

## Therapeutic Efficacy of *Vidhdhakarma* along with *Karnadhoopana* in *Karnastrava* (Chronic Suppurative Otitis Media): A Case Report

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Date of Submission: 15-02-2026

Date of Acceptance: 28-02-2026

### ABSTRACT:

*Karnastrav* is a one of the *Karnaroga* characterized by discharge from middle ear through a perforated tympanic membrane. According to *Acharya Susruta Karnastrav* mainly occurs due to *Avarna* of *Vata Dosha*. *Karnastrav* can be correlated with Chronic suppurative otitis media. **Objectives:** to evaluate the efficacy of *Vidhdhakarma* along with *Karnadhoopan* in case of *Karnasrava* (CSOM). **Methodology:** In this study a single clinical trial of patient fulfilling the diagnostic criteria of *Karnastrav* was selected in which *Vidhdhakarma* was done for 15 days and *Karnadhoopan* was done for 1 months. The efficacy of *Vidhdhakarma* and *Karnadhoopan* was assessed in the terms of relief in sign and symptoms of before and after treatment. **Discussion:** *Vidhdhakarma* is a one of the type of *Raktamokshan*. According to *Acharya Susrut* when *Siravedh* is performed, the most vitiated *Dosha* i.e. *Rakta* is released, similarly in *Vidhdhakarma* the most vitiated *Dosha* is released. *Vidhdhakarma* may removes obstruction of *Vata Dosha* from *Sira* and improve circulation. *Karnadhoopan* dries up *Strava* that comes out from the middle ear and improves the condition of middle ear mucosa. **Conclusion:** Due to this treatment patient got complete relief from *Karnastrav* and found excellent result which is discussed in this case study.

**KEYWORDS:** *Karnastrav*, CSOM, *Vidhdhakarma*, *Karnadhoopan*, *Raktamokshan*

### I. INTRODUCTION

*Acharya Susrut* has described total 25 *Karnaroga* and *Karnastrav*<sup>[1]</sup> is one of them. Chronic suppurative otitis media is a long standing infection of the middle ear cleft characterised by continuous or intermittent discharge through a persistent tympanic membrane perforation. A

perforation becomes permanent when its edges are covered by squamous epithelium and it does not heal spontaneously. Perforation of Tympanic membrane can be clinically correlated with *Dusta Vrana* in *Karna*. *Vrana Shodhankarma* is necessary for a permanent cure to healing of tympanic membrane. *Karnadhupana* makes ear dry and helps to regeneration (*Ropan*) of Tympanic membrane.

### DETAILS OF PATIENT:

A 36 years old male patient living in Fatepur, Gujarat, India came with the complaint of Right ear intermittent purulent discharge with mild hearing impairment and medium size central perforation in the tympanic membrane in the last 4 years.

### Details of present illness:

The pt. was apparently better before 4 years. He presented with chief complaints of moderate to profuse purulent discharge with mild hearing impairment and medium size central perforation in the tympanic membrane.

Due to above complain he was consulted to many ENT surgeons. Though some discharge stops for short time by antibiotic medicine but after sometime he got same problem repeatedly. ENT surgeon has advised to him for tympanoplasty. But, due to this continuous purulent discharge it was not possible to perform tympanoplasty. So, he came with this complain at late R.S.Shah Ayurved hospital, Anandpar for good treatment as well as prevention of recurrence.

**Past medical history:** Patient has taken repeated topical and orally Analgesic and antibiotic medicine in the past 4 year for his complains.

**Past surgical history:** Patient has not been given any relevant surgical history.

**Work history-** He was working as carpenter for 6-7 hours per day in his private shop.

**Family history:** There is no any relevant family history found in this patient.

**Vital sign:** All vital signs were normal.

**Systemic examinations:** were normal.

**Investigations:** None.

1. **Nidanparivarjana:** Karnakandu with swab stick.
2. **Erandbhrisht Haritaki:** 5g at night with luke warm water given for 7 days
3. **Vidhdhakarma:** with 26 ×1/2 gauze needle on behind the Ear (except *Vidhur marma*)
4. **Karnadhoopan:** with following medicine:

#### TREATMENT PLAN

<i>Triphala Churna</i>	2 g
<i>Yatimadhu Churna</i>	2 g
<i>Haridra Churna</i>	2 g
<i>Kantakari Churna</i>	1 g
<i>Vidang Churna</i>	1 g
<i>Vacha Churna</i>	1 g
<i>Guggulu</i>	1 g
<i>Goghrita</i>	2 tsp.

