



Ayurvedic Management Of Otomycosis – A Case Study

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Abstract:

Introduction: Otomycosis is ENT disorder in tropical regions, marked by severe itching, discomfort, watery discharge, blockage and diminished hearing, impacting 9% of the Indian population. Treatment involves the removal of fungal clusters, followed by antifungal drops. In Ayurveda it correlated to *Kaphaja Karna Shoola*, characterized by *Manda ruja*, *Kandu*, *Ghana Shruti*, and obstruction due to an excess of *Kapha Dosha*. Ayurveda treatments help to balance *Kapha*, providing effective, holistic remedies that ease symptoms, prevent recurrences, and promote ear health.

Materials and method: A 23-year-old female, fully alert, presented to the OPD with complaints of sudden pain in left ear accompanied by mild itching for five days. She received treatment involving *Arka patra swedana* and *Haridravarti dhoopana*, along with oral medications for duration of 14 days.

Result: The *Dhoopana* and *Swedana* with *Shamana aushadhis* yielded significant improvement in the patient's condition within 14 days of treatment.

Conclusion: Otomycosis a fungal infection of the ear can be effectively managed through Ayurvedic therapies. In *Sthanika Swedana*, *Arka Patra* is utilized for its anti-inflammatory properties, while the *Rooksha* and *Ushna* qualities of *Haridra Varti Dhoopana* help reduce fungal growth, thus aiding in the prevention of otomycosis.

Index Terms - : Otomycosis, Arka Patra, Haridra Varti, Karnashoola.

I. INTRODUCTION

Otomycosis is a fungal infection of the outer ear (otitis externa), characterized by itching, pain, ear blockage, and watery discharge¹. Globally, otomycosis affects 5.2% of the population, with a higher prevalence of 9% in India. 90% of infections are due to *Aspergillus niger*, with *Candida albicans* accounting for the rest. Clinical management of the condition includes the removal of the fungal mass, epithelial debris that facilitates the growth of the fungus, mopping of the discharge, and instilling antifungal ear drops³. Common side effects of treatment include burning, irritation, and swelling of the ear. According to Ayurveda, this clinical condition with *lakshanas* such as *Mandaruja*, *Kandu*, and *Ghanashruti* can be understood as *Kaphaja Karnashoola*⁴. Ayurvedic treatments help to balance *Kapha*, providing effective, holistic remedies that ease symptoms, prevent recurrences, and promote ear health.

II. CASE HISTORY

A 23-year-old female was apparently normal; suddenly she developed pain in her left ear, accompanied by mild itching for the past five days. Symptoms began after she self-applied oil to her left ear a week prior and have progressively worsened, with increased itching, pain, and watery discharge, especially at night and in cold weather. So patients approached Alva's Ayurvedic Medical Hospital, Moodabidre, for management.

Past history: No h/o of DM, HTN

Treatment history: Nothing significant

Family history: Nothing significant

Personal history:

Bowel: Once in a day

Appetite: Good

Micturition: 4-5 t/day

Sleep: Disturbed

III. EXAMINATION

Systemic examination

- CNS: conscious and oriented
- CVS: S1, S1, S1,S2 heard, no murmur
- RS: B/L NVBS(+)
- P/A: Soft, no tenderness

General examination

- Weight: 68kg
- Height: 158cm
- Pulse: 71 bpm
- B.P.: 120/70 mmHg

*Ashtasthana pareeksha***Table 1 :** *Ashtasthana pareeksha*

<i>Nadi</i>	<i>Hamsa gati</i>
<i>Muthra</i>	<i>Anavila</i>
<i>Malam</i>	<i>Abaddha</i>
<i>Jihwa</i>	<i>Alipta</i>
<i>Shabda</i>	<i>Vaikruta</i>
<i>Sparsha</i>	<i>Anushna sheeta</i>
<i>Drik</i>	<i>Prakruta</i>
<i>Akriti</i>	<i>Madhyama</i>

*Dashavida pareeksha:***Table 2:** *Dashavida pareeksha*

<i>Prakruthi</i>	<i>Kapha Vataja</i>
<i>Vikruthi</i>	<i>Dosha: kapha and vata Doosha: rasa, rakta</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Madhyama</i>
<i>Saara</i>	<i>Madhyama</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Pramana</i>	<i>Madhyama</i>
<i>Vyayama shakti</i>	<i>Madhyama</i>
<i>Ahara shakti</i>	<i>Madhyama</i>
<i>vaya</i>	<i>Madhyama</i>

