

ROLE OF RASON TAIL IN THE MANAGEMENT OF KARNASRVA

Madhuri Tirmare^{1*}, Jayvant Kharat² and Monish Rangate³

¹PG Scholar, Dept. of Shalakyatantra.

²Lecturer, Dept. of Shalakyatantra Hon. Shri. Annasaheb Dange Ayurved Medical College,
Ashta, Sangli.

³Guide, Dept. of Shalakyatantra Hon. Shri. Annasaheb Dange Ayurved Medical College,
Ashta, Sangli.

Article Received on
27 June 2020,

Revised on 17 July 2020,
Accepted on 07 August 2020

DOI: 10.20959/wjpr20209-18396

***Corresponding Author**

Dr. Madhuri Tirmare

PG Scholar, Dept. of
Shalakyatantra.

ABSTRACT

Today every persons lifestyle is changed with food habit, working hours, types of work & pollution etc., these factors are responsible for upper respiratory tract infections which leads to otitis media (karnasrva). Now a days there are number of higher antibiotics, still it is challenges to treat middle ear infection and otitis recurrence mostly occurs. Sushrut has already described the treatment of karnasrva. In Present study patient of karnasrva was cured by rason tail karnapurna. For this case study 15 patients of karnasrva were selected randomly as per our inclusion & exclusion criteria.

KEYWORDS:- karnasrva, Rason tail, otitis media.

INTRODUCTION

Karnasrva is recurrence condition in malnourished and low immunity patients. URTI is one of the most responsible factors for karnasrva. It is diagnosed with symptoms like karnasrva, putikarna, krimikarna, karnabadhira. The general line treatment of Otomycosis includes frequent cleaning of external auditory canal either by suction, elevation, or by syringing, followed by mopping to dry canal. Topical medications are applied as disinfectant, Anti inflammatory, antifungal ear drops & ointment. As per Ayurveda the general line treatment of karnasrva includes shirovirechana, dhupana, karnapurna, pramarjana, Dhavana, praksalana etc. Rason taila has been selected for present study which is mentioned in bhaishjaratnavali under karnarogadhikara. It is very simple medicine having ingredients e.g. rason kalka and tila taila which is very cheap and easily available in their authentic form. All the ingredients are having kanduhara, vrana ropana jantughana properties.

AIM AND OBJECTIVES

To study the karnasrva as per modern and ayurvedic classics.

To study the efficacy of Rason tail in the management of karnasrava.

MATERIAL AND METHODS

In the present work total 15 patients of established cases of otitis media (karnasrva). Written consent taken from each patients. patients selected as per our inclusion criteria & irrespective of their sex, religion, occupation etc. through some specific.

Inclusion criteria**Age**

Group 20-60 yrs selected for this study.

Patients willing for karnapurna.

The selection of patients was done on the basis of signs and symptoms of karnasrva (otomycosis) described as per ayurvedic and modern medical science.

Exclusion criteria

Patients suffering from any debilitating disease like diabetes, T.B. etc. and with other aural pathology e.g. CSOM, ASOM, perforation of tympanic membrane etc. were excluded from study

Assessment criteria

Karnasrva,
karnashool,
Karnakadu,
Badhirya,
karnanada,
karnanaah.

Investigation

- I. Otoscopy
- II. Tuning fork
- III. Microscopic examination of ear debris.
- IV. Haematology: Hb%, BT, CT, ESR

Drug review

Rason taila was purchased from GMP approved pharmacy.

1. Dose- 4-8 drops (karnapura)
2. Time: morning & evening
3. Duration: 100 matra
4. Period study: 15 days
5. Follow up 5th day, 10th day, 15th day

RESULT AND OBSERVATION

This is single blind clinical trial carried out on 15 patients of otitis media (karnasrava). selected as per our inclusion & exclusion criteria, paired T test used for data analysis.

Sr. no	Complaints	No. of patients	Mean		SD	SE	Total relief %	T value	P value
			BT	AT					
1	Karnasrva	15	2.45	1.73	0.45	0.46	72.2	7.29	<0.001
2	Karnashula	15	2.34	1.42	0.63	0.63	75.2	7.73	<0.001
3	Karnakadu	12	2.33	1.32	0.44	0.37	71.7	6.59	<0.001
4	Badhirya	13	2.55	1.34	0.46	0.49	81.2	7.53	<0.001
5	Karnanaha	11	2.55	1.22	0.31	0.67	81.2	7.71	<0.001
6	karnanda	13	2.11	1.37	0.21	0.44	74.3	7.11	<0.001

DISCUSSION

Karnasrva (otitis media) is disease which may lead to severe complications. In ayurveda acharya sushrut has described for karnasrva, karnapura with rason taila rason acts with its ushna, tikshna guna and vatashamak, kaphshamk, shothhar, jantughna, vrinasodhan, vrinaropan, vednashman action which are useful for the management of karnasrva. In the present case study patients of karnasrva was cured karnapura with Rason taila.

CONCLUSION

Ayurvedic line of treatment gives useful result in the management of karnasrva by improving general status.

There were no adverse event throughout the management karnasrva.

REFERENCES

1. Shrot text book of ENT Diseases- krishnakant Bhargava, usha publication, Mumbai, 2002; 6.
2. Shalakyavidyan Dr. Ravichandra choudhari, choukhamba orientalia, Varanasi.
3. Ashtang sangrah, agnidev gupt, choukhamba prakashna, varansi.

4. Bhavprakash, brahmashankar shashtri choukhamba prakashna, varansi.
5. S. Sam Uttar Ambika data shastri choukhamba Sanskrit sansthan, oriental cultural literature, varansi, 40(101): 21-39.
6. Sushrut samhita uttarstan Ambika data shastri choukhamba Sanskrit sansthan, oriental cultural literature, varansi, 98: 21-50.
7. Sushrut samhita uttarstan, Ambika data shastri choukhamba Sanskrit sansthan, oriental cultural literature, varansi, 102: 21-53.
8. Dravyaguna vidgyan P.V. Sharma, choukhamba Sanskrit sansthan, oriental cultural literature, varansi, 3.
9. Bhaishajaratnavali, brahmashankar shashtri, choukhamba prakashna, varansi.