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Role of *Nimba Taila* in the Management of Otomycosis

Savita S. Angadi

Abstract

Karnasrava is one among the 28 types of *karnagata rogas* explained by Acharya Sushruta. It is characterized by discharge from the ear and occurs mainly due to *Atarunia of Vata dosha*. In contemporary science, this condition can be correlated with Otomycosis, popularly known as Swimmer's ear, is one of the cause of painful discharge per ear. It is an infection of the external auditory canal of the ear caused by a fungal infection. And the line of treatment includes aural toilet by suctioning and removal of debris; anti-fungal and anti-inflammatory ear drops. But none of these drugs are free from adverse effects like local irritation, hypersensitivity, resistance to the drug, etc. Thus the management has its own merits and demerits with limitations. Hence, to overcome from this problem there is a *kriyachakra* (topical treatment) explained in Ayurveda, known as *Karnapurana* (instillation of medicated oil in external auditory canal) which is cost effective, safe and easy to perform. This paper highlights the otomycosis & its management with *Nimba taila*.

Keywords: *Nimba taila*, Otomycosis, *Karnasrava*, *Karnapurana*.

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Introduction

Otomycosis is one of the burning problems encountered in ENT practice. And its prevalence has been quoted to range from 9% to 27.2% among patients who present with signs and symptoms of otitis externa and up to 30% in patients with discharging ears [1]. The common risk factors for otomycosis are poor hygiene conditions, hot and humid atmospheres, prolonged use of antibiotics and steroid ear drops, minor trauma, inflammation or physical injury and swimming in polluted water etc. In this condition the most common complaints are itching, pain, discharge, blockage, hearing loss and tinnitus. The management includes aural toilet

by suctioning and removal of debris; anti-fungal, anti-bacterial and anti-inflammatory ear drops [2]. But these drugs are having side effects like burning sensation, stinging sensation, local irritation etc. The treatment of this particular disease has never been satisfactory and therefore, a number of treatments were advised to relieve this condition.

Although this condition is not life threatening, it can be a frustrating condition for both the patient as well doctor due to the need for a long-term therapy, regular follow-up and tendency for recurrence [3].

In Ayurvedic classics it can be considered as *Karnasrava* and has a number of medicines to manage this problem. *Karnasrava* is one among the 28 types of *karnagata rogas* explained by Acharya

Sushruta [4]. It is characterized by discharge from the ear and occurs mainly due to *Avarana of Vata dosha*. The management of *Karnasrava* includes *Sirovirechana*, *Karna dhupana*, *Karna Purana*, *Karna Pranatijana* and *Dhavanaj/Prakshalana*.

Despite important advances in maintaining the health, daily hygienic routine, modern civilization and sophistication, the man become unable to maintain the ear hygiene which results in one of the main consequences of ear problems i.e. itchy ears and ear discharge. It is strongly associated with the life quality of individuals. In Ayurveda classics we get a drug which is having immense therapeutic values to get rid from this problem i.e. *Nimba taila*. *Nimba taila* has been used since ancient days as a traditional remedy for ear problems. *Nimba* (Neem) is having the properties like *Tikta*, *Kashaya rasa*, *Laghu*, *Rukshta guna*, *Sheeta veerya*, *Katu vipaka* and *Kapila-Pittahara*, *Grahi* action [5].

Discussion

Mode of action of *Nimba taila*

Karnasrava, occurs because of vitiation of *tridosha*. *Pitta* results in melting of *Kapha dosha* returns leads to *srava* and because of vitiated *vata* pain is produced. Acharya Charaka postulates that the treatment of *Karnasrava* should be done as per the *chikitsa sutra* applied in the management of *Vrana* (wound) [6]. *Nimba taila* used for *Karnapurana*, by virtue of its *Tikta*, *Kashaya rasa* will encounter *Pitta* and *Kapha Dosha*. *Laghu*, *Rukshta guna*, *Kashaya* and *Tikta Rasa*, induces cleanliness, dryness, and keerness. *Tikta Rasa* contains *Shodhana* property which can help to open channels and clean the wound, ultimately leads healing process. *Rukshta Guna* is having *Shoshana Shakti* helps in absorption of discharge present in external auditory canal and pacifies the *Kapha Dosha*. *Laghu guna* having *Lekhana* and *Ropana* properties which can help in faster recovery of the condition. *Srigdha*, *Sukshma*, *Vyayani*, *Vikasi* and *Tikshna* property of *Taila*,

penetrates the twak and pacifies the *Vata* and *Kapha dosha*. As it has antimicrobial, antifungal and antiviral actions and useful in sores, measles, smallpox, head scald and cutaneous affections. It has astringent, antiseptic and emollient properties, useful in skin affections. Nimbedine, another component of Neem oil, shows anti-inflammatory activity and also possesses antibacterial activity [7]. Thus all these properties it will help to remove ear debris, fungal mass, discharge, and reduces itching. Hence use of *Nimba Taila* is very good choice of treatment.

Conclusion

As *Nimba taila* is having antimicrobial, antifungal and antiviral actions and as well it is safe, economic & serves as a fast acting drug in *karnasrava* & also meets the need of present day.

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