



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**MANAGEMENT OF EAR FOREIGN BODY THROUGH AYURVEDIC SCIENCE**

**KEY WORDS:** karna, foreign body, sthanika chikitsopakramas, shamanoushadhis.

**Dr.Prakruthi G\***

PG Scholar, Dept. of PG Studies in Shalaky Tantra, SKAMCH & RC, Bangalore, Karnataka, India.\*Corresponding Author

**Dr.Hamsaveni V**

Professor., Dept. of PG Studies in Shalaky Tantra, SKAMCH & RC, Bangalore, Karnataka, India.

**ABSTRACT**

Karna (ear), the organ of hearing is considered as one among the *navadwaras* which is predominant in *akasha mahabhuta*. Foreign bodies in the ear are not an uncommon scenario in the present day lifestyle. A 65years female patient approached *Shalaky tantra* OPD of SKAMCH and RC with the complaints of an injury due to foreign body in the left ear since 15 days. On examination, a lodged foreign body (insect) in the external auditory canal was present. It was removed and treated accordingly using appropriate *sthanika chikitsopakramas* and *shamanoushadhis* which gave complete relief caused by the lodged foreign body. Any trouble connected with the ear should be treated as early as possible due to the importance of organ of hearing and also due to its delicacy and inaccessibility. The present article emphasises the methods used to remove the foreign body and treatment modalities used to treat the complications arising out of retained foreign body in the ear.

**INTRODUCTION:**

*Ayurveda*, the eternal science of life, approaches in treating a disease in a vivid manner. Because of its vastness it became necessary to divide the whole science into *ashtangas*. *Shalakyatantra*<sup>1</sup> is the branch dealing with *urdhwajatru*. It involves all the diseases and its treatment affecting *netra* (eye), *karna* (ear), *nasa* (nose), *asya* (mouth) and *kanta* (throat) and all *chikitsopakramas* to treat the diseases affecting it. *Karna*, one among the *panchendriya*,<sup>2</sup> is responsible for *sabdagrahana*<sup>3</sup> and is considered as a *bahyasrotas*<sup>4</sup>.

While explaining treatment of *karnagata shalya*, *Acharya Vagbhata* says, if the ears are full with water, it should be removed by inserting the fingers or the ear should be kept facing downwards or water should be sucked out with the help of tubular instruments.<sup>5</sup> If any insect has entered into the ears, the ears should be filled with warm salt water and sour gruel, when the insect dies all the measures to remove the slough should be adopted.<sup>6</sup> According to *Acharya Sushruta*, any worm / insect (foreign body), *kleda* i.e., sloughing tissue or stuck up discharge or wax etc. accumulated in *karnasrotas* should be sucked by *shrunga* or should be extracted by *shalaka yantra*.<sup>7</sup>

Foreign bodies of ear can be categorised into living and nonliving. The common non living foreign bodies in children are a piece of paper or sponge, grain seeds, slate pencil, piece of chalk or metallic ball bearings. An adult may present with a broken end of match stick used for scratching the ear or an overlooked cotton swab. Vegetable foreign bodies tend to swell up with time and get tightly impacted in the ear canal or may even suppurate. Methods of removing a foreign body include forceps removal, syringing, suction, microscopic removal with special instruments and postaural approach. Soft and irregular foreign bodies like a piece of paper, swab or a piece of sponge can be removed with fine crocodile forceps. Most of the seed grains and smooth objects can be removed with syringing. Smooth and hard objects like steel ball bearing should not be grasped with forceps as they tend to move inwards and may injure the tympanic membrane. In all impacted foreign bodies or those where earlier attempts at extraction have been made, it is preferable to use general anaesthetic and an operating microscope. Occasionally, postaural approach is used to remove foreign bodies impacted in deep meatus or those which have been pushed into the middle ear. The living foreign bodies include flying or crawling insects may enter the ear canal and cause intense irritation and pain. No attempt should be made to catch them alive, howsoever tempting it may be. First the insect should be killed by instilling an oil, spirit or chloroform water. Once killed, the insect can be removed by any of the methods described above.<sup>8</sup>

**Case report:** A 65years female patient approached *Shalaky tantra* OPD of SKAMCH and RC presented with pain in left ear

since 15 days. She gave a history of entry of foreign body into left ear while the patient was going to sleep around 10pm. Suddenly she developed severe pain and irritation which was disturbing her routine activities and hence consulted a nearby physician who prescribed Gentamycin ear drops, 2 drops TID. Even though the Patient has used the drops did not get any relief and hence approached our OPD.

