ROLE OF NETRA KRIYAKALPAS IN THE MANAGEMENT OF KLINNAVARTMA (SQUAMOUS BLEPHARITIS): A CASE STUDY

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ABSTRACT

Klinnavartma is a one of Vartamagata Roga which mainly affects Vartma Mandal and Pakshma-Vartma Sandhi. It can be correlated with squamous blepharitis on the basis of origin, site, pathogenesis, signs and symptoms. It is sub-acute or chronic inflammation of lid margins.

In the present case study, a 22 year old male patient came with complaints of deposition of whitish material at the lid margin, itching sensation at eyelid margins and discomfort in both eyes since 3 months. He was treated with Netra Kriyakalpa procedures such as Vidalaka Karma along with Seka Karma for 15 days. There was significant improvement in patient’s complaints such as discomfort and itching as well as marked reduction in swelling and scales on lids. Ayurveda treatment in form of Kriya Kalpa has valuable effect in the management of Klinnavartma (squamous blepharitis).

KEYWORDS: Klinnavartma, Squamous Blepharitis, Netra Kriyakalpa, Vidalaka, Seka.

INTRODUCTION

The Vartma patala or Mandala is one of the anatomical part of eye which provides protection and rest to the eye ball as well as it is the site for pathogenesis of the diseases known as Vartma Gata Rogas. They are 21 in numbers according to Acharya Sushruta and 24 according to Acharya Vagbhatta. Klinnavartma is one of among them that is characterized by Aruja (painless), Shunama (swollen lid margins), Antaha Klinnata (stickiness), Srava (discharge), Kandu (itching) and Nistoda (pricking sensation). It is produced by vitiated Kapha Dosha. It is said to be curable disease (Sadhya) and categorized as Ashastrakrita aushadha sadhya Vyadhi. On the basis of origin, site, pathogenesis, signs and symptoms, it can be correlated with squamous blepharitis. It is sub-
acute or chronic inflammation of lid margins characterized by deposition of whitish material (soft scales) at the lid margin associated with mild discomfort, irritation, itching, occasional watering and falling of eyelashes.[8] Generally, the disease starts slowly and usually chronic with periods of remission. Sequelae are seen in non-treated long standing cases. It affects both eyes without gender discrepancy. For the treatment, available modalities are warm compresses, eyelid scrubs, antibiotic and steroid eye ointments. As per Ayurveda classics Acharyas have mentioned special type of treatment modalities known as kriya kalpa, for the management of eye diseases. Out of these Kriya Kalpa procedures Vidalaka karma (application of medicated paste on lids except eye lashes) along with Seka Karma (closed eye irrigation) was selected for treatment of this present case study.

**CASE REPORT**
A 22 year old male patient came to Shalakya Tantra OPD of NIA hospital with complaint of whitish deposition at the lid margins, itching sensation, mild swelling and redness on lid margins since 3 months. On detailed history taking the patient revealed that he was having itching sensation, deposition of whitish material, with discomfort and mild swelling on lids. He had taken Allopathic treatment for this ailment since 2 months but did not get complete relief in symptoms though he had visited Shalakya Tantra OPD of NIA hospital for the treatment. A detailed ophthalmic and systemic history was taken and no any significant systemic illness was found. There was no addiction history.

**EXAMINATIONS**
Local examination done with the help of torch and they are further verified by slit lamp.

<table>
<thead>
<tr>
<th>Characters</th>
<th>OD</th>
<th>OS</th>
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</thead>
<tbody>
<tr>
<td>Eye Lashes</td>
<td>Scales at the root of eye lashes</td>
<td>Scales at the root of eye lashes</td>
</tr>
<tr>
<td>Eye lids</td>
<td>Mild swelling and redness at lids</td>
<td>Mild swelling and redness at lids</td>
</tr>
<tr>
<td>Bulbar conjunctiva</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Palpebral conjunctiva</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Cornea</td>
<td>Clear</td>
<td>Clear</td>
</tr>
<tr>
<td>Pupil</td>
<td>NS NR</td>
<td>NS NR</td>
</tr>
<tr>
<td>Visual acuity</td>
<td>6/6</td>
<td>6/6</td>
</tr>
<tr>
<td>Intra ocular pressure</td>
<td>12 mm of Hg</td>
<td>13 mm of Hg</td>
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**Diagnosis**
On the bases of above examination patient was diagnosed as squamous blepharitis.
Treatment
In this case treatment line was mainly aimed at *kapha Shamana* and *Rakta Shodhana*, because vitiated *Dosha* was *kapha*. Thus following drugs were selected for the present condition.

