

**CONCEPTUAL REVIEW OF LITERATURE RELATED TO  
SHUSHKAKSHIPAK AND DRY EYE****<sup>1</sup>\*Dr. Sakharkar Rohini Vinodrao and <sup>2</sup>Dr. Prajkta Kulkarni**<sup>1</sup>Tilak Ayurved Mahavidyalay, Pune, Maharashtra.<sup>2</sup>MD (Rachana Sharir) Associate Professor, Tilak Ayurved Mahavidyalay, Pune, Maharashtra.Article Received on  
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**ABSTRACT**

Ayurved is one of the world's oldest holistic healing systems. In Ayurved Panchdnyanendriya and karmendriyas are described, each has its own adhishtana. Acharya Sushrut bestows due importance to Eye by placing it at prime position in Uttartantra. All other sense organs are described after this one. In fact human being is extremely dependant on this sense organ. Many things which are given in modern literature related to some diseases closely match with the opinions given in Ayurved Samhitas and texts. By studying these two literatures it is revealed that signs and symptoms given in Dry eye are closely related to Shushkakshipak– a Netragatvyadhi mentioned in Ayurved Samhitas.

Vaat and Pitta dosha vitiate in Shushkakshipak. In Ayurved Tridosha are explained in detail with their dushti and management. So it give a way to remove the root cause of any disease. By studying these two literatures together, the management of disease will be easier and proper. So the literature about the diagnosis of Shushkakshipak and Dry eye is reviewed from Samhitas.

**KEYWORDS:** Shushkashipak, vitiation, disorder.**INTRODUCTION**

As Ayurved is a life science, a particular subject can be studied thoroughly. Many things of modern literature related to some disease closely match with the opinions given in Ayurved Samhitas. Eye is one of the important sense organ. All the sense organs are derscribed after this one. In fact human being is extremely dependant on this sense organ. All the sense organs perceive sensation after the sense object reaches the organs. Eye is an different sense organ. If eye focuses on sense object one can perceive it. Acharya Sushrut considers a Netra

one among pratyang.<sup>[3]</sup> According to Ayurved, dry eye is not merely an Ocular surface disorder, rather than this is one of manifestation of the deranged metabolism/depreciation of body tissues. Tear secretion provides continuous moisture and lubrication on the ocular surface to maintain comfort corneal and conjunctival health and vision. The lacrimal gland, goblet cells and meibomian glands produce different secretions, which compositely form a layer on the eye termed as tear film. Abnormalities of any of the components of the secretion lead to the instability of the tear film, resulting in drying of the ocular surface and the other sign and symptoms of dry eye. Ayurved describes a similar condition called Shushkakshipak, which matches etymological derivation<sup>[1]</sup> and clinical picture.<sup>[3,4]</sup> Shushkakshipak is mentioned in the classical literature of Ayurved under Sarvagata Netra roga.<sup>[3]</sup> In this netraroga, Vata and Pitta vitiation is the main entity.<sup>[4]</sup> Without normalizing/altering dhatus and doshas we cannot treat dry eye optimally. So by studying the two literatures the management of Dry eye and its prevention will be proper.

### **AIM**

To study the literature related to Shushkakshipak and Dry eye.

### **OBJECTIVES**

- i. To study Shushkakshipak given in Ayurved Samhitas
- ii. To study Dry eye from modern literature.

### **MATERIALS AND METHODS**

The data for the study has been collected from different sthanas (parts) of Sushrut samhita, Charak samhita, scientific papers and modern literature, etc.

### **SHUSHKAKSHIPAK**

Acharya Sushrut and Vagbhat have explained this vyadhi in Uttartantra 6<sup>th</sup> adhyay<sup>[3]</sup> and Uttarsthan 15<sup>th</sup> adhyay respectively.<sup>[4]</sup> It is sarvagata, vataja and Aushadhsadhya vyadhi. Eyelids are closed(drooped) and are opened with difficulty, lids become hard rough and eye looks dirty lusterless.<sup>[3]</sup> Also the eyelids become hard rough and causes difficulty in opening and closing the lids, it associate with foreign body sensation, pricking pain, cutting pain, exudation, supparation and the patient likes cool applications.<sup>[4]</sup> These symptoms closely match with that of dry eye given in modern literature. As per Ayurved, each patient of dry eye needs a different approach as the etiology and pathology are variable. Vata-Pitta vitiation

in Shushkakshipak is the basic pathology due to disturbed system biology which needs a holistic approach to deal with the problem.

