

NIDAN CHIKITSA ASPECTS OF VATAJA NETRAROGA**Dr. Supriya S. Muddalwar^{1*} and Prof. Dr. Nilakshi S. Pradhan²**

¹PG Scholar, M.S Shalakyatantra, Sumatibhai Shah Ayurved Mahavidyalaya,
Hadapsar, Pune.

²Principal, H.O.D, Guide (Shalakyatantra), Sumatibhai Shah Ayurved Mahavidyalaya,
Hadapsar, Pune.

Article Received on
02 May 2018,

Revised on 23 May 2018,
Accepted on 13 June 2018,

DOI: 10.20959/wjpr201813-12735

Corresponding Author*Dr. Supriya S.
Muddalwar**

PG Scholar, M.S

Shalakyatantra, Sumatibhai
Shah AyurvedMahavidyalaya, Hadapsar,
Pune.**ABSTRACT**

In Ayurveda, Acharyas described three doshas i.e Vata, pitta, Kapha. Vata is Pradhan among three doshas. All movements are due to Vata and that is why it is called the prana of all living beings. Vata Vyadhi is a set of diseases caused by vitiated vata. Netra is Pradhan in Panchadnyanedriya. Netra is a sensitive and complex organ. There are 76 Netrarogas mentioned by Sushruta. Among these Sushruta described 10 rogas are Vata Pradhan i.e Hatadhimanth, Nimish, Gambheerika, Vatahatvartma, Vataja kacha, Shushkakshipaka, Vataja Abhishyanda, Vataja Adhimantha, Vataparyay, Anyatovat. Netrabhishyanda is explained under the heading Sarvagat Roga because all diseases under this heading are occupying most of the part of the eyeball like Mandala, Sandhi and Patala. The word Abhishyanda

means profuse discharge from all parts of eye. Sushruta had recognized a number of disease as communicable i.e Kushtha, Jwara, Shosha, Netrabhishyanda. Abhishyanda is a root cause of almost all the eye diseases. The Eye and eyelids are very common sites for allergic reactions. Vataja Abhishyanda is clinical entity which can be correlated with Allergic Conjunctivitis. According to Sushruta, out of 52 curable eye diseases, 27 diseases respond to medical line of treatment. Out of these 27 diseases 25 are managed on similar lines as abhishyanda depending upon dosha. In Ayurvedic classics Aschyotana is explained as first line of treatment in all eye diseases. Measures like- snehapana, swedana, raktamokshana, snehavirechana, basti, shirobasti, nasya, dhumapana, anjana, pindika etc should be followed in Vataja Abhishyanda.

KEYWORDS: Vataja Netraroga, Vataja Abhishyanda, Allergic Conjunctivitis.

INTRODUCTION

In Ayurveda, Acharyas described three doshas i.e Vata, pitta, Kapha. Vata is Pradhan among three doshas. All movements are due to Vata and that is why it is called the prana of all living beings. Vata Vyadhi is a set of diseases caused by vitiated vata. Netra is Pradhan in Panchadnyanedriya. Netra is a sensitive and complex organ.

When the agni (a basic element of eye) is affected by the kapha, then there is diseases of the conjunctiva (slaismikala).

Classification of Eye Diseases according to the Predominant Dosha causing the disease

There are 76 Netrarogas mentioned by Sushruta^[1] Netrabhishyanda is explained under the heading Sarvagat Roga because all diseases under this heading are occupying most of the part of the eyeball like Mandala, Sandhi and Patala.^[2]

Depending on the predominance of doshas, the eye disorders are classified as follows –

- Vataja Netra Rogas (caused due to vitiated Vata) – 10.
- Pittaja Netra Rogas – 10.
- Kaphaja Netra Rogas – 13.
- Raktaja Netra Rogas (caused by vitiated Rakta) – 16.
- Sannipataja or Sarvagata (caused by vitiation of all the Doshas) – 25.
- Baahyaja or Aagantuja (external or traumatic) – 02.

