A CASE STUDY IN THE MANAGEMENT OF CENTRAL SEROUS CHORIORETINOPATHY THROUGH AYURVEDA


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ABSTRACT
Central serous retinopathy (CSR) is also known as central serous Chorioretinopathy (CSCR), characterised by spontaneous serous detachment of neurosensory retina in the macular region, with or without retinal pigment epithelium detachment. It affects mostly young or middle age person. The disease occurrence is mostly unilateral. Though the disease is self-limiting but due to recurrence and severity it may lead to permanent vision loss. Treatment modalities includes Laser photocoagulation, photodynamic therapy, Anti-VEGF in modern sciences which are costly. Here in this case study, risk factors to develop right eye central serous retinopathy includes steroid administration, psychological stress so patient treated with orally capsule Mentat 2 times a day after meal, Nasya & Shirodhara 3 settings each of 7 days and Nidanparivarjana.

KEYWORDS: Central serous retinopathy, Nasya, Shirodhara, Nidanparivarjana.

INTRODUCTION
Central serous retinopathy is non-cystoid type of macular oedema. It is an idiopathic disorder characterized by a localized serous detachment of the sensory retina at the macula secondary to leakage from the chorio capillaries through one or more hyperpermeable RPE sites. Imperfectly defined risk factors include steroid administration, Cushing syndrome, Helicobacter pylori infection, pregnancy, psychological stress and sleep apnoea syndrome.1[1] Symptoms include unilateral blurring, metamorphopsia, micropsia and mild
dyschromatopsia.\textsuperscript{[1]} The pathogenesis here is thought to be elevated circulating cortisol and epinephrine, which affect the autoregulation of the choroidal circulation.\textsuperscript{[2]} Persons showed impaired autonomic response with decreased parasympathetic activity and increased sympathetic activity. The etiology of disease is known to be stress associated that can be taken as Vataja Dosha Dushti which is the culprit in the pathology of the disease and the accumulation of fluid under retinal layers is due to disturbance of Kapha Dosha. Shirodhara is a ayurvedic therapy which has been used to treat a variety of conditions including eye diseases, neurological disorders, allergic rhinitis etc. Shirodhara is also effective in treating mental conditions such as anxiety and mental stress. Shirodhara is a safe option to improve sleep quality among people who have sleep problems.\textsuperscript{[3]} Nasya therapy improves the process of oxygenation and helps in maintaining the functioning of the brain. Nasya opens the channel and has a cleansing action on the various blockages of the head.\textsuperscript{[4]}

Contents of capsule Mentat are as follows; Brahmi, Mandukparni, Ashvagandha, Vishnukrantha, Jatamansi, Tagara, Vidanga, Vatadha, Vacha, Haritaki Amalaki, Guduchi, Kapikachchu, Ela, Arjuna, Shatapushpa, Vidari, Salabmisri, Bibhitaki, Jatiphala, Lavanga, Muktapishti.\textsuperscript{[5]} It reduces the level of tribulin, an endogenous monoamine oxidase inhibitor that is elevated during anxiety. It produces calmness, beneficial in treating insomnia. It has anticholinesterase, dopaminergic- neuroprotective, adaptogenic and antioxidant properties.\textsuperscript{[6]}

MATERIALS AND METHODS

CASE REPORT

A 44years old male patient, Hindu by religion came to OPD no. 33 of Govt. Ayurved Hospital with complaints, blurring of visionince,4 months.

History of Present Illness

According to the patient he was asymptomatic since, 4 months back. Suddenly he develops right eye blurring of vision & diminution of vision; so, he consulted at GMC, where he was diagnosed CSR and treatment advised Laser Photocoagulation, patient was not willing for Laser so he approached for ayurvedic treatment.

History of Past Illness

No history of HTN/ DM/ Asthma/ any major illness/ any ocular surgery/ alcohol/ smoking.

drug history- H/O using steroid contain fairness cream since; 18 months daily.

personal history - Sleep - disturbed
Becomes angry to small small things

**EXAMINATIONS**

**General Condition**- moderate, afebrile

**Systemic Examination**

<table>
<thead>
<tr>
<th>System</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>RS</td>
<td>AEBE</td>
</tr>
<tr>
<td>CVS</td>
<td>S1S2 - normal</td>
</tr>
<tr>
<td>CNS</td>
<td>conscious, oriented</td>
</tr>
</tbody>
</table>

**Examinations of Eye**

- Anterior segment – normal
- Intra ocular pressure – normal

**Table no.1: Follow up of Assessment Criteria.**

<table>
<thead>
<tr>
<th>Examinations</th>
<th>Before treatment</th>
<th>After treatment (after 2 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Visual acuity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R.E.</td>
<td>6/12(P)</td>
<td>6/6(P)</td>
</tr>
<tr>
<td>L.E.</td>
<td>6/6</td>
<td>6/6</td>
</tr>
<tr>
<td>2. Fundus Photograph</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R.E.</td>
<td>Elevated area on macular region</td>
<td>Normal</td>
</tr>
<tr>
<td>L.E.</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>3. OCT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R.E.</td>
<td>Optically empty neurosensory elevation, Smaller RPE detachments</td>
<td>Normal</td>
</tr>
<tr>
<td>L.E.</td>
<td>Normal</td>
<td>Normal</td>
</tr>
</tbody>
</table>

![Figure1: Right eye fundus photograph before treatment showing Central serous retinopathy.](image)
Treatment
1. Nidanaparivarjana - Don’t use steroid containing fairness cream on face.
2. Orally capsule Mentat twice a day after meal for 2 months.
3. Nasya with Panchdnyanendriyavardhana Tail & Shirodhara with Brahmi Tail 200ml + Til Tail 800ml.
Alternate Nasya and Shirodhara given for 7-7 days; 3 settings given for 42 days.
Follow up taken before treatment & after 2 months.

DISCUSSION AND RESULT
In this case study cause of developing right eye central serous retinopathy was using steroid containing fairness cream, stress, disturbed sleep. In Ayurveda Nasya & Shirodhara shows good results to maintain mental stability. This patient showing relief in his all symptoms with increased visual acuity, changes in fundus and OCT findings observed.

REFERENCES
5. https://www.himalayawellness.in/our-products/general-health/mentat