5. **Pathyadi Ghanvati:** 2 *Vati* with luke warm water internally twice a day.

6. **Triphala guggulu<sup>[2]</sup>:** 2 *Vati* with luke warm water internally twice a day.

#### ASSESSMENT

The assessment of the treatment was done on the basis of reduction of parameter of clinical sign and symptoms of *Karnastrav*.

#### TREATMENT AND FOLLOW UP:

Table 1 : Treatment and follow up

Follow up	COMPLAIN	TREATMENT
On 1 <sup>st</sup> day	1. Discharge from Right ear 2. Mild hearing impairment <b>O/E (Right ear)</b> Moderate to severe purulent discharge from middle ear Medium sized central Perforation in the tympanic membrane <b>Tuning fork test</b> <b>Rinne test:</b> BC>AC <b>Weber test:</b> Sound is better heard by diseased ear (Rt.ear)	1. <b>Erandbhrisht Haritaki</b> 5g at night with luke warm water before meal for 7 days. 2. <b>Pathyadi ghanvati:</b> 2 vati with luke warm water after meal for 7 days 3. <b>Vidhdhakarma</b> with 26 ×1/2 gauze needle for 7 days. 4. <b>Karnadhoopan:</b> with <i>Triphala Churna</i> 2 gm <i>Yastimadhu Churna</i> 2 gm <i>Haridra Churna</i> 2 gm <i>Kantakari Churna</i> 2 gm <i>Vidang Churna</i> 2 gm <i>Vacha Churna</i> 2 gm <i>Gugulu</i> 2 gm <i>Goghrita</i> 2 tsp. 10 Minutes in morning and 7 min in evening for 7 days.
1 <sup>st</sup> follow up (On 7 <sup>th</sup> day)	1. Discharge from Right ear 2. Mild hearing impairment	2. <b>Pathyadi Ghanvati:</b> 2 vati with luke warm water after meal for 7 days 3. <b>Vidhdhakarma</b> with 26 ×1/2 gauze needle for 7 days

	<p><b>O/E (Right ear)</b> Moderate purulent discharge from middle ear. medium sized central Perforation in the tympanic membrane</p>	<p><b>4. Karnadhoopan</b> for 7 days 10 minutes in morning 7 minutes in evening</p> <p><b>5. Triphala Guggulu:</b> 2 vati with luke warm water after meal for 7 days</p>
<p>2<sup>nd</sup> follow up (On 14<sup>th</sup> day)</p>	<p>1. Discharge from Right ear 2. Mild hearing impairment</p> <p><b>O/E (Right ear)</b> Scanty purulent discharge from middle ear Medium sized central Perforation in the tympanic membrane</p>	<p><b>2. Pathyadi ghanvati:</b> 2 vati with luke warm water.</p> <p><b>3. Vidhdhakarma</b> with 26 ×1/2 gauze needle for 2 days</p> <p><b>4. Karnadhoopan</b> for 7 days 7 minutes in morning 5 minutes in evening</p> <p><b>5. Triphala Guggulu:</b> 2 vati with luke warm water after meal for 7 days</p>
<p>3<sup>rd</sup> follow up (On 21<sup>st</sup> day)</p>	<p>1.No Discharge from Right ear 2. Mild hearing impairment</p> <p><b>O/E (Right ear)</b> No discharge from middle ear small sized central Perforation in the tympanic membrane</p>	<p><b>2. Pathyadi ghanvati:</b> 2 vati with luke warm water after meal for 7 days.</p> <p><b>4. Karnadhoopan</b> for 7 days 5 minutes in morning 5 minutes in evening</p> <p><b>5. Triphala Guggulu:</b> 2 vati with luke warm water after meal for 7 days</p>
<p>4<sup>th</sup> follow up (on 28<sup>th</sup> day)</p>	<p>1.No Discharge from Right ear 2. No hearing impairment</p> <p><b>O/E (Right ear)</b></p> <ul style="list-style-type: none"> <li>• No discharge from middle ear</li> <li>• There is no perforation in the tympanic membrane.</li> </ul> <p><b>Tuning fork test</b> <b>Rinne test:</b> AC&gt;BC <b>Weber test:</b> Sound is heard equally by both ears.</p>	<p><b>2. Pathyadi ghanvati:</b> 2 vati with luke warm water after meal for 15 days</p> <p><b>4. Karnadhoopan</b> for 2 days 5 minutes in morning 5 minutes in evening</p> <p><b>5. Triphala Guggulu:</b> 2 vati with luke warm water after meal for 7 days</p>
<p>5<sup>th</sup> Follow up (on 45<sup>th</sup> days)</p>	<p>There is no any symptom related to ear</p>	<p><b>2. Pathyadi ghanvati:</b> 2 vati with luke warm water after meal for 7 days.</p>
<p>6<sup>th</sup> follow up (after 3 month)</p>	<p>There is no any symptom related to ear</p>	<p>No medicine required.</p>