10 Vataja Netra Rogas (Eye diseases caused by predominant vitiation of Vata)

Hataadhimantha – Atrophy of the Eye Ball – Asaadhya (incurable)
 Nimisha – Blepharo-spasm – Asaadhya (incurable)
 Gambheerikaa – Paralysis of the VIth Cranial Nerve – incurable
 Vata Hata Vartma – Paralysis of the VII th Cranial Nerve, Ptosis or Lag-Ophthalmus – incurable

Vataja Kaacha Roga – Cataract – lifetime treatment is required (Yapya)
 Shushka Akshipaka – Ophthalmoplegia – Saadhya – curable
 Vataja Adhimantha – Glaucoma – curable
 Vata Abhishyanda – Acute Conjunctivitis – curable
 Vata Paryaya Vth Cranial Nerve Atrophy – curable
 Anyatovata – Neuralgia of the Vth Cranial Nerve – curable

Concept of Bacteriology in Ayurveda

Lysozyme is a bacterial enzyme which act upon Staphylococcus, Streptococcus, meningococi which compare the action of sahaja krimies described in Ayurveda. Its occurrence in the lacrimal secretion has been demonstrated.

In Susruta Samhita Nidan 5th Chapter 33 and 34 number of Shlokas proved that the present of organisms for creating the diseases like Kustha (Obstinate type of skin disease including leprosy), Jwara (fever), sosha (tuberculosis) and netrabhishyanda (conjunctivitis) are communicable(contagious).^[3]

1. spread man to man due to prasanga (intimate and frequent physical relationship)
2. gatrasmansprasha (contact of limb as in shaking hands)
3. nihswasat (breathing or air brone)
4. Sahabhoojana (eating together from the same utensil)
5. sahashaiyasana (sharing the same bed)
6. vastra malyanulepana (wearing the same apparel, garland of flowers and unguents).

Ayurveda believes that the infectious diseases can spread

Through- vayu (air borne diseases), jala (water borne disease) dosha and kala (environmental pollution diseases).

ABHISHYANDA

Abhishyanda is a root cause of almost all the eye diseases.^[4] In Ayurvedic classics Aschyotana is explained as first line of treatment in all eye diseases.^[5]

The word 'Abhishyanda' is derived from two words viz. "Abhi" and "Syandana". "Abhi" means-profuse or more. "Syandana" means-discharge or secretion. Combined meaning is profuse discharge from all parts of eye.^[6]

OBJECTIVES

1. To study the relation between hetusevan and Vataja Abhishyanda.
2. To study the Pathogenesis of Vataja Abhishyanda.
3. To find out the solution for the relief from Abhishyanda.

MATERIALS AND METHODS

Materials

Present study is literary study. Hence only literary material was used as data. Literary data was collected using Textbooks, Articles, Internet.

METHODS

No specific methods were used during the study as it is literary study.

REVIEW OF LITERATURE

The cause of Vyadhi was described as dosha-vaishamya i.e the impaired equilibrium of tridoshas and that this state is brought by following:-

1. Ritucharya: The Ritucharya have vividly described the adoptive reactions of the human organism to changes engendered in the external environment due to changes in successive seasons (Ritu) in terms of chaya, Prakopa of vata, pitta and kapha, which latter, in turn are stated to confer a state of susceptibility or predisposition to vataja, pittaja and kaphaja type of disorders.

2. Asatmindriyarthasamyoga

Ayurveda has explained about atiyoga, hinayoga and mithya yogas of indriya and indriyarthasamyoga.

Some of the occupational diseases of eye fall under the category. Eg: the industrial workers, drivers and swimmers are more sufferer to Abhishyanda with Asatmindriyarthasamyoga, from Ati ushnaabhitapasya, Ati Sheegrayana (Travelling), Ati Raja-Sevana-dust allergies may cause allergic conjunctivitis.

Pradnya aparadha

According to Charaka in Shareera Sthanam Prajna Aparadha is-Direct injuries to eye is pradnya apardh Exposing to hazardous chemicals, inflammable materials, crackers etc.

