

**AN EVIDENCE BASED CLINICAL CASE STUDY OF MUSTADI
YAPAN BASTI IN PRATHAM PATALGATA DOSHDUSHTY W.S.R.
TO SIMPLE MYOPIA**

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ABSTRACT

In day to day practice defective vision for distant objects is cardinal feature of myopia. Asthenopic symptoms may occur in patients like fatigue, discomfort, lacrimation and headache. The symptoms of pratham patalgata doshdushty explained in classical texts can be correlated with simple myopia. **Aims and Objectives** - Mustadi yapan basti is stated as Chakshushya in ayurvedic classical texts. This present study is aimed to improve the visual acuity in pratham patalgata doshdushty W.S.R. to simple myopia with the help of mustadi yapan basti. **Materials and Methods**- The mustadi yapan basti was prepared as per Ashtang hridaya samhita. The quantity of total basti was 80 ml. The patient was treated with 16 days of mustadi yapan basti in three

sittings with the gape of 15 days. After treatment the patient was assessed with visual acuity, refractive power and associated asthenopic symptoms. There was marked improvement in the visual acuity and marked decrease in the dioptric power of both the eyes and the patient was relieved from asthenopic symptoms.

KEYWORDS – Myopia, Pratham patalgata doshdushty, Mustadi Yapan basti, Asthenopic symptoms, chakshushya, visual acuity.

INTRODUCTION

The importance of the eyes was underscored in ayurveda by quoting eyes as the most important of all indriyas. The diseases of the eye are much more important than any other physical disability since the loss of vision completely disables the patient.

In day to day clinical practice presenting with defective vision for distant objects is cardinal feature of myopia. Asthenopic symptoms may occur in patients. Asthenopic symptoms are subjective symptoms of ocular fatigue, discomfort, lacrimation and headache.

Myopia is that dioptric condition of eye in which the accommodation at rest incident parallel rays come to focus anterior to photosensitive layer of retina. In ayurveda diminish of vision is the symptom of Pratham patalagata doshdushty. As classical texts states netrendriya is made up from essence of sapta dhatu. The pratham patala is made up from essence of rasarakta dhatu, dwitiya patala is made up from essence of mansa dhatu, tritiya patala is made up from essence of meda dhatu, chaturtha patala is made up from essence of Asthi, majja and shukra dhatu.

Hence we can say that Rasa – Rakta dhatu vikruti is responsible for pratham patalagata doshdushty. as per as management part is concern the treatment was aimed to bring the doshas to their normal condition that is samyavastha and to remove the Kha-vaigunya in rasa rakta dhatu. And also to prepare the healthy saptadhatu.

Case history

Patients name - ABC

Age – 9 years

Sex – Female

Residence – santacruz, Mumbai

Occupation – Student

C/o

- DOV for near and distant
- Headache
- Eye stress
- Watering from eye

Clinical history

No any h/o medicinal and surgical illness.

Hetu

- Alpa ahar
- Agnimandya
- Aruchi
- Daurbalya

Investigation

Hb % - 11.2 gm

CBC – WBC - 7000 cu mm

RBC - 4.4 m/cu mm

ESR – 10 mm/hr

LFT – SGOT - 22

SGPT – 14

Bilirubin – 0.6

RFT – serum creatinine – 1.1

Urea – 30

BSL - Fasting – 86 mg/dl

Post prandial – 104 mg/dl

Colour vision – normal by both eyes

Slit lamp examination

Eyelashes	N	N
Eyelids	N	N
Conjunctiva	N	N
Sclera	N	N
Cornea	transparent	transparent
AC	N	N
Iris	N	N
Pupil	RRR	RRR
Lens	N	N

Visual acuity (before treatment)

	Right	Left	Right	Left
Vision	6/12	6/36	N8	N8
With glass	6/6	6/24	N6	N6p
With pin hole	6/6	6/24		

Refractive power (before treatment)

	Sph	Cyl	Axis	Vn	Sph	Cyl	Axis	Vn
Dist	=	-2.0	30	6/6	-5.50	-3.50	170	6/18
Near				N6				N6

Fundoscopy findings

Pupil	Full dialated	Full dialated
Fundus glow	Seen	Dull
Lens	N	N
Vitrious	N	N
Optic disc	N	Peripheral myopic degeneration
CDR	0.3	0.3
Macula	N	N
Foveal reflex	Present	Present
Retinal blood vessels	N	N

Treatment Given

Mustadi yavana basti was given for 16 days in three sittings-

Contents

<i>Musta</i>	–	<i>Cyperus rotundus</i>
<i>Patha</i>	–	<i>Cissampelos pareira</i>
<i>Amruta</i>	–	<i>Tinosporia cordifolia</i>
<i>Arand</i>	–	<i>Ricinus cummunis</i>
<i>Bala</i>	–	<i>Sida cordifolia</i>
<i>Rasna</i>	–	<i>Pluchea lanceolata</i>
<i>Punarnava</i>	–	<i>Boerhavia diffusa</i>
<i>Manjishta</i>	–	<i>Rubia cordifolia</i>
<i>Aragwadh</i>	–	<i>Cassia fistula</i>
<i>Usheer</i>	–	<i>Vetiveria zizanioidis</i>
<i>Trayman</i>	–	<i>Gentiana kuroo</i>
<i>Bibhitak</i>	–	<i>Terminalia bellirica</i>
<i>Kutki</i>	–	<i>Picrorhiza Kurroa</i>
<i>Shaliparni</i>	–	<i>Desmodium gangeticum</i>
<i>Prushniparni</i>	–	<i>Uraria picta</i>
<i>Bruhati</i>	–	<i>Solanum indicum</i>
<i>Kantakari</i>	–	<i>Solanum surattence</i>
<i>Gokshur</i>	–	<i>Tribulus terrestris</i>
<i>Madanphala</i>	–	<i>Randia spinosa</i>