On examination external auditory canal of the left ear was filled with purulent discharge and after *pramarjana* of foreign body (insect) was found adhered to the tympanic membrane. Once the foreign body was removed by aural syringing (*karna prakshalana*), perforation of the tympanic membrane was observed and in right ear impacted wax was present and the tympanic membrane was found to be normal.

**❖ TREATMENT:**

- ❖ The dead insect and purulent discharge was removed by aural syringing (*Karna prakshalana*) using *triphala kashaya*.
- ❖ *Karna prakshalana* was continued for 4 more days with *kshara taila pichu* to control the discharge and to cleanse the entire canal.
- ❖ *Sthanika abhyanga* with *bilwa taila*, *patrapinda sweda* and *guggulu dhuma* as done for 15 days.
- ❖ Impacted wax in the right ear was removed.
- ❖ Internally, Tab.Septillin was given 2 BD and Cap.Nirocil was given 1BD for 20 days.

**Karnaprakshalana:**

- The patient was made to sit on a comfortable chair.
- Lukewarm *triphala kashaya* is taken in a 10ml syringe.
- A kidney tray is placed over the shoulder. Patient's head is slightly tilted over the tray to collect the return fluid.
- Pinna is pulled upwards and backwards and a stream of *kashaya* from the ear syringe is directed along the posterosuperior wall of the meatus.
- At the end of the procedure, ear canal and tympanic membrane must be inspected and dried with a pledget of cotton.

**Karna pichu:**

- *Karna pramarjana* was done to remove the moisture from the ear canal.
- Luke warm *kshara taila* was taken in a cotton wick and placed over the affected site for 3 hours.
- After 3 hours, wick should be removed and fresh cotton plugs was kept.

**Sthanika Abhyanga, Patra pinda sweda and Guggulu dhuma:**

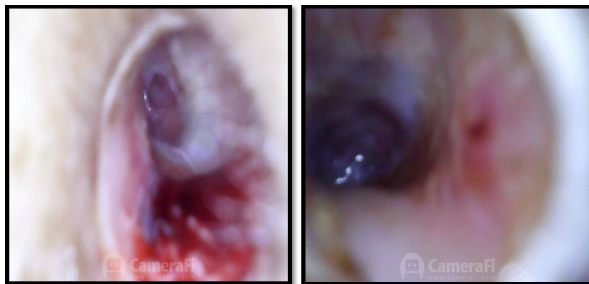
- Lukewarm *bilwa taila* was taken and *Sthanika abhyanga* was done followed by *patra pinda sweda*.

- Eyes were covered with cotton gauze to avoid *dhuma* entering the eyes.
- Fumes coming out of burnt *guggulu* were directed to both the ears and cotton plug was kept after *dhupana*.

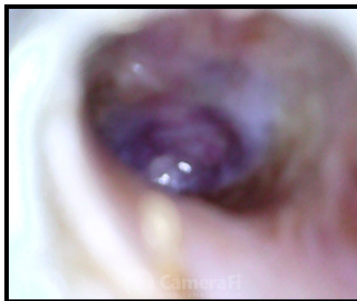
**OBSERVATION AND RESULTS:** Mucopurulent discharge in the ear was due to the retained foreign body. Perforation of the tympanic membrane was observed only after the secretions were cleaned. Discharge was reduced markedly by 3<sup>rd</sup> day of *Karna prakshalana*, *pramarjana* and *pichu dharana*. Signs of healing were observed on the 9<sup>th</sup> day after doing *sthanika abhyanga*, *patra pinda sveda* and *guggulu dhuma* and by 20<sup>th</sup> day the size of the perforation was reduced to a very great extent.