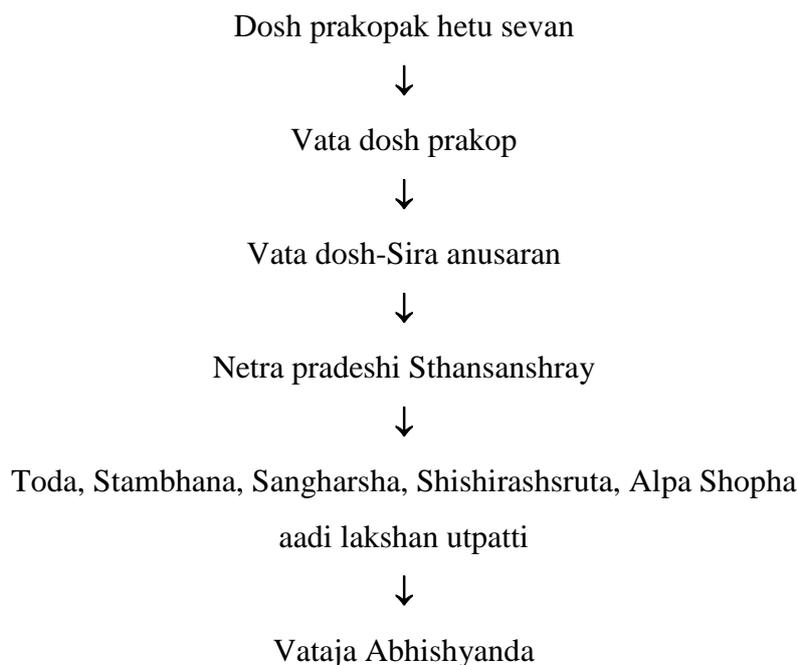
Polluting the atmosphere and improper waste disposal is also pradnya apardha. Choosing the job where eye strain occurs is pradnya apardha. Briefly, all types of Abhishyanda are due to pradnya apardha.

Pathogenesis of Vataja Abhishyanda

The samprapti (pathogenesis) is the process which occurs in the body in between Nidana Sevana and the stage of Rupa of the diseases. Samanya samprapti of Netra-Roga as described by Acharya Sushruta

ÍxÉUÉÅLÉÑxÉÉËUÍpÉSEáiwÉæIuÉaÉÑhÉæÂkuÉiqÉÉaÉiÉ: |
eÉÉrÉliÉå lÉåSÉpÉÉaÉåwÉÑ UÉåaÉÉ: mÉUqÉSEÂhÉÉ: ||^[7]
(xÉÑ.E.1/20)

Vishesh samprapti for Vataja Abhishyanda can be considered as follows:



Sushruta mentioned following stages of kriyakala^[8]

Sanchaya

Kapha dosa is stated to have accumulated and stagnated in its own place (conjunctiva) instead of freely circulating as in its normal avastha or state.

Prokopa

In Abhishyanda, prakopa stage can be given a swelling, burning sensation irritation and redness of the slasmika kala(conjunctiva) indicate the stage of inflammation.

Prasara

Acharyas have said that Rasa, Rakta, Mamsa dhatu dushti takes place at this stage.

In this stage both bulbar and palpebral conjunctiva get friable which is an indication of advance stage of hyperaemia in acute inflammation.

Sthana Samsraya

This stage is also called poorvaroopā i.e prodromal symptoms. A disease identified at this stage can be cured much easily.

Stages of inflammation in relation to purvaroopā of Vataja Abhishyanda.

purvaroop of Vataja Abhishyanda given by Sushruta	Prodromal symptomatology by recent text
Kandu	Itching
Toda	Pricking sensation
Pradaha	Burning sensation

Vyakta

In this stage Vataja Abhishyanda will represent the signs and symptoms which are very much similar to the various types of conjunctivitis.

Vataja Abhishyanda and Allergic Conjunctivitis.

