

ROLE OF HARIDRADYA VARTI IN NETRABHISHYANDA- A CASE STUDY

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ABSTRACT

Ayurveda is the science of life which deals with the well being of mankind and treating various diseases. Shalaky tantra is one among the eight branches of ayurveda. It deals with the description and treatment of diseases of eye, Ear, Nose and Throat. Abhishyanda comes under sarvagata roga. It is the root cause of all the eye disorders. Thus it is to be managed as soon as possible. This article has explained the ayurvedic management of Netrabhishyanda.^[1]

KEYWORDS: *Abhishyanda, Sarvagata roga, Haridradyavarti.*

INTRODUCTION

Abhishyanda is the main cause of all the eye disorders and if it get chronic it may lead to adhimantha, hatadhimantha, akshipakatyaya, avaranashukla etc Netrabhishyanda comes under sarvagata nerta roga. It is characterized by toda(pain), kandu(itching), Parushya (dryness) akshishopha(swelling), Ragata(redness)etc. The causative factors include Dhooma, raja, atapa, variation in seasons, unhygienic conditions, irregular sleeping habits.

As per Sushruta samhita, netrabhishyanda is the root cause of all other netra rogas. It is also considered as Aupsargika roga. If it not managed early , it may lead further complications.to 4 types as per doshas viz. vataja, pittaja, kaphaja & raktaja. In Ayurveda, snehapana, mrudusweda, virechana,dhooma, lepa, nasya and various kriyakalpas like aschyotana, seka, anjana are mentioned in the management of Netrabhishyanda. Among these, anjana is a simple & safer procedure.^[2]

AIM

Practical utility of Haridradya Varti in the management of Netrabhishyanda.

OBJECTIVE

1. To study the role of Haridradya varti in Netrabhishyanda.
2. To minimise the use of modern medicine.
3. To minimise the recurrence of Netrabhishyanda.

MATERIAL

Drugs required for the preparation of Haridradya Varti^[4]

Name of dravya	Quantity
1.Haridra	
2. Daruharidra	
3. Draksha	Same quantity
4. Devdaru	
5. Madhuka	
6. Ajakshira	As required

Duration of the treatment was for seven days and after completion of treatment, the patient was advised to attend the OPD.

METHOD

a.Method of preparation All above mentioned churna are mixed in kharal and Bhavana of Ajakshira is given. After doing proper mardana, vartis are prepared and are properly dried & stored in Glass container.

b.Method of anjana

Anjana of Haridradya varti is to be given 125 mg once for 7 days. It is applied with different shalakas or with finger (anguli) from kaninika sandhi to apanga sandhi. After the application of anjana, patient is asked to move the eyeball after gently closing the eye.^[4]

A CASE STUDY

Source of Data

A male patient aged 45 years complaining of toda, akshishopha, ragata, kandu etc was selected from outpatient department of Shalakyta tantra, GAC&H, Nanded. A detailed ophthalmic & systemic history taken. Patient did not having any history of major illness.

Local examination revealed swelling of eyelids, itching and mild discharge from both eye.
Systemic examination revealed no abnormality.

Examination of eye- (Both eye)

Conjunctiva- congestion

Cornea- clear

Pupil- NSRL

V/A- 6/6

Diagnosis- Netrabhishyanda

Table no.1-Showing criteria for assessment of the clinical symptoms depending on severity

1. Subjective parameter

Assessment criteria	Severity
1. <i>Toda</i> (pricking pain)	0- Absent
	1- Mild- tolerable, negligible
	2- Moderate-Constant, tolerable
	3- Severe- Intolerable, constant

2. <i>Parushya</i> (Dryness)	0- Absent
	1. Occasionally present
	2. Intermittently present
	3. Frequently present

3. <i>Ragata</i> (Redness)	0- absent
	1- Discrete, thin vascular network limited to palpebral conjunctiva & fornix
	2- Prominent vascular network involving peripheral part of bulbar conjunctiva
	3- Fiery red eye, involving whole bulbar conjunctiva & circumcorneal area

4. <i>Shopha</i> (Swelling)	0- Absent
	1- occasionally present
	2- Intermittently present
	3- Frequently present

2. OBJECTIVE PARAMETER

Pictorial presentation before and after treatment.

MANAGEMENT & OBSERVATION

Considering the above condition as Netrabhishyanda, patient was treated by Haridradya varti anjana. Anjana is given 125 mg once a day upto 7 days. Patient got marked relief from parushya, ragata and toda.

Table no. 2 Assessment criteria after treatment

Assessment criteria	Before treatment	After treatment
1. Toda	3	1
2. Parushya	3	1
3. Ragata	3	0
4. Shopha	3	1

Pictorial presentation before & after treatment



RESULT

Patient has got relief from parushya, shopha and ragata. Patient get rid of Netrabhishyanda.

DISCUSSION

Kriyakalpa has a very superior position as it is tissue targeted, fast acting, simple but innovative method of drug administration to various parts of eyes. Anjana is a popular method of application of medicine inside the eye. It also mentioned in a daily routine in order to protect the eye.

Netrabhishyanda is disease possessing vata, pitta and kapha dosha. Haridradya varti contains Haridra, Daruharidra, Devdaru, Draksha & Madhuka. Aja kshira bhavana is given to this varti. Aja kshira possess kashaya, sheeta & vataghna properties. Haridra is katu tikta

rasatmak & ushna gunatmaka which acts against vitiated kapha and pitta dosha. It contains curcumin which is potent anti-inflammatory agent. Daruharidra is rich in berberine & isoquinoline alkaloid which are anti fungal, anti-bacterial, anti-viral & anti-inflammatory in nature. It also balances kapha & pitta dosha, and acts as a kandughna.

CONCLUSION

Haridradya varti anjana is not having any adverse effect. Haridradya varti is beneficial in netrabhishyanda as it shows marked relief from the symptoms.

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