Clinical Case Study

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Ayurvedic Management of Aural Polyp: A Case Report

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ABSTRACT

Introduction: Aural polyp is granulation tissue mass present in external auditory canal arising from external auditory canal or middle ear. Most commonly seen in patients suffering from chronic suppurative otitis media but can also occurs due to foreign body reaction or in form of an inflammatory aural polyp. They often require surgical removal which poses some complications. This condition can be correlated with *Karna Arsha*. In *Ayurveda,* application of *Kshara karma* is suggested as an effective, minimally invasive para surgical procedure for polyps. **Patient information and intervention**: In this present case report, a 12-year-old male came with a complaint of foul-smelling purulent discharge from the right ear since 6 days. He was also suffering from earache and a mild decrease in hearing. On basis of *Ayurvedic* principles *Apamarga Kshara* was applied topically along with oral medication. **Results**: In this case study, the growth completely subsided on 7th day of *Kshara karma* and patient got complete relief in one month treatment protocol. The patient had no complication and no recurrence during a follow up of 3 months. **Conclusion:** Aural polyp can be treated successfully with *Kshara karma*. This can be considered as an alternative.

Keywords: Aural polyp, *Karna Arsha, Apamarga Kshara, Kshara karma*

1. INTRODUCTION

An aural polyp is a benign inflammatory mass arising from the mucosal lining of the middle ear cleft or external auditory canal, usually in response to chronic infection and persistent inflammation. Clinically, it appears as a soft, friable, reddish mass that may protrude through a perforated tympanic membrane into the external auditory canal [1]. It is mostly associated with chronic suppurative otitis media. It can originate from external auditory canal as an inflammatory aural polyp [2]. Its prevalence is not sex specific. There is often requirement of medical intervention where excision, along with removal of the cause to prevent recurrence is the treatment of choice.

In *Ayurveda,* Aural polyp can be correlated with *Karna Arsha* [3] as per clinical features. Different treatment modalities such as surgical excision and *Kshara karma* are suggested for management of polyp [4]. Therefore, in the present case report, *Kshara Karma* was planned as the choice of treatment modality. The outcome was found to be effective. The results thus obtained are being produced here in this case report.

2. PATIENT INFORMATION

A 12-year-old male patient presented on 16/06/2025 with complaints of purulent discharge from the right ear since 6 days causing decrease hearing and earache. He did not get any relief from systemic and topical antibiotics. He approached the outpatient department of the *Shalakya* department for *Ayurvedic* management.

He has no history of any allergy or rhinitis before the present illness. No history of any systemic illness or any other medication was found. The patient did not have any history of any type of addiction. He is a student and vegetarian in diet.

Clinical findings: During an aural examination, thick and purulent discharge was seen in the external auditory canal (EAC) as shown in Figure 1. After ear syringing with betadine solution, a smooth growth obscuring the external auditory canal was seen. On probing the mass was soft, non-tender, and did not bleed on touch. Patient was advised for HRCT temporal bone [5]. HRCT temporal bone study reveals soft tissue mass occluding the right EAC, including bony portion and associated bony erosion of the anterior wall of the bony EAC. Biopsy of the growth was reported as an inflammatory polyp. The patient was clinically diagnosed with *Karna Arsha*.

3. ASSESSMENT & INTERVENTION

Counselling was provided, and the patient was advised to undergo *Apamarg Kshara karma* locally for the Aural polyp. All routine investigations were done, and they

were normal. A written informed consent was taken from the patient, and *Kshara karma* was done following all aseptic measures. The patient had a complaint of mild pain. Aural syringing was done with betadine solution. No medication in the form of antibiotics and analgesics is prescribed during and after treatment. A detailed therapeutic strategy selected and adopted is listed in Table 1.

Timeline: The patient was managed on an IPD basis. The detailed timeline of clinical events in this case is described in Table 2.

Diagnostic assessment: Clinically aural examination revealed a *Snigdha* (~smooth), *Mrdu* (~soft), well defined sessile growth in External auditory canal. The growth was non tender approx. 10 mm in size The condition was diagnosed as *Karna Arsha* (Aural polyp) purely based on the clinical findings [Figure 2]. The patient was assessed clinically daily for response to treatment, including the polyp features as shown in Figures 3,4,5.