**Before treatment**

**During treatment**



**After treatment**



**DISCUSSION:**

- While explaining the removal of *anavabaddha shalya*, *Acharya Sushruta* mentions *prakshalana* as one among the fifteen extraction methods<sup>5</sup> whereas even the modern science advocates the same in removing a foreign body.
- General management of ear disease includes oral intake of *ghrita*, *rasayanas*, avoidance of physical exercise, bathing without wetting the head, celibacy and vocal rest.<sup>10</sup>
- In a case of *karna shula*, *snehana*, *swedana* with *vatahara dravyas*, *guggulu dhuma* should be advocated.<sup>11</sup>
- In any case of injury, the *dosha* predominantly hampered will be *vata* along with *pitta* and *rakta*. In the present case, after successfully removing the foreign body, firstly *karna prakshalana* was done using *triphalaka kashaya* to clean the surface area which has got infected due to the lodging of foreign body. After the part has been cleaned, *sthanika abhyanga* and *patra pinda sveda* with *bilwa taila*<sup>12</sup> was done followed by *karna pichu* using *kshara taila*<sup>13</sup>. After the wound started healing, *guggulu dhuma* was given to normalise the ear canal by controlling *vata* which is the prime cause.
- Mode of action of *karna prakshalana*: *Triphala* contains *amalaki*, *vibhitaki*, *hartitaki* in equal quantity. These drugs have anti-bacterial and anti-microbial activities which helps in easy *vrana shodhana* and *ropana*.<sup>14</sup>
- *Sthanika abhyanga* and *patra pinda sveda* was done as *Poorva karma* for *karna pichu* and *guggulu dhuma*.
- Mode of action of *pichu*: it is a unique drug delivery system. *Kshara taila* contains a combination of drugs like *manjishtha*, *hingula*, *vacha*, *kushta*, *haridra*, *yava kshara*, *sarji kshara*, *saindhava lavana*, *sauvarchala lavana*, *vida lavana*, *samudra lavana*, *romaka lavana*, *shobhanjana*, *shunti*, *devadaru*, *satapushpa*, *rasanjana*, *pippalimula*, *musta*, *kadali mula swarasa*, *matulunga swarasa*, *madhu*, *sukta* which are analgesic, antimicrobial and antiseptic. This *taila* is specifically

indicated in *karna rogas*.

- Mode of action of *guggulu dhuma*: The proven anti-inflammatory and antiseptic activity<sup>15</sup> of *guggulu* has given added effect and also in the form of *dhuma* where it can combat the pain caused due to impaired *vata dosha*.
- The internal medicines given are *Tab.Septillin* and *Cap.Nirocil*. Both are said to be potent anti allergic and anti infective which have further helps in steady wound healing.

**CONCLUSION:** The method of removal of foreign body usually depends on the nature of foreign body. Unskilled attempts at removal of foreign bodies may lacerate the meatal lining, damage the tympanic membrane or the ear ossicles. As rightly said by *Acharya Sushruta*, proper steps should be undertaken while removing a foreign body depending on the site of the injury. The main aim in treating this condition is to control the vitiated *vata dosha* along with *vrana shodhana* and *Ropana*. Selection of appropriate *Sthanika chikitsopakramas* along with internal medicines has helped to treat a case of *karnagata shalya* successfully through Ayurvedic management.

