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Role of *Karna Dhoopan* in Otomycosis

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ABSTRACT

Earache is a common auditory problem and the condition needs to be treated precedency with a physician. Common causes of earache are Otitis externa, Otitis media, Boils, Eczema or Neurolgical affection the outer ear. Sometimes, pain in this region may also be due to decayed tooth¹. One of the painful condition is Otomycosis. It is a fungal infection that affects the ears. It increases in moist&warmclimates and is increased by poor local hygiene and swimming. Symptoms include itching, which may be intense, pain, and a stinging sensation in the external acoustic meatus² It also often affects people with diabetes or other chronic medical and skin conditions. Common fungal infections of ear are caused by *Penicillium*, *Aspergillus niger*, and *Aspergillus fumigatus* with some exceptions³. Even if Otomycosis does have many treatment options, but in most of the cases it turns to be chronic. Acute and chronic Otomycosis cases are well managed by Ayurvedic medicine and procedures. *Karnashool* (earache) is described in many Ayurvedic classics characterized by pain in ear. Acharya Shushrut described *Karnashool* due to vitiation of mainly *vatadosha*⁴ while Acharya Vaghbhata described *Karnashool* due to *Vata*, *Pitta*, *Kapha*, *Rakta*, and *sannipataj*⁵. *Dhoopan* is most effective therapy for earache⁶ due to Otomycosis. *Dhoopan dravyas* has anti-inflammatory, analgesic, anti-fungal and antimicrobial property. So it can be said that local infection of the ear can be managed by *Dhoopana Karma* and it is the best therapy for all painful ear disorders.

KEYWORDS

Earache, Otomycosis, Karnashool, Dhoopana



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INTRODUCTION

Earache or ear pain is found as a result of inflammation in the internal, middle or external ear and even due to infections from structures that are located nearby to the ear itself. As the name entail an ear fungus, fungal infection of the external ear. In addition to Otomycosis, this condition is also called as singapore ear, otitis externa and fungal infection⁷. Contaminated water and continued use of antibacterial topical product are the most common causes of fungal infection of ear. The fungus in ear is different fungi from our environment, with most common being Aspergillus. Other sources are actinomyces, candida, phycomycetes and rhizopus. About 1 in 8 of otitis external infections is fungal in origin. Eventhough these fungi are widely present, they do not affect mostly everyone. This is one of the reasons why diabetic patients need to control blood sugar level at all times because they are at a higher risk of infection⁸. Local and systemic antifungal agents, local debridement, and discontinuation of topical antibiotics are treatment recommendations.

Sometimes otomycosis at hand as a tough disease for its extended term treatment and follow up, yet its reappearance rate remains high⁹. The variety of signs will depend on the nature of fungus and also infected

person with their forbearance for pain. The most common symptoms include-Pain, itching, redness, swelling, yellow/white/black discharge from ear, hearing loss, and physical narrowing of ear canal.

Acharya Sushrut has mentioned the concept of the *Shalakya Tantra*. He mentioned *DhoopanDravya* like *Aguru*, *Guggule*, *Chhoum*, & *Ghrita* for the treatment of *Karnashool*¹⁰, in other place he mentioned other *Dhoopan Dravya* like *Nimba*, *Sarshapa*,, *Vacha* for the treatment of *Vrana*. *Dhoopana* is a technique by which drugs of herbal, herbo-mineral or animal origin are used for fumigation so as to cure *vrana*, *yonivyapada*, *karnarogas*, disinfecting *bhesajagara*, *vranagara*, sterilizing *asavas* and *aristas*. *Dhoopan Drugs* having analgesic, antimicrobial, anti-inflammatory and astringent property in combination.Due to this *Dhoopan* exposing to the infected ear to reducing the pain, surface cleanliness and mitigation of exudation¹¹.

DISCUSSION

Otomycosis is commonly seen in today's everyday life and is exigent problem due to reappearance and resistance to therapy. Treatment recommendations have included local debridement, local and systemic



antifungal agents and discontinuation of topical antibiotics. Sometimes, it is a challenging disease because of its long term treatment and follow up, yet its recurrence rate remains high.

Ayurvedic medicines mainly contemplate on the core cause of the predicament to cure the definite system of our body; and hence we can keep up good health for a long time. These medications are highly efficient in curing chronic illness like Otomycosis as compared to other pathies of treatment. Acharya Sushrut mentioned *DhoopanDravya* which is very effective for the treatment of Otomycosis. *DhoopanDravya* also said *RakchhoghnaDravya*¹². *Dhoopankarma* (fumigation) drugs have qualities to purify the wound by *krimihar*, *vata shamak* and *shoolhar*¹³ properties, so it can be said *Dhoopan* karma has antifungal, anti inflammatory and analgesic property.

Guggulu is the best among herb that is described for *Vatarogas* by Acharyas¹⁴. *Karnashool* is a *vatajvyadhi* so we can say *Guggulu* is best for *Karnashool* due to its *shothhar* and *shoolhar* property. *Nimba* is well known for *kandughna*, *kramighna* and *kusthaghna*¹⁵ properties. Every part of this plant is useful. It consists of *Katu*, *Tiktarasa* and *LaghuRukshhaguna*& it is a *RakshhoghnaDravya*¹⁶. It is believed that ,those dravya that protect us from

hazardous influence are called *Rakshhoghna Dravya*. Due to this property *Nimb* is selected as *DhoopanDravya*. In *Dhoopan* the active principle of *Nimba* is margosine, a bitter alkaloid and sulphur get released and dispersed. *Vidanga* is one of the powerful anti parasitic herb of ayurveda .It is widely used against intestinal worm infestation. Its botanical name is *Embelia Ribs*. It is also called false pepper black. *Acharya Charak vidanga* is *Krimighna* and *Kusthahara* while *AcharyaSushruta* mentioned in *Sursadi* and *Pippalyadigana*. The word *krimighna* does not suggest only towards intestinal worm. The word meaning also encompasses microbial infection as well. Hence *Vidanga* is an essential ingredient in *Dhoopan karma* as it possesses antimicrobial property¹⁷.

Aguru is a fragrant tree, commonly known as Agarwood (eaglewood), the mature heartwood of the tree is aromatic. The aroma is result of fungal pathogenesis. When the wood of tree is contaminated by fungi at wounds, it develops scrap filled with resin and turn out to be aromatic. It is used in treating disease related to ear, nose, throat, cough etc. It has *krimighna*, *vranashodhana*, *kaphahara* property¹⁸. The *Dhooma* may inhibit the growth of fungus hence assume *Nimba* is best herb for fungal infection¹⁹. *Aguru* also having *Krimighna*, *Vatashamak*&*Shothhar* property²⁰ so all



drugs of *Dhoopan Karma* will be very effective in Otomycosis.

CONCLUSION

Otomycosis is a chronic ailment which causes a long term suffering to the individual. We can break the chronicity with *Dhoopan Karma*. The drawback of chemical disinfectant includes development of drug confrontation, toxicity and hypersensitivity responses. Hence dhoopana today can occupy itself a major position as a disinfectant as it is eco-friendly and comparatively cheaper. This local treatment is more successful than systemic administration as it treats the disease effectively. These *Dhoopan Dravyas* has anti-inflammatory, analgesic, anti-fungal, antimicrobial property. So we can say local infection of the ear can be managed by *Dhoopana Karma* and it is one of the best therapies for all painful ear disorder.



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