

AN ANCIENT OCCULAR THERAPEUTIC APPROACH TO NETRA- ABHISHYANADA: A CASE STUDY

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ABSTRACT

Allergic conjunctivitis is most common problem of today's polluted environment with maximum recurrence. In *Ayurveda*, *Abhishayanda* is one among the various disorders of *Netra Roga*. *Vidalaka karma* is one of the ayurvedic therapy used for the treatment of *Abhishyanda*. In present study a 42 year old male patient with complaint of burning sensation, foreign body sensation, swelling of lids and watering from eyes came to *Shalaky* Opd of Rishikul Campus Haridwar which was diagnosed as having allergic conjunctivitis with dry eye due to MGD. The patient was treated on the basis of *Ayurvedic* therapy *Kriyakalapa* as mentioned in *Sharagdhara Samhita*. Within one week of starting the treatment patient shows appreciable improvement in the form of

clinical parameters.

KEYWORDS: allergic conjunctivitis, MGD, Netra abhishayanda, kriyakalapa.

INTRODUCTION

The goal of medicine is to prevent the disease, restore health and sufferings by giving medicine through various routes. Understanding and treating disease is an important component of this goal. *Ayurveda* a science of life and traditional system of medicine is also a form of alternative medicine. *Acharya Charaka* also prescribed two types of *Chikitsa* depending upon the route of administration of medicine- *Antahparimarjina* and *Bahiparimarjina Chikitsa*.^[1] *Antahparimarjina Chikitsa* means administration of drugs within the body by oral or anal route and *Bahiparimarjina* means application of drugs on the body viz *Abhayanga*, *Seka*, *Pradeha*, *Sweda*, *Unmardan Lepa* etc. *Acharya Sushruta* has

described five *Kriyakalaps* for the *Chikitsa* of *Netra Roga* in *uttertantra* viz *tarpana*, *Putpaka*, *Seka*, *Ashchyotana* and *Anjana*.^[2] But in the *Madhyakala Acharya Sharangdher* gives a valuable approach in the *Chikitsa* of *Netraroga* and highlighted *Kriyakalapa* by giving two new *Kalp*s named *Pindi* and *Vidalak*.^[3]

Vidalaka is a type of *Bahiparimargin chikitsa*. *Vidalaka* preparation are the topical medicaments meant for external application on the skin of lid excluding the eye lashes. After the application of *Vidalaka Kalap* the eyes looks like cats eye, that's why it is called as *Vidalaka Kriyakalapa*.^[4] Result of the treatment depends on the skillful preparation of genuine drugs and their administration in diseased condition. The drugs are made into powder form and mixed with water or some other medium depending on *Yukti* and the powder is made into soft paste before application. *Vidalaka Karma* can be done in the whole day except night but at time of pain in eyes it can also be done in night.^[5]

The *Kriyakalapa* procedure *Seka* is the foremost ocular therapeutic procedure explained by *Acharya Sharangdhar* in *Amavastha* of *Netra roga* and is also termed as *Netra Parisheka* (ocular irrigation on closed eyes).

CASE REPORT

In the present case study, a 42 year old male patient came to opd of *shalakya*, Rishikul campus, UAU, Haridwar with Regd. no.958/8724 on 9 march 2014 with c/o burning sensation in eyes ,watering from eyes, foreign body sensation with itching from 15 days.

History of present illness: According to pt. he was asymptomatic 15 days back then he developed foreign body sensation, burning sensation in both eyes with itching and watering from eyes. So pt. came to Rishikul Campus for better treatment.

Personal history

Appetite-normal

Bowel-normal

Sleep-normal

Addiction –not any

On examination.

Lids-meibomian glands dysfunction present

Lashes-normally oriented

Conjunctiva-congestion and hyperaemia present in bulbar conjunctiva and palpebral conjunctiva of both eyes (left>right)

Cornea-clear, brisk reflex is present (B/E)

Lens-greyish black (B/E)

Pupil-NSNR(B/E)

Treatment plan

Vidalaka karma (with drugs like *Raktachandana*, *Gairik*, *Lodhra*, *Manjistha*, *Yastimadhu*) with *Seka Karma* (from decoction of *Triphala* and *Mulethi*) for seven days.

Observation and result

1. There is marked relief in the symptoms like burning sensation, foreign body sensation, and watering from eyes.
2. Swelling of lids is no longer present.
3. There is no congestion in the palpebral and bulbar conjunctiva.
4. On pressing the lids no discharge comes from openings of meibomian gland.

DISCUSSION AND PROBABLE MODE OF ACTION: In *Vidalaka Karma* medicine is absorbed through the skin of lids and mechanical effect of pressure helps in meibomian gland expression reducing edema and swelling of lids, watering from eyes, redness of eye and swelling of lid. It is also mentioned in the text *Charaka Chikitsa* that *Vidalaka* is effective in treating *Sannipatika Netra Roga* and acute conditions of eyes like *Daha*, *Updeha*, *Ashru*, *Sopha* and *Raga*.^[6,7]

Tissue contact time in *Vidalaka Karma* is also more by which active principle of herbs reach to the deeper tissue through *Siramukha* and *Swedavahi Srotas*. *Vidalak* has high efficacy due to high bioavailability as it remains in contact to the cells for longer time.

Absorption through skin is increased by *Seka* which increases the blood circulation and wash out all the infection from eyes. In *Seka Triphala* with its metabolic stimulant action break the *Abhishayandatva* of the *Srotas* by its properties. *Triphala* contains vitamin A,C glycine, glutathiamine, cystine, betasitosterol which all helps in reformation of cells and tear film. *Triphala* decoction also acts as anti-inflammatory, anti-bacterial solution. Tannin also act as anti-bacterial.^[8] Other ingredient of decoction for *Seka* i.e *Yastimadhu* contains flavonoids which act as antioxidant. It also contains terpenoids, an anti-inflammatory which act on

the ciliary muscle inhibiting the succession of myopia.

CONCLUSION

Kriyakalapa therapy has several advantages over oral administration. In the *Kriyakalapa*, the affected tissues of the eye are targeted directly than from systemic absorption and always gives quick results. They can be selected depending upon the stage and severity of eye diseases. *Vidalaka* and *Seka* are the best treatment mentioned for *Netrabhishayanda*. Removal of the redness and normalization of function of meibomian glands which were disturbed due to age, pollution, were achieved by this integrated approach of *Ayurvedic* treatment successfully. By this treatment, there is marked improvement in findings like the signs of meibomian gland dysfunction. So, *Ayurvedic* treatment can be opted for treatment of the patient with allergic conjunctivitis. Because of easy application, availability, affordable price *Vidalaka Karma* is a good option in Acute conditions of eyes like *Netrabhisayanda*.

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