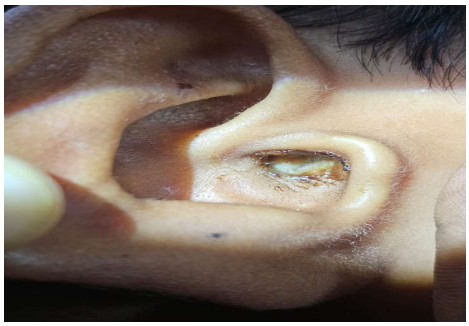

Figure 1: Foul-smelling purulent discharge in EAC

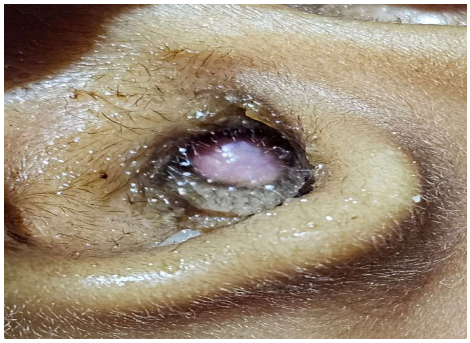

Figure 2: Aural polyp at 1st visit

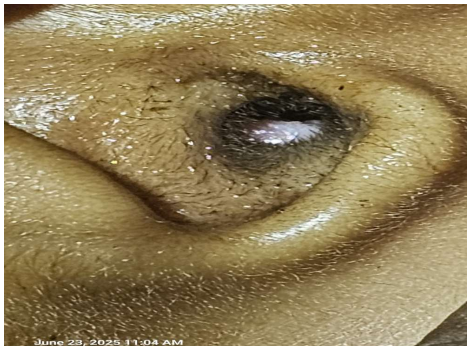

Figure 3: Aural polyp during treatment

Figure 4: EAC findings with endoscope

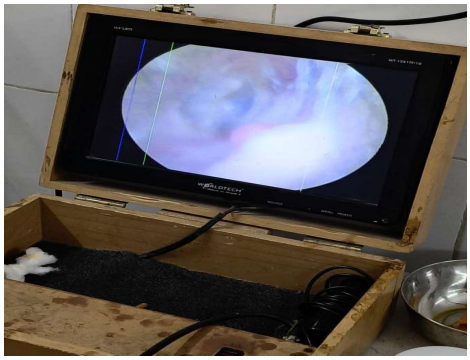

Figure 5: Necrosed aural polyp and intact tympanic membrane.

Table 1: Detailed therapeutic interventions

Sr no.	Intervention	Route of administration	Dose	Frequency	Duration
1.	*Apamarga kshara*	Local application	500mg	Once a day	7 days
2.	*Kaishore guggulu.*	Orally	1 tab	Two times a day	1 month
3.	*Arogyavardhini vati*	Orally	1 tab	Two times a Day	1 month
4.	*Jatyadi taila karna picchu*	Local application	as soaked in picchu	Twice a day	1 month

Table 2: Detailed timeline of the events

Date	Event
June 20, 2025	Soft smooth growth protruding from EAC as Shown in Fig. 2
June 23 ,2025	Polyp mass reduced as Shown in Fig. 3
June 25, 2025	Polyp reduced in size, seen as tiny swelling on anterior wall of EAC and intact tympanic membrane was visualized on Otoscopy as Shown in Fig. 4
June 27, 2025	Polyp was necrosed completely
July 25, 2025	EAC was clear. Tympanic membrane intact as Shown in Fig. 5

Follow up and outcomes: The patient exhibited significant improvement in response to *Kshara karma* with complete removal of polyp on 7th day of treatment. *Kshara* gradually reduced the growth while keeping the wound clean, healthy and uneventful healing. Further local application of *Jatyadi taila* and oral medication also enhances the healing process. Regular follow-up was done at interval of 15 days for a period of 6 months after the treatment to check any side effects and recurrence. Patient was not having any side effects during and after the treatment.

4. DISCUSSION

The pathogenesis of isolated inflammatory EAC polyps remains unclear. Chronic local irritation, recurrent minor trauma, low-grade infection, foreign body reaction, and chronic otitis externa have all been proposed as etiological factors. Persistent inflammation may drive fibrovascular proliferation and granulation tissue formation, producing a polypoidal lesion.

For the management of the present case, *Chhedana* (excision) and *Ropana* (healing) treatments were planned. *Kshar karma* is a classical Para surgical procedure used for gradual removal of pathological growths.

The *Apamarga* (*Achyranthes aspera* L.) *Kshara*, the main ingredient of *Kshara*, possesses various properties, including excision, incision, debridement, hemostasis, purification, and healing [6]. Betadine solution used for syringing to clear the pus and destroy microorganisms present in the external auditory canal. After syringing, dry mopping was done to make the area dry or non-infectious.

Kaishore guggulu has *shothhara* (anti-inflammatory), *rakta shodhaka* (toxins removal) and *Vrana ropana* (healing) and analgesic properties [7].

Arogyavardhini vati, which is a Herbomineral compound containing purified *Parad*, purified *Ghandhak*, *loha bhasma* and many herbal ingredients like *Triphala, Katuki, Nimb*. It acts as *rakta shodhaka* (clearing toxins) and as *rasayan* (improving immunity and strength) drug [8].

Jatyadi taila has ingredients having the properties of *Vrana Shodhana, Ropana, Varnya*, and *Daha Shamak*. Its base is *Til taila* and *Goghrita* that enhances the healing power of tissues and epithelialization [9].

Mode of Action of Kshara: *Kshara* penetrates into the cells of the lesion instantly after contact with the tissue. *Kshara* works by gradually burning and dissolving excess mass. The chance of infection doesn't occur as the debridement action of *Kshara* clears all debris material. The *Kshara* causes constriction of blood vessels, which causes the local necrosis of the polyp and ultimately forces the polyp mass to slough out. *Kaishore Guggulu* prevents pain due to its anti-inflammatory, analgesic effects. *Arogyavardhini vati* promotes healing by removing toxins and improving immunity. *Jatyadi taila* helps in wound healing and healthy epithelial regeneration.

5. CONCLUSION

Kshara karma is minimally invasive in nature and has potential for quicker recovery, as seen in the present case of aural polyp. This result points to an alternative safe and effective approach in many Aural surgical cases. Further, there is a need for research with a wider population to revalidate the procedure and establish it as a credible alternative.

Patient Perspective: I am happy to get relief from my growth without any surgical intervention and without any pain.

Declaration of patient consent: Authors certify that they have obtained the patient's guardian consent form for reporting the case along with the images and other clinical findings in the journal. The patient understands that his name and initials will not be published and due

efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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