

A Conceptual Study Of Triphala Guggul In Karnasrava (C.S.O.M)

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Abstract

Karnasrava (discharge through the ear) is one of the most common diseases in the ear. Ayurveda describes twenty-eight types of Karna rogas and Karnasrava is a major ailment among these diseases. It has a great impact on the socio-economic lifestyle of people with larger complications. So, it needs more attention towards treatment. In modern science, karnasrava can be correlated with Chronic Suppurative Otitis Media. The treatment strategies are very limited as they are not free from side effects and risks.^{2,3} Ayurveda specifies a multimodal tactic for this problem with the use of herbal medications. Triphala guggul is one of the choices as a drug.⁴ In this article, Karnasrav and the role of Triphala guggul in management have been discussed.

Keywords: Chronic Suppurative Otitis Media, Karnasrava, Triphala guggulu, Vishesh Chikitsa

INTRODUCTION

Shravanendriya (sensory faculty of hearing) is one of Panchagyanendriya (sensory organs). Its Adhistan (sites) is known as Shrota or Karna (anatomical ear). The function of the ear is the perception of sound with hearing as well as balancing. There are several diseases present in the ear. Karnasrava (discharge through the ear) is one of the most common diseases in the ear. Ayurveda describes Karna rogas systematically. Sushruta mentioned twenty-eight types of Karna rogas and Karnasrava is a major ailment among these diseases.¹ Nowadays it has a great impact on the socio-economic lifestyle of people with larger complications. So, it needs more attention towards treatment. In modern science, Karnasrava can be correlated with Chronic Suppurative Otitis Media. The treatment strategies are very limited as they are not free from side effects and risks.^{2,3} Ayurveda specifies a multimodal tactic for this problem with the use of herbal medications. Triphala guggul is one of the choices as a drug.⁴ In this article, Karnasrav and the role of Triphala guggul in management have been discussed.

Karnasrava

The word Karnasrava is made of two words Karna and Srava. It means any type of discharge/exudates/oozing from the ear. According to Sushruta, the cause of Karnasrava is Shiroabhogata (head injury) and Jalakrida (water immersion, swimming, etc). According to the Panchmahabhutika constitution, Karansrava is of two Mahabhuta pradhanta i.e., Prithvi and Jala mahabhuta.

Otorrhoea is the medical term given to ear discharge. It is present as a disease or as a symptom of other diseases. Usually, it is due to diseases of the ear but it may be due to a few other causes like eustachian tube dysfunction, and URTI. There are many diseases that cause otorrhoea like chronic suppurative otitis media, acute suppurative otitis media, otomycosis, otitis externa, etc. Otorrhoea can be Intermittent, Mucopurulent, and without foul smell. White, yellowish, bleeding is uncommon and increases with URTI.

C.S.O.M

Chronic Suppurative Otitis Media is an infection of the middle ear which leads to discharging problem from the ear. Acute otitis media which fails to clear/ heal persist to C.S.O.M. Both ayurveda and modern science agree that any pathologies of the nose and nasopharynx lead to Karnasrava /C.S.O.M. Due to eustachian tube obstruction retraction may occur in the pars flaccida or the posterior-superior quadrant of pars tensa may lead to the formation of a retraction pocket which leads to a cholesteatoma. chronic suppurative otitis media is classified into two types i.e., benign/tubo tympanum (safe) and dangerous attico- antrum (unsafe) ear.

Sushruta has described the Samanya chikitsa (general line of treatment) for Karna roga. It comprises Snehapana, Rasayana (rejuvenation therapy), maintaining celibacy, and avoiding head baths. Vishesh chikitsa (particular treatment) includes Shirovirechana, Dhavan, Dhoopan, Parimarjana, and Avachuranan.

Drug review

Triphala guggul has four contents: Amalaki, Haritaki and Bibhitaki one part each and Guggulu five parts.

Amalaki

Latin Name- *Emblica officinalis* Gaertn.

English Name- Indian Gooseberry, Emblic Myrobalan.

Rasa (Taste) – Panchrasa (expect lavan rasa)

Veerya (potency) – Sheeta

Vipaka (taste conversion after digestion) – Madhur.

Karma- Tridoshanasak, mainly Pittanashak

Fruit contains tannic acid (gallic acid & ellagic acid), ascorbic (vitamin c), calcium, phosphorus, alanine, aspartic acid, glutamic, lysine & protein, The pulp contains moisture, protein, fibers, iron, etc.

Properties

Anti-pyretic, Anti-inflammatory, Expectorant, Antipyretic, Bronchitis

Haritaki

Latin Name- *Terminalia chebula* Retz.

English Name- Chebulic Myrobalan.

Rasa (Taste) – Panchrasa (expect lavan rasa)

Veerya (potency) – Ushna

Vipaka (taste conversion after digestion) – Madhur.

