

ANJANA KARMA-A NETRA KRIYAKALPA

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ABSTRACT

Anjana Karma, is one among seven *Kriyakalpa* procedures mentioned in an *Ayurvedic* lexicon, *Sushruta Samhita*. *Anjana* (Collyrium) is indicated in *Niramavastha* of *doshas* i.e. when the inflammatory effects of an eye disorder get subsided. *Maharshi Sushruta* reported its description not only in *Kriyakalpa* methods but also in *chikitsa sthana* as well as in *sutra sthana* with reference to daily routine lifestyle of a healthy well being i.e. *Swasthavritta*. It is also called as good for eyes (*chakshusyay*).^[1] The significance of *Anjana* is overwhelmed by a phrase that it makes eye sight so clear and healthy like a moon in a clear sky as it cleanses eyes' debris like one need to clear gold and other precious stones by means of oil, cloth or hair.^[2] Assuredly,

regular use of *anjana (sauveeranjana)* is beneficial for eyes.^[3] All these qualities make it a promising approach fulfilling both objectives i.e. safeguarding health of a healthy person and alleviating his ailments.^[4] Apart from this, the chronicle of *Anjana* is also found in *Rasa-shashtra* books for its active use not only in eye disorders but also other various disorders of body. Here is an attempt to study *Anjana* as a whole and to recognize its properties and its mode of action towards the ocular diseases.

KEYWORDS: *Anjana Karma, Chakshusyay, Swasthvritta, Teekshna, Lekhana.*

INTRODUCTION

Anjana Karma, a rewarding practice in which medicaments are drawn into eyes with a *Shalaka*. As per classical definition, it is '*Anakti anena iti anjanam*' i.e. which can be pasted over. The corresponding resolution made by *Acharya Bhavprakasha* is '*Anjanam kriyate yena tada dravyama chanjanam matam*'^[5]. *Acharya Vagbhata* has indicated *Rasanjana* after seven days for eye purification. *Anjana* is indicated in a long list of assets comprising eyelids get soft and plentiful, tunics or layers of eyes get debris-free and cleansed, eye sight becomes more clear and complexions of eye structures become more see-through. Eye diseases encompassing *Timira*, *Abhishyanda*, *Adhimantha*, *Arma*, *Shuklagata rogas* and *Krishnagata rogas* can be cured.

Different *Acharyas* has classified *anjanas* into sub-categories on the basis of their therapeutic actions, *madhuradi rasas* and mode of formulation. *Acharya Sushruta* has described *Lekhana*, *Ropana* & *Prasadhana Anjanas*. Whereas *Acharya Sharangdhara* and *Acharya Vagbhata* has replaced *Prasadhana* with *Snehana anjana*. *Lekhana* is concluded as *Teekshna* and the remaining three are *Mridu*. According to the mode of formulation, it can be distinguished as *Gutika*, *Raskriya* and *Choorna*. *Dalhana* interpreted their indications in severe, intermediate and mild states of eye disorders respectively. As the name suggesting, *Lekhana anjana* is indicated for purgation of abnormal debris and is executed with the help of alkali and acidic drugs. *Ropana anjana* is for palliating ocular lesions in which astringent, bitter and oily drugs known for wound healing is used. And *Snehana* or *Prasadhan anjana* is convenient for purifying healthy eyes cured from diseases such as conjunctivitis. It comprises of *Madhura* and oily drugs meant for *indriye prasadhana*.

Poorva Karma

- Make sure that the eye disease should be deprived of its initial stage of inflammation or amavastha, treat with Ashchyotana and Seka.
- Kayik sanshodhan including urdhava and adhah should be done.

Pradhana Karma

- Patient is advised to sit on a comfortable seat confronting the doctor, reminding *manglacharana* in his mind.
- Patient's eyelids are strained apart by thumb and index finger of doctor's left hand.

- With the right hand, *Anjana* is drawn into the palpebral conjunctiva of patient with the help of probe attentively from inner canthus to outer canthus and vice versa.
- If *Anjana* is made confine only for eyelids, it can be applied with a finger rather than using a probe.
- *Anjana* is applied to left eye firstly and then to the right one.
- After application, patient is asked to close his eyes at least for 2-5 minutes.

