*. *Haritaki* has *Kashaya*, *Ruksha* properties and pacifies *Vata dosha*. All these three drugs together are *Katu*, *Tikta*, *Kashaya*, and *Madhur*, here potency of all three drugs is mentioned in terms of properties and combination.[12]

Conclusion

Karnasrava can be correlated with otitis externa on the basis of etiology, symptoms, prognosis and treatment modalities. It is seen that there was very good result of combined therapy in *Karnasrava*.

Karnadhoopana with *Gomayadi varti* will do *shrotoshodhana*. The probable actions of *Triphala Guggulu* in *Karnasrava* may be *Vranaghna*, *Puyaghna*, *Samshaman*, *Ropan*, and decrease *Kleda* and *Drava*. As *Triphala Guggulu* has anti-inflammatory, anti-bacterial, antiseptic, and rejuvenating properties which may be useful in *Karnasrava*. Ayurvedic line treatment gives useful result in the management of otitis externa by improving general status. The mode of treatment was found to be cost effective, safe and ease to implement.



karnadhoopana with gomayadi varti

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