Clinical features of Vataja Abhishyanda	Clinical features of Allergic Conjunctivitis
Toda	Pricking or foreign body sensation
Sangharsha	Rubbing together or Itching
Vishushkabhav	Mild photophobia
Shishirashruta	Cold lacrimation
Alpa shopha	Chemosis or Conjunctival oedema

Bheda

It is this stage of Bheda only where an idea of complication as well as prognosis of the disease can be understood. eg. Adhimanthya is a complication of Abhishyanda as per ancient scholars.

Samprapti Ghataka

Nidana- Kapha, pitta, prakopaka Nidana

Dosha-Vata, Kapha, Pitta, Rakta

Dushya- Rasa, Rakta, Mamsa

Srotas- Rasavaha, Raktabaha, Mamsavaha

Srotas dusti- Sanga, Atipravriti, Siragranthi and Vimarga Gaman

Agni- Jatharagni, Manda, Dhatuwagni

Dosha marga- Slaismik Kala

Roga Marga- Bahya

Udbhava sthana- Amashya

Adhithana- Shuklamandala

Pratyatma Lakshana- Pitta srava, jala srava, Puyasrava

The characteristic features of the srotasdusti, according to Charak are^[9]

Atipravritti: amount of increased permeability, resulting in the leakage (discharges from the conjunctiva).

Sanga: (the retention of fluids and material)→ results chemosis in conjunctiva,

Siragranthi: (dilatation of sira/veins)→ leads to congestion of the conjunctiva.

Vimarga gamana: L i.e. the fluid moves through collateral vessels or back pressure leading to oedema on the lids.

In this manner the inflammation of the conjunctiva is occurs and it is called as conjunctivitis

Classification of Abhishyanda

There are four types of Abhishyanda (viz., vataja, pittaja, kaphaja and Raktaja) according to Vagbhata and Susruta.

SIGN AND SYMPTOMS OF VATAJA ABHISHYANDA^[10]

In Abhishyanda arising from (aggravation of) vata, there will be- distension of the nose (Nasa-Naha), slight swelling, pricking, pulsating and puncturing type of pain in the temporal region, eye, eyebrows, forehead, tear cold, unsteady pain difficulty in opening and closing the lids, feeling as through worms are crawling inside(Grittiness), In Abhishyanda produce by vata, the eye has constant pricking pain, less of movement.

According to Sushruta	Vataja Abhishyanda
Ocular pain	+
Foreign body sensation	+++
Filling of dryness	++
Cool discharge	++
Jalasarava	++

Vataja Abhishyanda Treatment

1. (a) Nidana parivarjanam
- (b) Rest
- (c) Sheetopachar (1-4 days)
- (d) Ushnopachar (in niram stage)
2. In sama dosha 4 days langhana etc.
3. Ghrita, Kashayarasa, guruahara, anjana and snana are risedha in samaja.

After Ama Pachana

1. Sneha panam (ghrita pana)
2. Mridu sweda
3. Rakta mokshana (at upanasika, lalata and apanga)
4. Sneha virechana
5. Sneha tarpanas
6. Sneha putapaka
7. Sneha dhooma
8. Sneha nasya
9. Aschyotana
10. Sneha pariseka
11. Sirovasti
12. Pradeha
13. Abhyanga
14. Sneha anjana

Snehana

1. Intake of ghee after meal
2. Intake of medicated milk and ghee prepared with Triphala
3. Intake of medicated milk & ghee prepared with the dashamoola

Mridu sweda

Seka with any of the following

1. Anupa mamsa
2. Aranda moola-patra + twacha Siddha dugdha – useful in seka nasya.

Ashchyotana Yoga

1. With decoction of Eranda and Shigru and Triphala
2. With decoction of Nimba patra and Lodhra.

Pindika

Hot pindika (poultice) is prepared with erandapatra mole and twacha.

