



CONCEPT AND MANAGEMENT OF OTORRHOEA (*SAILAN-UL-UZN*) IN UNANI MEDICINE

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ABSTRACT

The word otorrhoea is derived from a Greek word 'otos' means a "ear" and 'rhein' means discharge and Sailan-ul-Uzn is derived from a Arabic word 'Sailan' means a "discharge" and 'Uzn' means "Ear". Most of the Unani physicians have defined the otorrhoea in the name of Sailan-ul-Uzn and explained "In this disease burning sensation develop in the external auditory canal, resulting discharge from the ear be continued and it is more common in children and having wet temperament patient". According to Unani Medicine, such disease is commonly occurred in those who have excess rutubat (fluid) in the body and their temperament indicates balghami (phlegmatic). Symptoms appear as Waja-ul-Uzn (Ear pain/discomfort), Izdiyad-e-Hararat (increased body temperature), fullness in the ear, stabbing pain in temples, pressure build up in the ear. The unani medicine used orally in the treatment of otorrhoea mostly blood purifier, Muhallil, Musakkin, Dafe Ta'ffun advia as well as Mujaffif for local application in the form of Dhooni (Fumigation) and Nafookh (Insufflation). However we have included all descriptions and management in unani system of medicine in this review.

KEYWORDS: Otorrhoea, Sailan-ul-Uzn, Ear discharge.

INTRODUCTION

The word otorrhoea is derived from a Greek word 'otos' means a "ear" and 'rhein' means discharge.^[1] *Sailan-ul-Uzn* is derived from a Arabic word '*Sailan*' means a "discharge" and 'Uzn' means "Ear".^[2-4] It is defined as discharge of fluids from the ear due to infection, inflammation, trauma and tumour is known as otorrhoea. It accounts for a notable part of visit in ENT clinics and has been estimated to involve almost majority of the population. In modern system of medicine it is a symptoms not a disease but in unani medicine it is considered in the context of disease condition. Unani physicians have defined the otorrhoea in the name of *Sailan-ul-Uzn* and explained "In this disease burning sensation develop in the external auditory canal, resulting discharge from the ear be continued and it is more common in children and having wet temperament patient". Sometimes *Sailan-ul-Uzn* is frequent and interferes with hearing. It is one of the most complicated condition to treat through conventional method, so, I tried to search the management of *Sailan-ul-Uzn* in unani literature through this review paper.

Types/Features of Ear Discharge^[5-7]

- Serous Discharge e.g. eczematous otitis externa.

- Mucopurulent Discharge e.g. Acute & chronic suppurative otitis media.
- Purulent Discharge e.g. ASOM, CSOM, furunculosis, parotid abscess.
- Blood stained/sanguinous Discharge e.g. polyp, granuloma, trauma, malignancy.
- Foul smelling Discharge e.g. Cholesteatoma.
- Watery Discharge e.g. may be CSF (due to trauma or diffuse otitis externa).

ETIOLOGY OF OTORRHOEA (*SAILAN-UL-UZN*)^[3,5]

The causes of *Sailan-ul-Uzn* (otorrhoea) mentioned in unani literature are:

- *Nazla Muzmin* (Chronic cold).
- *Sardi ka lagna* (Extreme cold).
- *Balgham ki ziyadti* (Excessive phlegm).
- *Warm-e-Simakh-ul-Uzn* (otitis externa).
- *Qula-ul-Uzn* (eczema of the ear).
- *Haad-wa-Mutaddi Amraaz* (Acute & contagious disease) e.g. Diphtheria, Measles, chicken pox, syphilis and gonorrhoea.

In modern medicine causes are in the external ear, middle ear, inner ear, or outside the ear, details have been summarized in table 1.^[8-11]

Table 1: Causes of Otorrhoea.

Causes in the ear	Causes outside the ear
External ear causes	CSF otorrhoea
Furunculosis Boils Wax with Secondary infection Foreign body in the ear Granuloma Malignancy	Parotid abscess
Middle ear causes ASOM & CSOM	Parotid abscess
Inner ear causes Suppurative Labyrinthitis	Temporomandibular joints abscess burst in external auditory canal.

CLINICAL FEATURES (ALAMAT)

The following symptoms appear in tinnitus.^[5]

- Waja-ul-Uzn (Ear pain/discomfort)
- Izdiyad-e-Hararat (increased body temperature)
- Dawar (Vertigo)
- Fullness in the ear
- Stabbing pain in temples
- Pressure build up in the ears

DIAGNOSIS & INVESTIGATIONS^[6,8,10,12]

- Examination by otoscope
- Discharge-Culture & Sensitivity
- Cytology- to rule out malignancy
- CT Scan-to rule out malignancy & CSOM
- Biopsy
- Cytology & Biochemistry in case of CSF otorrhoea
- Audiometry-for the function of ear

MANAGEMENT

Medical^[8,9]

- Treatment of cause is most important
- History of disease & inspection of ear of patient
- Discharge-C & S (Antibiotics ear drop)
- Hot compresses or hot water bottle is also useful

Surgical^[8,10]

- Surgical intervention may be considered if otorrhoea is due to CSOM, polyp or tumours.