## II. RESULT:

Table 2: Criteria of Assessment:

Grade	Discharge	Hearing Impairment	Perforation of Tympanic Membrane
0	No Discharge	No Hearing Impairment	No perforation
1	Scanty(Mild)	Mild	Tiny Perforation
2	Moderate	Moderate	Medium size
3	Moderate to Profuse	Moderate to Severe	Medium to large
4	Profuse	Severe	Large

TABLE 3: ASSESSMENT

Symptoms	Before Treatment	On 14 <sup>th</sup> day	After Treatment (on 28 <sup>th</sup> day)	After 3 Months
Ear Discharge	3	1	0	0
Perforation of Tympanic membrane	2	2	0	0
Hearing impairment (conductive deafness)	1	1	0	0

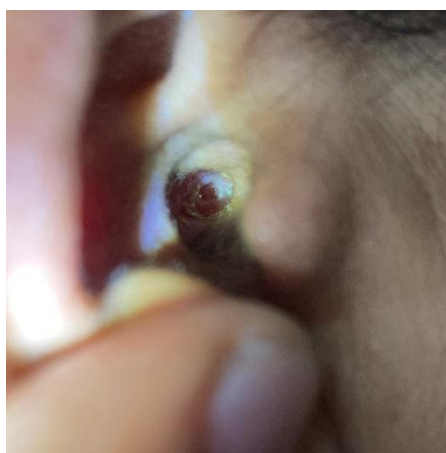


Figure 1: Before Treatment



Figure 2: After Treatment

## III. DISCUSSION

According to Acharya *Susrut* when *Siravedh* is performed, the most vitiated *Dosha* i.e. *Rakta* is released<sup>[3]</sup>, similarly in *Vidhdhakarma* the most vitiated *Dosha* is released. In *Karnastrav* there is present of *Avaran* of *Vata dosha*. So, inhere *Vidhdhakarma* may removes obstruction of *Vata Dosha* from *Sira* and improve capillary and venous circulation in diseased area<sup>[4]</sup> and thus improves healing process of tympanic membrane which have perforation. In CSOM permanent perforation of tympanic membrane is present and its edges are covered by squamous epithelium and it does not

heal spontaneously. So we can have considered it as a one type of *Dusta Vran*. Acharya *Vagbhata* has mentioned if suppuration and purulent discharge present in the ear, it can be managed by *Karnadhoopan* and treated by same as treatment of *Dustvrana*. *Dhoopankarma* is an effective treatment which also mentioned in 60 *Upkrama* of *Vrana*<sup>[5]</sup>. Acharya *Susruta* mentioned *Karnadhoopan* directly in *Chikitsa* of *Karnastrav*. *Karnadhoopan* dries up *Strava* that comes out from the middle ear and improves the condition of middle ear mucosa and promotes the healing process of tympanic membrane. At the same time the *Pathyadi Ghanvati* given by the mouth also works to alleviate the

*Dosha* which is responsible for *Karnastrav* and Inflammation. An intelligent surgeon should allow a part of the vitiated blood to remain rather than drain it excessively. The remaining *Dosha* in the blood should be pacified by *Shaman Chikitsa*<sup>[6]</sup>. *Triphala Guggulu* is indicated in *Vranshopha* and in *Vrana*<sup>[7]</sup>. *Triphala Guggulu* is one among such drugs having *Vrana Shodhana* and *Vrana Ropana* property which are helpful in healing of perforated tympanic membrane.

Edition: 2021, Madhyam Khand, Chapter 7, P. 200

#### IV. CONCLUSION

*Vidhdhakarma* is the best & effective method of *Shodhan* for removing out of accumulated *Dosha* from *Sira*. As many herbs as there are in *Karnadhoopan*, most of them *Vranshodhak* and *Vranropan*. Giving *Karnadhoopan* dries up *Strav* and ear become clean and dry so perforated tympanic membrane may have healed spontaneously. So that the recurrent *Karnastrava* stops and the disease goes away forever. So in this case, *Vidhdhakarma* and *Karnadhoopan* gives complete relief to the patient of *Karnastrava* (CSOM). There is more need of efforts to develop *Vidhdhakarma* in *Karnastrav* with more evidence based practise.

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