



Ayurvedic treatment protocol in vataj abhishyanda W.S.R. To allergic conjunctivitis - a case report

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ABSTRACT

Abhishyanda is identified as the sarvagata netra roga in the Shushruta Samhita, a foundational text of Ayurveda. When compared to contemporary medical perspectives, it aligns with allergic conjunctivitis, characterized by symptoms such as pricking pain, stiffness, tingling sensations, a feeling of a foreign body, roughness, headaches, cool discharge, and a sensation of dryness. The classical Ayurvedic texts provide a specific treatment regimen for abhishyanda that is both effective and straightforward to implement. This report presents a case study of a 42-year-old female patient diagnosed with allergic conjunctivitis (vataja abhishyanda). The treatment protocol consisted of netra pariseka along with systemic medications that were anti-allergic and antioxidant in nature. Regular eye examinations were conducted, and by the conclusion of the five-day treatment period, all symptoms had resolved, with no indications of allergy remaining. Additionally, certain medications were recommended to prevent recurrence.

Keywords : Abhishaynda ,allergic conjunctivitis , netra pariseka, sarvagat netra roga

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INTRODUCTION

प्रायेण सर्वे नयनामयास्तु भवन्त्यभिष्यन्दनिमित्तमूलाः ।

तस्मादभिष्यन्दमुदीर्यमाणमुपाचरेदाशुहिताय धीमान् ॥५॥

Abhishyanda is the first cause of all eye disorders and also need to treat it first [1, 2]. Some disease may be due to it's complications, which harms eye sight very seriously. In shushruta samhita a classic text of ayurveda ophthalmology explains 76 diseases which contains abhishyanda as sarvagat netra rog (which affects whole eye). Abhishyanda is also divided into different 4 types according to dosha pradhanya as vataj abhishyanda, pittaja abhishyanda, kaphaj abhishyanda, sannipataj abhishyanda. Vataj abhishyanda is the common condition among them and can be compared with allergic conjunctivitis according to it's symptoms.

निस्तोदनं स्तम्भनरोमहर्षसङ्घर्षपारुष्यशिरोभितापाः ।

विशुष्कभावः शिशिराश्रुता च वाताभिपन्ने नयने भवन्ति ॥६॥

Symptoms described in vataja abhishyanda are as toda (pricking pain), stambhana (stiffness), romharsha (tingling sensation), sangharsha (foreign body sensation), parushya (roughness), shirobhitapa (headache), shishirashruta (discharge), vishushka bhava (feeling of dryness) [3]. these signs and symptoms are mostly similar to simple allergic conjunctivitis, so vataja abhishyanda can be co-related with simple allergic conjunctivitis.

वृद्धैरैतैरभिष्यन्दैर्नराणामक्रियावताम् ।

तावन्तस्त्वधिमन्थाः स्युर्नयने तीव्रवेदनाः ॥१०॥

It's also mentioned that if we will not treat abhishyanda as soon as possible that it will reach to the updrava (complication) stage of adhimantha (it can be correlated with glaucoma) [4].

Allergic conjunctivitis is very common ocular allergy. It can be understood as hypersensitivity reaction to specific airborne antigens. May lead to corneal involvement, but it's rare. Signs and symptoms may lead to discomfort to the patients, which disturbs the patient's daily life. These patients are more prone to epidemics as the conjunctival health is already compromised in these patients. Presently there is an outbreak of madras eye in India again and Gujarat is having many cases in each and every ophthalmic hospital. The prevalence is 5 – 22% in the general population and recurrence found in 41 – 62% of the cases [5].

In *ayurveda* treatment is focused on the *vata shamaka* effect which can be administrated by some local procedures (*netra kriyakalpa*), also have properties to work in *sama*(inflammatory) condition of eyes [6]. so in this presented case *parisheka* is selected, which gives very good result and all symptoms subsided with it. This study proves efficacy of *parisheka karma* in *vataj abhishyanda*(simple allergic conjunctivitis).

CASE STUDY

A 32year old female patient had come 23/05/23 in OPD -112 shalakya tantra Parul *ayurveda* Hospital with chief complaints of:

- Pain and foreign body sensation in both eyes for 5 days.
- Redness of eyes (sometimes mainly while moving in hard sunlight- not present now)
- Mild headache
- Constipation since 15 days

Past history: Nad

Personal history:

- *Ahara* (food): Samish (mixed)
- *Kshudha*(appetite): Alpa
- *Nidra* (sleep): Disturbed
- *Mala pravrutti*(stool) : Hard (not satisfactory, 1 time/2 day)
- *Mutra pravrutti*(urine): 5-6 times/ day (samyak)

Basic causative factors noted as nidana of abhishyanda in this particular patient are as....

- 1) Bathing immediately after exposure to heat
- 2) Excessive use of sour and vinegar
- 3) Suppression of natural urges

Local examination

All the vitals sign were normal.

Structure	Re	Le
Eyelid	NAD	NAD
Conjunctiva	Mild congestion	Mild congestion
Cornea	Clear	Clear
Pupil	RRR	RRR
Lens	Transparent	Transparent

Vision Examination:

Distant vision	Re	Le
Dva	6/6 (p)	6/6 (p)
Nva	N8	N8

Diagnosis-

Based on the history and clinical examination, the case was clinically diagnosed as a *vataj abhishyanda* (allergic conjunctivitis).

Chikitsa-

Treatment of *vataj abhishyanda* is given broadly in *vatajabhishyanda pratisedha adhyay*, *shushruta samhita* utara tantra chapter no.9 which mainly describe as *snehana karma*⁷.