MANAGEMENT OF OTORRHOEA (SAILAN-UL-UZN) IN UNANI SYSTEM OF MEDICINE

Usool-e-Ilaj (Principal of Treatment)

In the Unani system of medicine, the main emphasis of Usool-e-Ilaj (principle of treatment) are:^[5,6]

- Elimination of the cause
- Clean the external auditory canal with boiled neem leaves water.^[13]
- Use *Dafe Ta'ffun advia* (antiseptic drugs), if otorrhoea is infective origin.

- Use of *Musakkin-e-alam advia* (potent analgesic) in case of pain.

Ilaj (treatment)

There are four treatment methods, or modalities: Ilaj bil Dawa (pharmacotherapy) Ilaj bil Ghiza (dietotherapy), Ilaj bil Tadabeer (regimental therapy) and Ilaj bil Yad (manual therapy/ surgery).

Ilaj Bil Dawa (pharmacotherapy)

- If there is pain in the ear then inkabab with decoction of Poste Khashkhash and Nakhoona.
- If the causes in external ear then use cauterization with Murmaki, Alum, Suhaga etc.
- If the cause is ASOM then Qurse Asfar 2tab, Habbe Shifa 1tab, Dayaoozq 3gm BD in the morning and evening along with local application. There also following recipes Ustukhudoos 5gm, Shahatra 3gm, Chiraita 3gm, Gule Mundi 3 gm, Unnab 5pieces, Gule banafsha 5gm, in the form of decoction with Khamira Khashkhash 5gm can be given in the morning.^[6]

Ilaj Bil Ghiza (diet therapy)

- Diet such as *Jaiyyad ul Kaimus* (normal chyme), *Lateef* (tense diet) and *Saree ul Hazm* (fast appetizer) are recommended.
- Avoid any *Martoob Aghziya*
- Avoid diet which produce excessive phlegm.^[13]

Ilaj bil Yad (manual therapy/surgery)

- If chronic suppurative otitis media is the cause then less benefit through medicine and Ilaj bil Yad (surgery) is advised.
- If there is polyp and tumours then surgery is also advised.^[10]

Ilaj Bil Tadabeer (regimental therapy)

- *Dhooni* (Fumigation): through *Murmakki*, *Elwa*, *Kundur*.

For this purpose, steam inhalation of Decoction of Podina, Barghe Neelgiri, Biranjasif, Gule Banafsha each 10 gm can be given.^[6]

- *Nafookh* (Insufflation) by Rasot (Berberis aristata DC), Mur makki (Balsamodendron myrrha Nees), Kundur (Boswellia serrata Roxb.), Phitkari (Alum), Suhaga (Borax) in external auditory canal if there is no perforation in tympanic membrane.^[14]

DISCUSSION

According to Unani Medicine, such disease is commonly occurred in those who have excess *rutubat* (fluid) in the body and their temperament indicates *balghami* (phlegmatic).^[6,12] Though, the Unani system of medicine define this condition in the name of *Sailan-ul-Uzn* and Otorrhoea as such in Conventional medicine. The Unani principle of treatment for such disease includes cleaning of external auditory canal, use of *musakkin* (analgesic), *mujaffif* (siccative) and *daf-e-ta'ffun advia* (antiseptic drugs) in the form of fine powder to sprinkle it in the ear called as *nufookh* (insufflations) therapy is beneficial for the treatment of *Sailan-ul-Uzn* (otorrhoea).^[14]

These unani medicine used orally in the treatment of otorrhoea mostly blood purifier, muhallil, *Musakkin*, *Dafe Ta'ffun advia* as well as *Mujaffif* for local application in the form of *Dhooni* (Fumigation), *Nafookh* (Insufflation).^[3] The renowned Unani physicians such as Ibn Sina (980-1037 AD), Razi (854-925 AD) and Ajmal khan (1868-1927 AD) have recommended the *nufookh* (insufflation) therapy with potent Unani drugs for the treatment of *Sailan-ul-Uzn* (otorrhoea).^[2,3,4]

On the basis of available literature we have tried to describe the Otorrhoea (*Sailan-ul-Uzn*) as brief introduction, etiology, clinical features, diagnosis and treatment with special reference to unani medicine. We focus the unani management of Otorrhoea (*Sailan-ul-Uzn*) in different modalities.

CONCLUSION

It can be concluded that unani system of medicine possesses a significant approach towards the management of otorrhoea (*Sailan-ul-Uzn*). There are so many drugs and regimen can be used for otorrhoea (*Sailan-ul-Uzn*). The efficacy of these drugs are validated by unani physician since thousands years. However in this study we have included all description and management in unani system of medicine in this review. I hope that there scientific validated study should be conducted to explore the quality of these drugs.

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