

A clinical study on the efficacy of *Yashtimadhu Ghrita Karnapooran* in the management of *Pittaja Karnashoola* with special reference to Otitis Externa

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Abstract

Karnashoola is one of the common problems identified in majority of patients in clinical settings. In modern medical science, quite effective and wide range of antibiotics and analgesics are available. These modern treatment modalities for earache are expensive and not free from side effects. Prevalence of this disease is 10-29% in India. Recurrence is also observed in 15% subjects (American academy of Otolaryngology, Head and Neck Surgery foundation – 2006). Considering all these points, there is need for search of a safe drug. *Pittaja Karnashoola Vvyadhi* can be correlated with otitis externa. A lot of treatment modalities are explained by *Acharyas* for this disease according to the condition of the patient and progression of disease. However, no work has been undertaken so far on *Pittaja Karnashoola*. In this study, easily available and economically less expensive *Yashtimadhu Ghrita* was used in *Pittaja Karnashoola*, described by Sushruta. The aim of this study was to evaluate the efficacy of *Yashtimadhu Ghrita Karnapooran* in the management of *Pittaja Karnashoola*. 70 patients clinically diagnosed were randomly selected from OPD and IPD of *Shlakyatantra* Department. The raw drug was collected from genuine source and *Yashtimadhu Ghrita* was prepared according to the standard method. Authentication and standardization was done using pharmacological and physiochemical procedures. Patient selection was done on the basis of signs and symptoms of *Pittaja Karnashoola* described as per *Ayurvedic* and modern medical science. A non-parametric test, Wilcoxon Signed Rank test, was used for intra-group comparison (before and after treatment of a group) to test the significance of therapy. The level of significance was kept at 0.05. Out of 70 patients 31 patients (44.29%) completely cured, 15 patients (21.43%) showed marked improvement, 16 patients (22.86%) moderate improvement and 8 patients (11.43%) were with mild improvement. According to the results, it can be concluded that *Yashtimadhu Ghrita Karnapooran* is significantly effective in the management of *Pittaja Karnashoola*.

Keywords: *Jayapala Beeja, Shodhana*, physico-chemical analysis

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