

ROLE OF PATOLADI KASHAYA PARISHEKA IN INTERNAL HORDEOLUM - A CASE STUDY

Dr. S. Md. Nihaluddin^{1*}, Dr. Meghana B. Dangar², Dr. Miral D. Patel³,
Dr. Manjiri Pritam Keskar⁴ and Dr. Shivkant Sharma⁵

^{1*,2,3}PG Scholar, Department of Shalaky Tantra, Parul Institute of Ayurveda, Gujarat.

⁴Professor, Department of Shalaky Tantra, Parul Institute of Ayurveda, Gujarat.

⁵Associate professor, Department of Shalaky Tantra, Parul Institute of Ayurveda, Gujarat.

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*Corresponding Author

Dr. S. Md. Nihaluddin

PG Scholar, Department of
Shalaky Tantra, Parul
Institute of Ayurveda,
Gujarat.

ABSTRACT

It is one of the disorders of eyelids which is characterised by the Suppurative Inflammation of the Meibomian gland associated with blockage of the duct. It can be correlated with Anjananamika which is one among the Vartmagata roga and Bhedana sadhya roga according to Ayurveda. As per Acharya Vagbhata, its location is not only in the margin of the lid but also in the middle of the eyelid, so it can be correlated with Anjananamika. The case chosen in this study, patient has been suffering from pain, foreign body sensation, discomfort, congestion in the upper palpebral conjunctiva of the right eye. Patoladi kashaya parisheka was administered once a day in morning for 5 days

with follow-up of 1 week. On the 5th day patient got complete relief from this symptoms.

KEYWORDS: Internal hordeolum, Anjananamika, Netraparisheka.

INTRODUCTION

Internal Hordeolum is a Suppurative inflammation of the Meibomian gland associated with the blockage of the duct. Usually, it may occur as primary staphylococcal infection of the Meibomian gland or due to secondary infection in a chalazion. As a result, there occurs proliferation of the epithelium and infiltration of the walls of ducts, which are blocked.^[1]

Internal Hordeolum can be correlated with Anjananamika which is one of the Bhedana sadhya Vartmagata rogas, caused due to the vitiation of Rakta. Vartma is muscular and vascular structure indicates the presence of prithvi and agni mahabhuta. Vartma is

predominant of kapha and pitta dosha movement of lid by vyana vata. Acharya shusruta mentioned the samprapti of vartmagatarogas, due to nidana sevana such as ushnaabhitapta, jalapraivesham, doorekshanam, baashpagrahat, sukshmanirikshanat, dosha gets prakupita avastha reaches the sira and gets localised in vartma vitiates mamsa and rakta which leads to vartma roga.^[2,3,4,5,6,7,8]

A single case study was carried out in the department of Shalakyta tantra. Patient has the complaint of foreign body sensation, irritation, mild swelling, marked congestion with intense pain in right upper eyelid near the lateral canthus with pus point at the tarsal conjunctiva. Treatment has been decided as Parisheka by Patoladi kashaya.

MATERIALS AND METHOD

Place of study- Parul Ayurvedic Hospital, Gujarat.

CASE STUDY

Ayurvedic management of a case of Internal Hordeolum by Patoladi kashaya parisheka. A 28 year old male patient having symptoms of pain, foreign body sensation, irritation along with mild swelling, marked congestion in right upper palpebral conjunctiva and pus point in the tarsal conjunctiva since 2 weeks, had chosen for the study.

History of present illness: Patient was apparently normal before 2 weeks. Gradually patient felt pain and irritation in the right eye associated with foreign body sensation. Later patient had noticed marked congestion in palpebral conjunctiva with mild swelling. Patient was not willing to take allopathy medication as he is allergic to it, so he came to PAH for better treatment.

History of past illness: No history of hypertension, Diabetes mellitus.

On examination

Structures	Right eye	Left eye
Eyelids	mild swelling in the upper eyelid	NAD
Palpebral conjunctiva	Pus point with marked congestion, yellowish discolouration in the tarsal conjunctiva	NAD
Bulbar conjunctiva	NAD	NAD
Cornea	Clear	Clear
Pupil	NSNRL	NSNRL
Lens	Transparent	Transparent

Treatment plan - Patient was treated on OPD basis.

