

VIDALAKA AND AKSHI SEKA –AN AYURVEDIC TREATMENT APPROACH IN SANDHIGATA ROGA WSR TO PUYALAS: A CASE STUDY

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ABSTRACT

Kriya kalpa as we all are aware are the Ayurvedic therapeutic procedures we do locally in *urdhwajatrugata roga* mainly *netragatarogas*. Many *Kriya kalpas* are described by our *acharyas*. *Vidalaka* and *Akshiseka* are very important in inflammatory states of eye. *Vidalaka* has not been described by *acharya sushruta*. In the present study, an 85 years old male patient with complaints of swelling of eye lids(*shopha*) and watering(*ashrusrava*) from both eyes came in OPD of Sri Dhanwantry Ayurvedic College Chandigarh and was diagnosed as *puyalas*. The patient was reluctant to undergo any surgical intervention. So the treatment was started and within 3 days of therapy patient was relieved and showed positive results clinically.

KEYWORDS: *Puyalas, vidalaka, seka, kriyakalpa, ashrusrava.*

INTRODUCTION

Kriya kalpa is the basis of Ayurvedic therapeutic procedures in *Shalaky* department particularly in *netragatavyadhi*. *Acharya sushruta* has mentioned 5 *kriya kalpas*. *Tarpana, putpaka, ashchyotan, anjana and seka*.^[1] *Acharya sharangdhar* has mentioned two more in addition to above 5 i.e *Vidalaka* and *Pindi*.^[2] In *kriya kalpa* the effect is due to the local contact with the place of disease. The local effect is more than systemic effect because the tissue contact time is over which helps:

- In increased bio availability of drugs and their effect.

- These drugs cross blood aqueous barrier, blood vitreous barrier and blood retinal barrier and reach the target tissue
- The mechanical effect of these therapies reduces swelling and pain
- Local vasodilatation helps in reducing inflammation
- Increases the absorption of drug much faster than systemic drugs

Vidalaka is also called *lepa* or external application. In this procedure the powdered form of Ayurvedic drugs are collected according to the *doshas* of *vyadhi* and mixed with hot or cold water or any *kwath* and a paste is made and applied around the eyes except eye lashes resembling cats eye or *vidalaka*.^[3] *Vidalak* can be done in anytime of the day but not in night, however in painful conditions it can be done at night. *Acharya Charak* has described *Vidalaka* in *netraroga* conditions like *daha*, *lalima*, *shoth* and watering. *Acharya* has further divided *netraroga* in 4 types and described different *dravyas* according to *Doshas*.^[4] *Acharya Charaka* calls *Drava sweda* as best in relieving the *Pitta samsrasta vyadhi* which is indirectly called as *Seka*.^[5] *Seka* is described as an important *kriya kalpa* by *acharya sushruta*.^[6] *Pariseka* has been described with *aschyotana karma*.^[7] It is due to the fact that both the therapies are same except in

- Condition of disease in which used
- Dose to be administered
- Time of usage

Sharangdhar has described first *chikitsa* as *seka* in *amaawastha* of *netraroga*. In this therapy the *kwath* prepared by various drugs according to the *dosha* state are irrigated in the form of continuous stream with eyes closed. The temperature of the irrigant is chosen according to the *dosha* of *vyadhi*.

CASE REPORT

In present case study, an 85 year old male patient came to *Shalakya* OPD of Sri Dhanwantry Ayurvedic College, Chandigarh with CR no 19004950 on dated 01/04/2019, with complaint of mild itching and watering from both eyes on and off since 1 month.

H/O Present illness

According to patient he had some complaint of watering on and off since 1 month but he didn't pay attention. So he came to Dhanwantry College for the treatment.

Personal History

Appetite: normal

Bowel: normal

Sleep: disturbed

Addiction: addicted to alcohol daily 60 ml since 60 years

Ocular examination

Lids: meibomian gland dysfunction present

Lashes: normal

Conjunctiva: congested, degeneration+, age related yellowish discoloration of sclera.

Cornea: normal transparent

Lens: Pseudophakia B/E 5-6 years back

Pupil: RRR

BP: 190/110 mm Hg

Diagnosis: regurgitation test +

Syringing: blocked b/e

After syringing: Partial blocked

Treatment given

- Oral anti inflammatory and immune modulatory drugs: *Guduchyadi rasayan Triphala churan* and *godanti bhasam*.
- *Vidalaka karma* with drugs like *triphala*, *gairik*, *lodhra*, *haridra*, *yashtimadhu* and *akshi seka* with *triphala* and *yashtimadhu kwath*.
- Nasolacrimal massage with til tail.

Observation

- The swelling in and around eyes reduced markedly
- Congestion and watering showed significant improvement
- Regurgitation test –ve i.e no discharge on pressing punctum was seen

RESULT

Since there was marked improvement in signs and symptoms of the patient, the results were quite encouraging.

DISCUSSION

Lepa of appropriate *doshashamaka aushadhi* is used in *vidalak*. So the effect comes due to the tissue contact i.e direct contact with the eyelids. The absorption of drugs is through skin and expression of meibomian glands due to the force/pressure of *lepa* and *seka aushadhi*. *Seka* enhances the effect of medicines as it allows continuous absorption of medicine through skin. Moreover *akshi seka* increases the dilatation thereby enhancing blood circulation which in turn leads to increased absorption of drugs and relief.

Probable mode of action

In *vidalaka* the *aushadhi dravyas* are mixed and prepared in the form of thick paste and applied as external application or *bahi parimarjan chikita*.^[8] The main absorption of the drug is by skin and glands. Increased tissue contact time facilitates that the active principle of the drug reaches its target tissue through skin and relieves inflammation, watering, burning sensation. *Seka* also works on the same principle and *netra dhara* acts as synergistic for treatment.

Triphala is described as *tridoshic rasayana* and used for *tridosha shaman*. *Triphala* is one of the potent immunomodulator helps in free radical scavenging, anti inflammatory, anti pyretic and wound healing. *Triphala* help in reducing stress. It is a rich source of vit C and flavinoids. It reduces glutathione levels in eyes. It increases activities of anti oxidant enzymes like superoxide dismutase, catalase, glutathione s transeferase and glutathione peroxidase.^[8] It is a good anti inflammatory effect as it decreases inflammatory markers. It reduces expression of inflammatory mediators such as IL-17, COX2, RANKL through inhibition of NFKB activation.^[9]

CONCLUSION

The effective concentration of therapeutic drugs used in treatment helps in relieving and curing any disease. In the present study the results were encouraging however, clinical trials with more patients for long duration and multiple symptoms are necessary to evaluate results in order to put the efficacy of *vidalaka and seka*.

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