Ear examination**Table 3:** Ear examination

	Right ear	Left ear
Pinna	NAD	NAD
Preauricular region	NAD	NAD
Postauricular region	NAD	tenderness
External auditory canal	Wax present	Discharge (+ve) <ul style="list-style-type: none"> • Quantity—Scanty • Odor—No • Color: white • Consistency—Thin
Tympanic membrane	Congested and retracted	Black Spores (+ve) Wet newspaper mass (+ve)
Rinnes test	AC>BC	BC > AC
Weber's test	No lateralization	No lateralization

Nasal examination:

No abnormality was detected

Oral examination:

No abnormality was detected

IV. THERAPEUTIC INTERVENTION*Karna kriyakalpa*

- *Arka patra swedana* for 7 days,
- *Haridra varti Karna Dhoopana* for 14 days

Shamana aushadhi for 14 days

- *Triphala guggulu* (1 TID, A/F)
- *Gandaka rasayana* (1BD, A/F)

Procedure:

table 4: procedure

	Poorvakarma	Pradhana karma	Paschat karma
<i>Arka patra Swedana</i>	The pre- and post-auricular region is cleaned with dry cotton. <i>Arka patra</i> is heated in steam	<i>Swedana</i> over the region is done with <i>Ushna arka patra</i>	Followed with <i>karna dhoopana</i>
<i>Karna dhoopana</i>	<i>Karna pramarjana</i> is done with cotton swab rolled over a Jobson probe	Fumes coming out on burning haridra varti administered directly into EAC • <i>Dhoopana</i> given for 10 min	After <i>dhoopana</i> , a cotton swab is placed in the EAC.

**Fig no 1: Arkapatra Swedana****Fig no 2: Haridra varti dhupana****Pathya:**

Godhuma (wheat), *Shali* (rice), *Mudga* (green gram), *Yava* (barley), *Purana Ghrita* (ghee), *Patola* (bottle gourd), and *Shigru* (drumstick). *Lava*, *Mayura* (peacock), *Harina*, *Kukkuta*

Apathya:

Avoid humid climate, introducing instruments to ear, Atibashya, Ativyayama

V. Result

table 5: result

Left ear	BEFORE TREATMENT	On 7 th day	AFTER TREATMENT
PREAURICLE REGION	NAD	NAD	NAD
POSTAURICLE REGION	Tenderness	No tenderness	No tenderness
EXTERNAL AUDITORY CANAL	Discharge (+ve) • Quantity—Scanty • Odor—No • Color: white • Consistency—Thin	Discharge (+ve) Quantity— Scanty Odor—No Color—White Consistency— Thin	Discharge (-ve)
TYMPANIC MEMBRANE	Black Spores (+ve) Wet newspaper mass (+ve)	Black Spores (-ve) Wet newspaper mass (+ve)	Black spore-ve • Clear tympanic membrane • Cone of light (+ve)
RINNE'S TEST	BC > AC	AC>BC	AC>BC



Fig No. 3: before treatment



Fig No 4: on 7th day



Fig No 5: after treatment

VI. DISCUSSION

Gandhaka Rasayana is a wound-healing formulation primarily containing *Guggulu*, known for its properties as a *Vranaropaka*, *Tridosha Shamaka*, and *Shotahara*.⁵

Triphala Guggulu has *Vata–Kapha shamak* properties. It reduces the *Dhatupaka*, which produces the new *Dhatu* (*Twak* and *Mamsa*), and reduces the *Srava* from *Karna*, leading to dryness of the ear canal. It acts on *Raktadharakala*, which acts on *Yakrut* and *Pleeha*, which again directly acts on *Twacha*. It does the *Shoshan* of different excess *Snigdha Dravyas* present in the ear.⁶

Arka patra possesses *Kapha-Vata Shamaka* and *krimihara gunas*, as well as analgesic and anti-inflammatory properties, which helps in reduction of the the pain.

Dhoopana karma was administered to purify the condition. *Dhoopana* drugs possess *Krimihara*, *vata shamaka*, and *Shoolahara* properties., *Dhoopana* is *ruksha* and *ushna* in nature. *Ushna Guna* counteracts the *Sheeta Guna* of *Vata* and *Kapha*. The *Ruksha Guna* reduces the *Snigdha Guna* of *Kapha*, decreasing *Kleda*, which is conducive to fungal growth. Thus, *Dhoopana* helps prevent fungal infections.⁸

VII. CONCLUSION

The management of otomycosis in Ayurveda offers a holistic and effective approach to treating this fungal infection. By correlating this condition with *Kaphaja Karnashoola*, Ayurveda provides a comprehensive understanding of the condition's pathophysiology. The treatment modalities employed, including *Dhoopana*, *Swedana*, and *Shamana Aushadis*, demonstrate the efficacy of Ayurvedic interventions in alleviating symptoms, preventing recurrences, and promoting overall ear health. The importance of Ayurveda treatment in managing otomycosis lies in its ability to address the underlying imbalances, thereby providing long-term relief and minimizing the risk of complications.

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