Anjana

With the following remedies

1. Yastimadhu, haridra, haritaki, mixed with Ajaksheera.
2. Swarna gyrika 1, pippali 4 parts, shunti & parts should grind with Aja ksheera to prepared varti
3. Madhu, saindhava lavan, swarna gyrika, grinded well and has to use as anjana.

Bidalaka

1. Haritaki fry in ghrita and has to apply to the eye lids.
2. Lodhra fry in ghrita and has to paste to the eye lids.
3. Saindhavalavan, Daru haridra, gyrika, haritaki and rasanjan has to paste to the eye lid.

RESULT AND DISCUSSION

No statistical data and statistical tests have been used. Only collected literary data was analyzed. It was seen that Abhishyanda is a root cause of all eye diseases. Acharyas describe that Abhishyanda is a contagious disease. According to Sushruta, out of 52 curable eye diseases, 27 diseases respond to medical line of treatment. Out of these 27 diseases 25 are managed on similar lines as abhishyanda depending upon dosha.^[11] By studying the pathogenesis and shatkriyakala we can prevent Abhishyanda by Ayurvedic therapies.

COCLUSION

1. Abhishyanda is a contagious disease.
2. Vataja abhishyanda is correlated with Allergic conjunctivitis.
3. Study the pathogenesis of Vataja abhishyanda to cure it.

REFERENCES

1. Kaviraj Shastri Ambikadutta, Sushruta Samhita-Part 2, Uttartantra adhyaya 1/28, Edition Reprint 2016, Published by Chaukhamba Sanskrita sansthan, Varanasi, 15.

2. Kaviraj Shastri Ambikadutta, Sushruta Samhita-Part 2, Uttartantra adhyaya 6/3, Edition Reprint 2016, Published by Chaukhamba Sanskrita sansthan, Varanasi, 33.
3. Vd. Trikamji Yadavji and Acharya Narayan Ram, Sushruta Samhita Uttartantra 6/5, By Sushruta with Nibandhasangraha Commentry of Shri Dalhanacharya, Varanasi, Choukhamba Sanskrita Sansthan, Edition reprint 2010; 545.
4. Kaviraj Shastri Ambikadutta, Sushruta Samhita-Part 2, Uttartantra adhyaya 6/5, Edition Reprint 2016, Published by Chaukhamba Sanskrita sansthan, Varanasi, 34.
5. Dr. Tripathi Brahmanand, Ashtang Hridayam, Sutrasthan adhyay 23/1, Edited by Nirmal Hindi Commentary, Published by Chaukhamba Sanskrit Pratishthan, Varanasi, 263.
6. Dr. Bharadwaj Atul, Effect of Rasanjana Madhu Aschyotana in Netra Abhishyanda (Mucopurulent Conjunctivitis). Ayujournal, 2016; IP: 49.35.177.163.
7. Kaviraj Shastri Ambikadutta, Sushruta Samhita-Part 2, Uttartantra adhyaya 1/20, Edition Reprint 2016, Published by Chaukhamba Sanskrita sansthan, Varanasi, 13.
8. Vd. Trikamji Yadavji and Acharya Narayan Ram, Sushruta Samhita Uttartantra 21/36, By Sushruta with Nibandhasangraha Commentry of Shri Dalhanacharya, Varanasi, Choukhamba Sanskrita Sansthan, Edition reprint 2010; 101.
9. Prof. Ravi Tripathi Dutt, Acharya Vidyadhar Shukla, Charak Samhita-Part 1, Vimansthan adhyaya 5/23, Published by Chaukhamba Sanskrita sansthan, Delhi, 592.
10. Kaviraj Shastri Ambikadutta, Sushruta Samhita-Part 2, Uttartantra adhyaya 6/5, Edition Reprint 2016, Published by Chaukhamba Sanskrita sansthan, Varanasi, 34.
11. Kaviraj Shastri Ambikadutta, Sushruta Samhita-Part 2, Uttartantra adhyaya 6/5, Edition Reprint 2016, Published by Chaukhamba Sanskrita sansthan, Varanasi, 34.