**References:**

1. Sushruta Samhita, with Sri Dalhanacharya teeka, edited by Narayan Ram Acharya "Kavyathirtha", Chaukhambha orientalia, Varanasi, reprint edition-2009, Sutrasthana, 1st chapter, Verse-7(2), pp-824, pg-2.
2. Agnivesha, Charaka Samhita, Revised by Charaka and Drdhabala, Ayurveda Dipika Commentry of Chakrapani Datta, Edited by Vaidya Jadavji Trikamji Acharya, Chowkhamba Krishnadas Academy, Varanasi, Reprint-2010, Sutra sthana, 8th Chapter, Verse-3, pp- 738, pg- 55.
3. Agnivesha, Charaka Samhita, Revised by Charaka and Drdhabala, Ayurveda Dipika Commentry of Chakrapani Datta, Edited by Vaidya Jadavji Trikamji Acharya, Chowkhamba Krishnadas Academy, Varanasi, Reprint-2010, Sutra sthana, 24th Chapter, Verse-11, pp- 738, pg- 56.
4. Agnivesha, Charaka Samhita, Revised by Charaka and Drdhabala, Ayurveda Dipika Commentry of Chakrapani Datta, Edited by Vaidya Jadavji Trikamji Acharya, Chowkhamba Krishnadas Academy, Varanasi, Reprint-2010, Shareerasthana, 7th Chapter, Verse-13, pp- 738, pg- 338.
5. Ashtanga Hridaya with commentaries sarvangasundari of Arunadatta and Ayurvedarasayana of Hemadri, Annotated by Dr Anna MoreshwarKunte and Krishna Ramachandra Shastri Narre, edited by Pt.HariSadasivaSastri, ChaukhambaSurabharatiPrakasan,Varanasi, Edition 2008, Sutrasthana, 28th chapter, verse-41, pp-956, pg-340.
6. Ashtanga Hridaya with commentaries sarvangasundari of Arunadatta and Ayurvedarasayana of Hemadri, Annotated by Dr Anna MoreshwarKunte and Krishna Ramachandra Shastri Narre, edited by Pt.HariSadasivaSastri, Chaukhamba Surabharati Prakasan,Varanasi, Edition 2008, Sutrasthana, 28th chapter, verse-42, pp-956, pg-341.
7. Sushruta Samhita, with Sri Dalhanacharya teeka, edited by Narayan Ram Acharya "Kavyathirtha", Chaukhambha orientalia, Varanasi, reprint edition-2009, Uttaratantra, 21st chapter, Verse-58, pp-824, pg-348.
8. Diseases of Ear, Nose and throat, P L Dhingra, B.I.Churchill Livinstone Pvt Ltd, Second edition, pp-433, pg-59-60.
9. Sushruta Samhita, with Sri Dalhanacharya teeka, edited by Narayan Ram Acharya "Kavyathirtha", Chaukhambha orientalia, Varanasi, reprint edition-2009, Sutrasthana, 27th chapter, Verse-4, pp-824, pg-125.
10. Sushruta Samhita, with Sri Dalhanacharya teeka, edited by Narayan Ram Acharya "Kavyathirtha", Chaukhambha orientalia, Varanasi, reprint edition-2009, Uttaratantra, 21st chapter, Verse-4, pp-824, pg-645.
11. Sushruta Samhita, with Sri Dalhanacharya teeka, edited by Narayan Ram Acharya "Kavyathirtha", Chaukhambha orientalia, Varanasi, reprint edition-2009, Uttaratantra, 21st chapter, Verse-4, pp-824, pg-541.
12. Bhaishajyaratnavali, Kaviraj Shri Govind Das sen, English translation and Shri Ramana Prabhakara commentary by Dr. G Prabhakar Rao, Volume 2, First edition, Karna roga Chikitsa prakarana, pp-933, pg-453.
13. Ashtanga Hridaya with commentaries sarvangasundari of Arunadatta and Ayurvedarasayana of Hemadri, Annotated by Dr Anna MoreshwarKunte and Krishna Ramachandra Shastri Narre, edited by Pt.HariSadasivaSastri, ChaukhambaSurabharatiPrakasan,Varanasi, Edition 2008, Uttaratantra, 18th chapter, verse-26-29, pp-956, pg-839.
14. Study of antimicrobial activity of triphala and its individual components, Mehul M Sheta, IJHM 2016; 4(5):41-43.
15. Dr.J.L.N.Sastry, Dravyaguna vijnana, Volume-2, Chaukhamba orientalis, Varanasi, Reprint edition-2010, pp-1134, pg-113.