Ayurvedic Drug- Patoladi Kashaya Parisheka.

Route- Topical

Kala- Morning

Duration of the study : 5 days and follow-up for 2 weeks after treatment.

Assesment criteria

The assessment was done before treatment and after treatment. Also the follow up was done for 2 weeks after the treatment. The signs and symptoms were assessed by self-designed scoring system, described in the table no.1.^[9]

Table no.1: scoring system for the assessment.

Symptoms	Absent	Mild	Moderate	Severe
Discomfort or irritation	No discomfort or irritation	Occasionally present and not disturbing daily routine	Frequently present and disturbing daily routine	Present throughout the day and disturbing daily routine
Swelling	No swelling	Swelling present not disturbing daily routine	Swelling with minute opening present not disturbing vision	Swelling with minute opening present disturbing the vision
Congestion	No congestion	Congestion over the swelling	Congestion over and nearby swelling	Congestion involves whole palpebral conjunctiva

Treatment Protocol

Parisheka with Patoladi kashayam 500ml for 10mins once a day for 5 days

On the first day, the pus was evacuated out by *nishpeedana*

Table no 2: Pharmacological properties of Patoladi kashaya parisheka.

Name of the drug	Rasa	Guna	Virya	Vipaka	Karma
Patola	Tikta, katu	Laghu, ruksha	Ushna	Katu	Tridosha shamaka
Nimba	Tikta, Kashaya	Laghu	Sheeta	Katu	Vranahara, Dahahara, Kandughna
Jambu	Kashaya, Madhura, Amla	Laghu, ruksha	Sheeta	Katu	Raktasrava hara, Vranaghna, Stambhaka
Amra	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapittashamaka, Vranaghna
Malati	Tikta, Kashaya	Laghu, Snigdha, Mrudu	Ushna	Katu	Tridosha shamaka, Vranaropana, Vranashodhana, Vedanasthapana

RESULT**Before Treatment****1st day****During treatment****5th day****OBSERVATION**

It was observed that the patient got complete relief from Internal hordeolum in 5 days. He was asked to come for follow-up once in a week for two weeks provided to do

netraprakshalana(eye wash) with the medicine(*patoladi kashaya*) once in 3 days and it was observed that there was no recurrence in the condition.

DISCUSSION

Hot compression itself is enough if the symptoms are mild. If the symptoms are severe, incision and drainage is the only choice which is performed under local anaesthesia.^[10] Ayurveda also advises to perform *bhedana karma*. *Netra seka* with *patoladi kashaya* acts as *tridosha shamaka*. *Mrudu swedam* acts as *dosha vilayana* which relieves the blocked Meibomian glands. *Parishekam* acts as *shamana* and *shodana* of doshas.

Patola has an excellent quality which purifies the *raktadhatu*. It also possesses qualities like *sarva doshaghna*, *Kandughna*(which reduces itching), *Krumighna*(*anti-microbial*) . It also supports the body's immune system and also good for eyes.^[11]

Nimba- The chemical constituent *nimbidin* present in this drug is having anti-inflammatory action and many extracts are having anti-microbial property.^[12]

Jambu- *Dihydromyrecitin* present in this drug is having anti-biotic, anti-inflammatory as well as anti-pyretic property.^[13]

Amra- Good for eyes, having anti-bacterial property, enhances immune power.^[14]

Malati- Leaf juice of *malati* are having antibiotic effect.^[15]

Probable mode of Action

Mucous membrane of conjunctiva are good absorbing surfaces. The drug absorption is directly proportional to the vascularity of absorbing surface. Increased blood flow brought about by massage or local application of heat enhances absorption of drug.

Water soluble drugs easily absorbed through the vessel wall i.e. permeability and vascularity. So in the diseases where blood vessels are involved, medicines like aqueous solution is better. Therefore *seka* is the ideal procedure especially for anterior most portion of eye.^[16]

CONCLUSION

Patoladi kashaya acts very effectively in *Internal hordeolum* in very short period of time and without any recurrence.

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