पुराणसर्पिषा स्निग्धौ स्यन्दाधीमन्थपीडितौ | स्वेदयित्वा यथान्यायं सिरामोक्षेण योजयेत् ||३||

सम्पादयेद्वस्तिभिस्तु सम्यक् स्नेहविरेचितौ | तर्पणैः पुटपाकैश्च धूमैराश्च्योतनैस्तथा ||४||

नस्यस्नेहपरीषेकैः शिरोबस्तिभिरेव च |५|

Chikitsa yojana-

- 1) *nidana parivarjana* (to avoid causative factors)

2) *upakrama / kriyakalpa* (ayurveda ophthalmic procedures)

3) *aushadha* (medicines)

4) *pathyapathya acharan* (do's & don't s)

Nidana parivarjana (to avoid causative factors)–

- *Nidana parivarjana* is first step of treatment⁸ as it prevents disease to grow more, and also start to cure by avoiding the causative factors in the form of *ahara* (food) / *vihara* (lifestyle) or both.
- So here in particular disease patient is asked to avoid some causative factors described previously. Patient is also asked to take light diet as a part of langhan treatment protocol.
- Patient is also asked to drink Luke warm water to drink for whole day during this treatment days.

Upakarma/ kriyakalpa (ayurveda ophthalmic procedures)

<i>Kriyakalpa</i>	Drug administration	Duration
<i>Netra parisheka with triphala + dashmool kwath</i>	Twice in a day	5 days

Aushadha (internal medicine)

Drug given	Drug administration	Duration
<i>Hingwastak churna</i>	1/2 teaspoon - 3 times/day - before food with Luke warm water	12 days
<i>Eranda bhrasta haritaki</i>	2 tablet - at bed time - night with Luke warm water	5 days

Pathyapathya acharan [9] (do's & don't s)

Apathya ahara - fermented ,stale food, curd, sour-bitter food items, junk food

Pathya ahara - mung, dal, chaval, manda, peya , luke warm water to drink.

Table 1: Complaints and Pre and Post Treatment Results

Chief complaints	Before treatment (1 st day)	2 nd day	3 rd day	4 th day	5 th day	12 th day
Pain	+++	+++	+	-	-	-
Foreign body sensation	++	++	+	-	-	-
Headache	++	+	-	-	-	-
Constipation	1 time/ day (hard stool)	1 time/ day (soft stool)	2 time / day (soft stool)	2 time /day (soft stool)	1 time /day (soft stool)	1 time /day Normal

DISCUSSION

Parisheka is well known ayurveda ophthalmic procedure to cure *abhishyanda* as it gives relives aama avastha lakshanas of local site of eye in which we have to poured on closed eyelid continuously from 4" Height for a specific time according to *doshas*. It is one of the 2 procedures we can do in mostly all diseased condition of eye. As it's name suggest, in this procedure *svedana* (fermentation) is achieved by pouring mild hot decoction on the eye lids [8].

The mode of action of *parishek* is very quick and efficient as the absorption through the thin layer of eyelid skin is enhanced by heat and continuous exposure to the liquid drug for a short period of time. The skin thickness of eye is 0.05cm, which is the thinnest skin in our body. Increased temperature of skin increases the rate of penetration by direct effect on diffusion within the skin. The temperature affects stratum corneum structure causing higher permeability [9].

Also, temperature increase improves blood flow locally henceforth enhancing the dermal absorption. Thereby the use of *parishek* drug at a specific temperature over the eyelids for a proper time of *dhara* gives us good absorption of medicine and also reduces the local inflammations and painlike symptoms yielding success in treatment of *abhishyanda*. *Pariseka* clears the conjunctival flora and cleans up the microbial colonies to grow. It ensures better tissue contact time and ultimately better bio availability so proves to effective [10].

Triphala reduced expression of inflammatory mediators such as il-17, cox-2, and rankl through inhibition of nf- κ b activation. Another study found that *triphala* increased antioxidant levels [11].

Triphala has a *prabhav*, meaning special action or trophism, for all *doshas* (energetics and mind-body types) and thus is balancing for all *doshas* and constitutions [12].

Dashmool drugs (Combination of 10 herbal drug-root) are also having *vatashamak* (*Vata specifying*) properties in it, so helps to reduce pain, foreign body sensation also, and ultimately all this lead to reduce eye ache and headache in particular given case [13].

Internal medicines

- **Hinwastak Churna:** This is a herbal Ayurvedic formulation characterized by its ushna (hot) potency and properties, which function as dipana (enhancing digestive fire) and pachana (boosting digestive power) dravya. Abhishyanda refers to the aam condition of the eye; thus, when combined with lukewarm water and a light diet, Hingwastak Churna acts as aampachan (halting inflammatory responses and eliminating harmful cellular materials), thereby preventing the progression of disease. Additionally, it possesses vata sahamaka properties, making it particularly effective for vataj types of ailments.
- **Erandabhrsta Haritaki:** Haritaki (*Terminalia chebula*) serves as a purgative, and in this context, it is prepared by frying in eranda taila (castor oil), enhancing its purgative effects and alleviating constipation. This process aids in avoiding strotorodh (the obstruction of minute channels in the body) and inhibits further disease progression.

CONCLUSION

Taking into account all factors related to the treatment of abhishyanda, the use of parisheka and herbo-mineral formulations contributes significantly to the management of this ocular condition. In the aforementioned case study, the patient experienced considerable relief from eye pain, the sensation of a foreign body, and headaches. Therefore, it can be asserted that Ayurvedic medicines and procedures are beneficial in managing abhishyanda. Based on the evidence presented, it can be concluded that Ayurveda offers a valuable approach to the alternative management of conjunctivitis through the application of topical treatments and oral medications. Given the rapid spread of conjunctivitis in many regions of India, it is essential to emphasize the fundamental principles of Ayurveda and its highly effective outcomes.

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