Karma- Tridoshanasak

Fruit contains tannic acid 20%- 40%, gallic acid, resin, anthraquinone, derivative, chebulinic acid, etc. The seed contains oil.

Properties

Anti-inflammatory, Antiseptic

Bibhitaki

Latin Name- *Terminalia bellirica*

English Name- Belleric myrobalan

Rasa (Taste) – Kashaya (Astringent)

Veerya (potency) – Ushna

Vipaka (taste conversion after digestion) – Madhur.

Karma- Balance Kapha and Pitta

Fruits contain about 17% tannins, (gallic acid, ellagic acid), ethyl gallate, Sugars, galloyl glucose, and chebulagic acid.

Properties

Anti-pyretic, Anti-inflammatory, Expectorant, Thermogenic, and Rejuvenating.

Guggul

Latin Name- *Commiphora Mukul*.

English Name- Indian bdellium tree.

Rasa (Taste) – Tikta, Katu

Veerya (potency) – Ushna

Vipaka (taste conversion after digestion) – Katu.

Karma- Tridoshanasak

The gum contains volatile oil 7 to 17%, resin 25 to 40%, and gum 57 to 61%. The resin contains three free resin acids α , β , and γ commiphoric acids, esters of another resin acid & two phenolic resins.

Properties

Anti-inflammatory, Thermogenic, Antiseptic, Rejuvenating, Expectorant, Haematinic, etc

Triphala

Rasa (Taste) – Tikta, Katu Amla, Kashay, Madhur,

Veerya (potency) – Ushna

Vipaka (taste conversion after digestion) – Madhur

Karma- Tridoshanasak

The action of Triphala Guggul

Amalaki has Sheeta, and Ruksha properties which reduce Pitta and Kapha doshas. Bhibitaki is slightly ushna and pacifies Kapha and Pitta doshas. Haritaki has Kashaya, Ruksha properties and pacifies Vata dosha. All these three drugs together are Katu, Tikta, Kashaya, and Madhur, here potency of all three drugs is mentioned in terms of properties and combination.

DISCUSSION

Karna is one of the most important sense organs in our human body. In ayurveda, it is one of Gyanendriya and their functions are hearing as well as maintaining the balance of the body. It is already mentioned in both science (ayurveda and modern) that Karnasrava / C.S.O.M occurs via the same aetiology and pathologies. The etiological factor of Karnasrava is Vata Kapha (provocative in nature) vitiates other doshas. These vitiated doshas get accumulated (Sthan samsraya) in the middle ear. On the other side, if we see Aagantuja nidana like water entering the ear may carry with its organisms, damp climate, scratching of the ear causes abrasions which may get infected, and head injury leads to Achaya purvaka dosha prakopa. Due to this, there are Twaka and Mamsa dushti which form Vidradhi i.e. collection of Puya (pus) in the middle ear cavity (behind the TM). The collection of the pus (Vidradhi) leads to inflammation and causes otorrhoea (Karnasrava), according to the involvement of dosha. Now infected pus (Vidradhi) becomes Vrana. Symptoms like pain, tinnitus, and hearing loss, are produced by vitiated Vata dosha, and fullness of ear itching, and discharge are caused by vitiated Kapha dosha. Triphala guggul has different ingredients which plays important role in the treatment of Karnasrava. Triphala guggul has Vata -Kapha shamak properties. It reduces the Dhatupak which produces the new dhatu (Twak and Mamsa) and reduces the Srava from Karna leading to dryness of the ear canal. It acts on Raktadharakala which acts on Yakrut and Pleeha which again directly acts on Twacha. It does the shoshan of different excess Snigdha dravyas present in the ear.

In Rasa dhatu it acts as Pachan of drava and Kleda. it is also Raktavardhan. It reduces Dravata, Snighatva in Meda dhatu. Triphala has anti-inflammatory and anti-bacterial properties.

CONCLUSION

Tube-tympanic type of chronic suppurative otitis media can be correlated with Karnasrava based on the similarity between etiological factors, symptoms, complications, prognosis, and treatment modalities. Karnasrava is treated via Samanya chikitsa i.e Rasyana, Ghritapana, Bramcharya palan, Yog Aasana. and Vishesh chikitsa are Shirovirechan Nasya, Dhupana, Karnapoorna, Parmarjana, Dhavana, Avachurana, and oral drug therapy. Probable actions of Triphala Guggul in Karnasrava may be Vranaghna, Puyaghna, Samshaman, Ropan, and decrease Kleda and Drava. As Triphala guggul has anti-inflammatory,

anti-bacterial, antiseptic, and rejuvenating properties which may be useful in Karnasrava / C.S.O.M. Efficacy and safety of this drug should be revalidated by various recent in vitro and clinical studies.

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