Pashchyata Karma

- Patient is directed to rotate his eyeballs in all directions without opening it. So that *anjana* get spread all over the eye.
- After cessation of eye watering, normal or lukewarm water is advised for eye wash according to *dosha* and season.
- *Pratyeanjana* is indicated after use of a *Teekshna Anjana* for eye purification.^[6]
- *Dhoomrapana* is also indicated after *Teekshna Anjana*.^[7]

CONTRAINDICATIONS

- In night.^[8]
- Use of *Teekshna Anjana* not in daytime.^[9]
- Photophobia and in mid day time.^[10]
- Altered weather patterns like excessive warm day, excessive wind, cloudy weather etc.^[11]
- Systemic conditions like fatigue, *udavarta*, anger, fear, fever, after vomiting, after colonic irrigation, halting natural urges, after food intake, near work strain, headache, grief, night awakening, after sunset, having bath including head, after *Dhoomrapana*, *Ajeerna*, excessive exposure to heat and sunlight, daytime sleep, thirst, *Chhardi roga*, before sunrise and in cloudy weather.^[12]

MODE OF ACTION OF COLLYRIUM

Application of Collyrium is done in the form of smooth paste into the conjunctival fornices with an applicator. *Anjana* preparations are compound drugs prepared out of metals, minerals, herbs and animal materials. Generally, Arsenic, lead, antimony and tin compounds are frequently used for preparation. To avoid non-compliance, dosage and duration are expertly prescribed. Disposal of the drug is very minimal, so the tissue contact time is more. Ultimately, absorption is maximum, resulting in more bio-availability.

Possibly, *Anjana* acts as subconjunctival injection, so permeability is conceived through the sclera and enters into the systemic circulation which may further act on posterior segmental disorders of the eye. Secondly, the metals used in *Anjana* preparation have larger molecular weight, which do not cross the blood-aqueous barrier when administered systemically.

Hypothesis regarding mode of action of *anjana karma*

The *Rasa*, *Guna*, *Veerya*, *Vipaka* and *Prabhava* of the medicament are likely to work synergistically & their action may be modified by the *Dhatu*s of the eye. Transcorneal and Transepithelial absorption do occur. The *Klinna doshas* will be eliminated through the dilated *srotas*. Similarly, the *srotodushti* will also be relieved due to proper drainage of the *sanchitha doshas* and activation of the *srotas*. While increased haemodynamic mechanism of the orbital structures following *Anjana* is likely to promote drainage. Neural stimulation of the drug on all the three components of the trigeminal nerve will be an added advantage. Stimulation of various glandular structures enhances their property of contraction favoring elimination of vitiated *doshas*.

Through the stimulation of trigeminal nerve, various *srotas* of *mukha* and *siras* are influenced and *malas* pertaining to these areas get rid off. Nasolacrimal duct which opens below the inferior meatus drains the secretion from the lacrimal system. Paranasal sinuses also open into the nasal cavity and medicines can reach through *sukshma srotas* to these areas. During the process of *Anjana*, venous return will be promoted enhancing drainage, likewise lymphatic drainage seems to be increased. The nasal mucosa is having a rich network of lymphatics. In short, by acting through various channels *Anjanas* applied on eye expel the *doshas* from *Urdhwanga*.

CONCLUSION

Kriyakalpa procedures including *Anjana* need a modern scientific base to get appreciated by world and to develop it further. The main objective of these procedures mentioned by different *Acharyas* is seems to be tissue oriented where the therapeutic effect of the drug can be achieved by concentration of drug, tissue contact time, molecular weight of drug, absorption of drug and bio-availability of drug. *Anjana* and its action to relieve the signs and symptoms of an ocular disease is very relevant than any other *kriyakalpa* method. Locally applied medication which reaches conjunctival sac, fornices and inner and outer canthi, can be spread into the posterior segment only by applying *Anjana*. Besides all these benefits, *Anjana* plays a crucial role in acquiring healthy eyes as discussed in *Dinchariya* and

Swasthviritta. Truly said by our ancestors, healthy eyes are the apertures of souls. So eyes need a special attention to keep them healthy and devoid of any disorder.

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