



A REVIEW ARTICLE ON KARNASHOOLA – THE OTALGIA

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ABSTRACT

Otalgia is one of the commonest presenting complains of the patient visiting ENT OPD and wide variety of otological disease are associated with it. Not only that but surrounding structural pathology of head and neck can at times manifest as Otalgia know as referred Otalgia. In Ayurveda it is not considered as a symptoms but a disease itself that shows the importance of the condition.

INTRODUCTION

In Sushruta Samhita Uttar Tantra description of Urdhajatrugata Roga are given. Acharya Sushruta has described 28 karna roga in Sushruta Uttar Tantra Chpt. 20. Karnashoola is detailed described as first Karna Roga. Karnashoola is most common condition in ear disease.

Karnashoola- Vata localized in the ear, associating with other Dosas and moving in wrong directions gives rise to severe pain in the ears which is difficult to cure. This is known as Karnashoola.

CLASSIFICATION

Twenty-eight different forms of ear disease are noticed in Sushruta Samhita Uttar Tantra chpt. 20 as follows-

1. Karnashoola 2. Pranada 3. Badhirya 4. Krnakshveda
5. Karna Srava 6. Karna Kandu 7. Karna Gutha 8. Krimi Karna 9. Karna Pratinaha 10. Vidradhi-2
- 11.Karna Pak 12. Puti Karna 13. Karna Arsha-4 14. Arbuda-7 15. Sopha-4

CHIKTISA

- 1) Samanya Chikitsa
- 2) Vishesa Chikitsa

GENERAL TREATMENT- Potions of clarified butter (after meal), use of Rasayana- measure renunciation of all sorts of physical exercise, baths without immersing the head, absolute sexual abstinence and abstinence from talkativeness are the general remedies and rules to be prescribed in the affections of the ear.

(1) Vataj Karnashoola Chikitsa- For the four disease- Karnashoola, Pranada, Badhirya and Karnakshveda treatment is same and is as follow Sneha should be first administered and the patient purged with emulsive purgatives after which the affected locality should be fomented with Vayu subding drugs administered in the manner of Nadi sveda or Pinda Sevda.

(2) Pittaj Karnashoola Chikitsa - The use of medicated Ghrita duly cooked with weighing ten times as much and with the drugs of the Kakolyadi group as well as Ghrita dully cooked with the drug of the Tikta group would be found beneficial in such case.

(3) Kaphaj Karnashoola Chikitsa-In case of Kaphaja Karnashoola Mustard oil or Ingudi oil will be found beneficial if used as an ear drop. Decoction of the drugs of the bitter group fomentation with Kapha subduing drugs.

(4) Raktaj Karnashoola Chikitsa -The medical treatment in case of ear ache due to the vitiated condition of the blood should be just the same at the case of a Pittaj Karnashoola.

Astamutra Purana in Karnashoola- Any one of the eight kind of urine mentioned earlier or any other urine made lukewarm may be put into the ears for relief pain.

Defination- Pain in the ear makes the patient very uncomfortable. The pain may increase on lying down due to increased blood supply to the ear in the recumbent position.

Aetiology**(A) Local causes**

- (1) External ear.
- (2) Middle ear (Inner ear does not cause pain)

(B) Referred pain- The ear is a very sensitive structure. If there is any painful lesion around the ear, and is supplied by a nerve which also supplies to the ear, the ear may be falsely represented in the brain as the site of pain hence the pain may be referred from the structures supplied by the following nerve which also supply the ear.

1. Trigeminal Nerve 2. Facial nerve 3. Glossopharyngeal nerve 4. Vagus nerve 5. Second and third cervical nerve.

(C) Neuralgia.

Local causes- (1) External Ear –

- Wax (the commonest cause)
- Otitis externa furunculosis.
- Fungus.
- Foreign body.
- Trauma.
- Myringitis.
- Tumors.

(2) The middle Ear-

- Eustachian catarrh (a common cause)
- Acute otitis media.
- Acute mastoiditis.
- Complication of otitis media.
- Trauma, Barotrauma.
- Tumors.

(B) Referred Pain- (1) Via Trigeminal Nerve

- Teeth (a common cause)
- Oral cavity.
- Temporomandibular joint.
- Nose, paranasal sinuses.
- Nasaopharynx.
- Neuralgia.

(2) Via facial nerve

- Herpes zoster.

(3) Via Glossopharyngeal nerve

- Tonsils
- Oropharynx.
- Styloid process elongation.
- Neuralgia.

(4) Via Vagus nerve

- Pain full like trauma, malignancy or tuberculosis affecting the larynx, pyriform fossa and cricopharynx.

(5) Via cervical nerve

- Spondylosis
- Fibrositis.

- Myositis.
- Herpes.

(C) NEURALGIA

- Neuralgias due to local cause or general cause like diabetes and leprosy may produce earache.
- Common causes of referred pain- dental
- Aphthous ulcer
- Post tonsillectomy pain
- Malignancy in oral Cavity, pharynx and quinsy.
- Cervical spondylosis.
- Temporomandibular joint arthritis.

Diagnosis – Beside the examination of the ear, other structure like nose, paranasal sinus, oral cavity, pharynx and larynx should be examined. Temporomandibular joint and neck should also be checked. One should palpate for an elongated styloid process.

Investigation – following investigation may be required.

- (1) Radiograph of cervical spine.
- (2) Radiograph of chest for excluding Kochs infection.
- (3) Radiograph of temporomandibular joint.
- (4) Radiograph of molars.
- (5) Radiograph of styloid process.
- (6) Blood sugar.

Management

- (1) Specific treatment depends upon the cause.
- (2) General management consists of administering.
 - (a) Analgesic.
 - (b) Antibiotics.
 - (c) Anesthetic ear drop.

CONCLUSION

Being the most pain sensitive part, pain in the ear is unfavorable. So need attention and carelessness can cause even deafness so proper diagnosis and treatment is essential. In Ayurveda it is not considered as a symptom but a disease itself that shows the importance of the condition. Now a days good diagnostic tools have made it par easy for the doctors to come to a conclusion.

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