### **Signs and symptoms of Shushkakshipak**

- i. Closed eyes -Kunit
- ii. Roughness & dryness in lids - DarunRukshaVartma
- iii. Blurring of vision - Avildarshan
- iv. Difficulty in the movement of lids because of dryness -Kruchhronmilan
- v. Pricking sensation in eyes - Gharsha
- vi. Foreign body sensation in eye - Toda
- vii. Pain in eyes - Bheda
- viii. Stingy mucus in eyes - Updeha
- ix. Inflammation - Paka
- x. Shrinking of the eyeball - Vishushka
- xi. Want of cold - Sheetechha.<sup>[3,4]</sup>

### **DRY EYE**

Dry eye is the condition that occurs as a result of inadequate and ineffective wetting and lubrication of the eyes. It produces discomfort and reduced vision when the tear film becomes unstable and repeatedly breaks up into dry spots between blinks. It happens due to tear deficiency or excessive tear evaporation which causes damage to the exposed ocular surface. It is the most distressing syndromes which endangers the eye if present in extreme degrees. It is usually a bilateral condition. Dry eye produces discomfort and reduced vision when the tear film becomes chronically unstable and repeatedly breaks up into the dry spots between blink; exposing the corneal and conjunctival epithelium to evaporation. Tear substitutes are the only treatment modality with modern medical science. The duration of action of these tear substitutes is variable and are advised as per the need, only providing symptomatic relief. The preservatives present in these formulations are also a cause of dry eye, whereas those available without preservatives(e.g., are not cost effective).<sup>[5]</sup>

As per Ayurved, each patient of dry eye needs a different approach as the etiology and pathology are variable. Vata-Pitta vitiation in Shushkakshipak is the basic pathology due to disturbed system biology which needs a holistic approach to deal with the problem.<sup>[4]</sup>

**Symptoms of Dry Eye**

- |                |                       |   |
|----------------|-----------------------|---|
| i. Eye fatigue | v. Dryness            | ix. Blurry vision                           |
| ii. Discomfort | vi. Irritation        | x. Pain                                     |
| iii. Redness   | vii. Crusting of lids | xi. Light sensitivity                       |
| iv. Itching    | viii. Discharge       | xii. Blinking abnormalities. <sup>[6]</sup> |

**Co-related points of Dry eye and Shushkakshipak**

Dry Eye	Shushkakshipak
i. Irritation	Gharsha
ii. FB sensation	Toda
iii. Burning	Sheetechha
iv. Stingy mucus	Updeha
v. Dryness	Ruksha Darun varshmakshi
vi. Pain	Bheda, Shoola
vii. Blurred vision	Avildarshanam

Dry eye is the disease of 21<sup>st</sup> century, Ayurvedic treatment described in ancient granth can definitely be tried on the condition. Signs and symptoms of Shushkakshipak and Dry eye are closely related to each other. They both show somewhat similar appearances. The study of two literatures about these two diseases give a way to treat Dry Eye from the root of the cause. Since, main symptoms of Dry Eye show Vata & Pitta vitiation, so the selection of dravya or aahar should be according to that. By the study of two literatures about these two diseases it can be stated that Sneha Dravya with Pitta-Vata ghna property can be helpful in Dry Eye treatment. Specifically Pratimarsh Nasya of this Snehadravya will be more useful. Also the kalpas used for treatment of Shushkakshipak given in Ayurved Samhitas will give best results in Dry eye cases.

**CONCLUSION**

Thus we can conclude that the study of two literatures about any disease give a way to think properly and simply about management of that disease. The Dry eye is the condition for which modern medicine has no treatment except for the symptomatic management; the holistic approach of Ayurvedic system of medicine can provide relief to the patient. The literary study of Dry eye and Shushkakshipak together help in the management of Dry eye.

**Scope of the study:** From this study of two literatures, further scope of study is to have management of the cases of Dry eye by the Pratimasrsh nasya of Sneha Dravya with Pitta-Vata ghna property.

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