Kalka dravya-

<i>Yashtimadhu</i>	–	Glycyrrhiza glabra
<i>Shatpushpa</i>	–	Anethum sowa
<i>Gavhala</i>	–	Prunus mahaleb
<i>Indrayava</i>	–	Holarrhena antidysentrica
<i>Rasanjana</i>		
<i>Sarpi</i>		
<i>Madhu & saindhav</i>		

Dose – 80 ml (Basti was prepared as per Ashtang hriday samhita).

Before administrating basti the deepan pachan karma was done with the help of internal medicines.

Time of administration – After meal

Period of administration –

Three sittings of mustadi yapan basti of 16 days was given as follow-

- First basti was given with teel tail (40 ml)
- Then 14 consecutive mustadi yapana basti (80 ml) was given
- Last 16th basti was again with teel tail(40ml)

Then after 15 days of gape again second sitting of basti was given to the patient. and then with the gape of 15 days third sitting of basti was given.

OBSERVATIONS

Visual improvement before and after treatment.

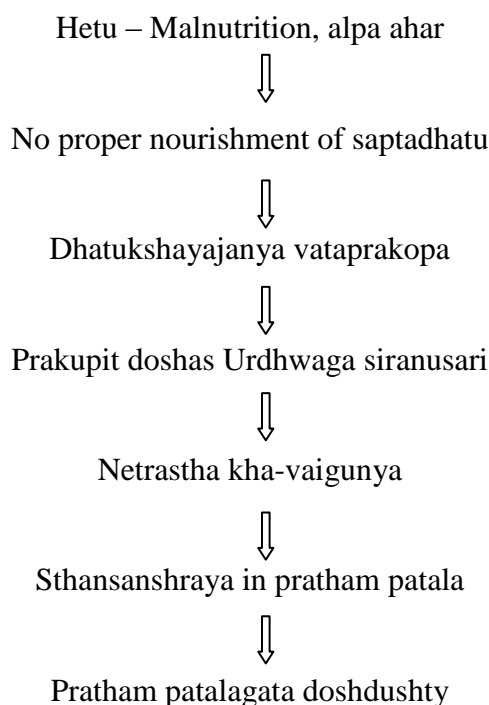
		Before treatment	After 1 st sitting	After 2 nd sitting	After 3 rd sitting
Distant vision	Right	6/12p	6/12	6/9	6/6p
	Left	6/36	6/24	6/12p	6/9
Near vision	Right	N8	N8	N6	N6
	Left	N8	N8	N8	N6p
Pin hole	Right	6/6	6/6	6/6	6/6
	Left	6/24	6/24	6/12	6/9

Refractive power(After treatment)

Refractive correction was given to the patient after three sittings of mustadi yapan basti-

	Sph	Cyl	Axis	Vn	Sph	Cyl	Axis	Vn
Dist	-0.50	-0.50	40	6/6	-0.50	-0.50	90	6/6
Near				N6				N6

Samprapti-

**DISCUSSION**

The properties of dravyas in mustadi yapan basti are as follows-

Vatashamak – arand, bala, rasna, punarnava, laghupanchmula, madanphal

Pittashamak – manjishtha, aragwadh, usher, laghupanchmula, madanphal

Kaphshamak – trayman, behada, patha, musta, madanphal

Rasa-rakta prasadak – manjishtha, amruta

Chakshushya – yashti, rasanjana

Rasayana – amruta, bala

Bruhaniya – mansaras, ghrita.

As a overall effect of all the dravyas and their specific actions (karma) as described above, yapan basti do the shodhan of vitiliated doshas. The drugs like madanphal, traymana, aragwadh, arand does srotoshodhan and corrects the kha- vaigunya.

Amruta, bala, mansarasa and ghrita does the jeevaniya, bruhniya karma and their by helping in producing the healthy (sarawan) dhatu. The drugs like yashti and rasanjana gives gamitva to the dravyas as they are chakshushya.

In the present case the symptoms were due to malnutrition and it results in asar dhatu and giving rise to dhatukshya janya vataprakop. The given treatment corrects the doshas and gives nourishment to the saptadhatu as netra is essence of saptadhatu, it gets nourishment from the dhatus.

Due to jeevaneeya, rasayana, balya, doshaghna, and chakshushya karma of mustadi yapan basti this patient got improvement in the visual acuity. And also she got relief from asthenopic symptoms. The patient also has improvement in height, weight and her complexion.