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## REVIEW OF OTOMYCOSIS IN CONTEXT TO KARNA ROGA

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### ABSTRACT

*Karnasrava* is the condition characterized by discharge from *Karna* and occurs mainly due to *Avarana* of *Vata Dosha*. Otomycosis denotes diffuse otitis externa due to fungal infection in ear. Otomycosis being one of the causes of *Karnasrava* was selected for the study. In present article we are discussing regarding the otomycis in context of karna yoga

**Keywords:** Otomycis , Karna roga, Ayurveda

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## INTRODUCTION

Otitis externa which is caused by fungus is called otomycosis. It is estimated that approximately 5–25% of the total cases of otitis externa are due to otomycosis [1]. It has symptoms such as discomfort or pain, itching, ear discharge, ear blockage, decreased hearing and ringing in ear [2]. Etiological factors of otomycosis are scratching of the ear, water entry in ear, long standing use of topical antibiotic, etc. Scratching of the ear causes discontinuity of the epithelium of the External ear canal. Fungus lodges in that area and grows. Water entry in ear causes wash out of the ear wax. Hence, the wax is bactericidal and fungicidal, it provides protection from it. So, wash out of wax provide favorable atmosphere for lodge and growth of fungus. Fungal growth occurs in the alkaline media as EAC has slight acidic pH. Generally, it protects from fungal infection, but any factor which alters the pH of the EAC can cause otomycosis, like long-term use of antibiotic ear drops, excessive sweating and water entry in ear, etc. Chances of occurring otomycosis is more in the diabetic, HIV, etc. debilitating patient, taking steroids or antibiotics since long-term, due to lowering of the immunity. Otomycosis is more prevalent in hot and humid climate. Therefore it is commonly seen in the monsoon and summer session. It is more common in individuals of lower socioeconomic status with poor hygienic conditions. Fungal infection easily occurs in dark and moist area. EAC is provided the same, so it has high prevalence. Signs of the otomycosis are blackish, brownish or whitish type of fungal mass, erythema and tragus tenderness. After removing of the fungal mass, we can see the erosion in the epithelium of the EAC [3]. Treatment of otomycosis consists of antifungal and anti-bacterial therapy

orally as well as topical. There are many adverse effects like erythema, blistering, stinging, irritation, hypersensitivity reactions, contact dermatitis, gastrointestinal disturbances, dysuria, mental depression, elevated liver enzymes need to provide ayurvedic management for the same without any adverse effect. Therefore, otomycosis is to be understood in ayurvedic prospective. With this aim present study is carried out to do a critical review of otomycosis. Among twenty five types of karna roga mentioned by Acharya Vagbhata, otomycosis can be correlated with karna shoola on the basis of etiology, pathology and symptoms. As erosion occurs in EAC in the otomycosis and it can also be correlated with karna gata dushta vrana. Symptoms of otomycosis are also similar to karna gata dushta vrana. AIM OF STUDY • A detailed review of otomycosis, karna shoola and karna gata dushta vrana from both Ayurveda and modern point of view. • Establish correlation of otomycosis with karna shoola and karna gata dushta vrana. MATERIALS Brihatrayi, Laghutrayi, etc. ayurvedic books available modern literature and also internet are used as a source of material. REVIEW OF LITERATURE Karna Shoola Acharya Sushruta has described only one type of karna shoola while Acharya Vagbhata has described five types of karna shoola on the basis of vitiation of dosha. Karna Shoola According to Acharya Sushruta The violent aching pain in the region of the ear and inside the tympanum caused by the deranged local Vayu, aggravated and obstructed by the other deranged doshas in the locality is called the karna shoola (earache) [4]. Acharya Vagbhata has described five types of karna shoola according to vitiation of different doshas which are mentioned below. Vataja

Karna Shoola Due to pratishyaya (common cold), indulging in water sports, pricking the ears inside, hearing improper sounds and such other exciting causes, maruta (vata) gets aggravated, localized in the veins of the ear and produces pain quickly accompanied with pain in half portion of the head, rigidity (of the neck and head), aversion to cold; ripens (pus formation) after long time and when ripe, exudes little quantity of lymph (lasika), ears feels empty, sometimes blocked and sometimes open without any reason. These are the features of vataja karna shoola [5]. Pitaja Karna Shoola In karna shoola arising from pitta, there are symptoms like burning sensation, local warmth, desire for cold comforts, swelling, and fever, ripens quickly and after ripening exudes yellow colored lymph (lasika) and at all the places, where this fluid comes in contact there will be ripening (ulceration suppuration) [6]. Kaphaja Karna Shoola In karna shoola arising from kapha, there is feeling of heaviness of the head, lower jaw and neck; pain (in the ear) is mild; itching, swelling, desire for warm comforts are present, after ripening there is discharge of white thick exudates. Raktaja Karna Shoola Rakta getting aggravated by injury (blow, fall, etc.) produces karna shoola similar to that of pitta origin but with slightly more troublesome symptoms [8]. Sannipataja Karna Shoola Karna shoola arising from all the doshas together will produce symptoms likes welling, fever, severe pain, desire for hot and cold comforts alternately, impairment of hearing; when ripe the discharge is white, whitish-black and red in color, and thick pus flows [9]. On removing of fungal colonies, ulcer in the external auditory canal is generally found. On this basis, the pathology of vrana also needs to be comprehended

for proper understanding as well as management of otomycosis. Ruka is samanya lakshana of vrana which means pain. In otomycosis, on the removing of fungal colonies, ulcer is seen in external auditory canal commonly. While describing vrana, Vagbhata has described samanya lakshana of dushta vrana which is having characteristics like pus discharge, itching, edematous or congested and painful Among fourteen type of vrana srava, Acharya Charaka has mentioned lasika (serous), jala (watery) and puya (pus) type of srava which as observed in otomycosis.

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