A. *vidalaka* therapy which comprises
*Daruharidra* 500mg, *Rasanjan* 500mg, *Haritaki* 500mg, *Gairika* 500mg and *Saindhav lavana* 500mg for 15 days.

B. B. *Seka* therapy which is done by decoction of following drugs
*Triphala Churna* 1gm, *Yashtimadhu Churna* 1gm and *Lodhra* 1gm for 15 days.

Firstly eyes were cleaned with luke warm water then paste of drugs selected for vidalakawas applied on lid margins. After that *Triphaladi Netra Parisheka* with lukewarmed decoction was applied.

RESULTS
Improvement in symptoms and signs as following
1. There is marked relief in the symptoms like Itching sensation on eye lid margins, swelling of eye lids.
2. Scales on root of lashes were no longer present.
3. There was no redness on lids.

There was overall noteworthy progress in symptoms of squamous blepharitis. No side effects were observed during the treatment as well as after the completion of treatment.

DISCUSSION
As per Ayurveda classics various treatment modalities are advocated for the management of diseases which can be categorized as *antah parimarjana* and *bahi parimarjana chikitsa*. *Acharya Sushruta* has described five *Kriyakalpa* for the *chikitsa* of *Netra Roga* in *uttertantra* viz *tarpana, Putpaka, Seka, Ashchyotana* and *Anjana*. Acharya *Sharangdhar* highlights *Kriyakalpa* by adding two new *kalpas* named as *Pindi* and *Vidalak*. Both procedures are advised by our *Acharyas* in acute condition (*Tarunavastha*) which is characterised by presence of few clinical features such as *Daha, Updeha, Ashru, Sopha* and *Raga* in eyes. *Kriyakalpa* has several advantages over oral administration like they are not metabolized systemically, probably will rectify accumulated *Doshas* locally in less time.
In *Vidalaka Karma* medicine is absorbed through the skin of lids. After *Vidalaka* application there is release of active principles and they enter at proper site in skin then absorption takes place. After that *Pachana* by *Bhrajakagni* occurs and new metabolites formation takes place which leads to pacification of *Doshas* and alleviate of the symptoms of disease. The active principles of the *Lepa* reach to the deeper tissues through *Siramukha & Swedavahi Srotas*.

Ingredients of *Vidalaka Yoga* are having properties like *Tridoshahara*, *Chakshusya, Krimighna, Kandughna, Vranropana, Twakadoshahara* and *Raktshoshodhaka*. The second remedy *Triphalādi Netra Parisheka* contains equal quantity of powder of *Terminalia berelica* (*Vibhitaka*), *Terminalia chebula* (*Haritaki*), *Glycyrrhiza glabra* (*Yashtimadhu*) and *Symlocos racemosa* (*Lodra*). Luke warm application of *seka* facilitates the absorption of drug through skin. *Seka* increases the blood circulation and wash out all the debris, bacteria, bacterial toxins, scales and crusts from the minute folds of the skin and thereby helps to maintain the lid hygiene. Due to *Katu, Tikta Kashaya Rasa and Deepana -Pachana* property it, helps in *Ama Pachana* and purifies the strotas. In *triphaladi seka* the drugs having *Tridoshaghna* and *Chakshushya qualities as well as anti-inflammatory and antimicrobial properties*, so that it can counteract vitiated *Doshas* to disintegrate the pathology of the disease.

**CONCLUSION**

*Kriyakalpa* therapy has several advantages over oral administration. The topical drugs made considering anatomy and physiology of ocular tissue can reach there and achieve higher bioavailability. Like skin, structures of eye are exposed to outer environment. Thus to clean/ remove surface pathogens topical therapies are essential. In disease *Klinnavartma* for removal of the swelling, redness, scales of lids and normalization of function of eye lid glands *Netra Kriyakalpa* procedures are the best treatment.

By this study it can be concluded that *Seka Karma and Vidalak karma* can be advised for successful treatment in patients of *klinna Vartma* (squamous Blepharitis) as it is cost effective and given better efficacy in treatment.

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