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Clinical study of vataj netrabhishyanada and its effects in Ayurveda

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Abstract

Ayurveda is a science which has laid emphasis for the maintenance of a healthy life as well as for the disease condition. *Ayurveda* science has mentioned various branches which is called '*Ashtanga Ayurveda*' in which *Shalakya Tantra* was one among them^[1]. There are various disorders included in *Shalakya Tantra* like diseases of *Netra*, *Nasa*, *Karna* etc. *Netrabhishyanda* is one of the important and commonly found disorder in general and ophthalmic practice. In this *Vataja* Type of *Netrabhishyanda* had been selected for the case study. This was correlated with the Simple Allergic Conjunctivitis in modern science. In *Ayurveda* there are various treatment modalities were mentioned for *Netrabhishyanda*. *Vataja Netrabhishyanda* is type of *Abhishyanda*. *Ayurveda* has given various lines of treatment, less side effects and helps to give relief.

Keywords: *Vataj netrabhishyanda*, allergic conjunctivitis, case study

Introduction

Vataja Netrabhishyanda is one of the *Sarvagata Netraroga* which was characterized by *Todavata Vedana* (Pricking Pain), *Sangharsha* (Foreign body sensation), *Acchaashruta* (watery discharge), *Alpa sopha* (Mild chemosis), *Vishuskabhava* (feeling of dryness) etc^[2]. The symptoms of *Vataja Netrabhishyanda* was similar to the Simple Allergic Conjunctivitis.

Simple allergic conjunctivitis was commonly found disorder in daily practice. It is a mild, nonspecific allergic conjunctivitis characterized by itching, hyperaemia and mild papillary response. Basically, it is an acute or subacute urticarial reaction^[3].

Allergic conjunctivitis or conjunctival symptoms are seen in 30-71% of patients with allergic rhinitis. Allergic conjunctivitis alone has been estimated in 6-30% of the general population⁴.

In contemporary medicine there are having side effects which are associated with other conditions. Therefore, there is need to find effective management in the *Ayurveda* science. Simple Allergic Conjunctivitis is one of the commonest disease found in today's practice. In this case study, *Eranda Mooladi Ksheerapaka Ashchyotana* in the management of *Vataj Netrabhishyanda* w.s.r. to Simple Allergic Conjunctivitis.

Objectives of the study

To study the effect of *Eranda Mooladi Ksheerapaka Ashchyotana* in the management of *Vataj Netrabhishyanda* w.s.r. to Simple Allergic Conjunctivitis.

Case study

A 28 years old male patient came hospital with symptoms like *Todavata Vedana* (Pricking Pain), *Sangharsha* (Foreign body sensation), *Acchaashruta* (watery discharge), *Ragata* [Redness], *Alpa sopha* (Mild chemosis) [Right eye] since from 3 days. Patients *Nidana* was assessed initially along with *Ashtavidha* and *Dashvidha Pariksha*.

Name of Patient - XYZ, 28 years - Male

- Religion - Hindu
- Occupation - Worker

Chief Complaints

- *Todavata Vedana* (Pricking Pain)
- *Sangharsha* (Foreign body sensation)
- *Acchaashruta* (watery discharge)

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- *Ragata* [Redness]
- *Alpa sophia* (Mild chemosis)

Ashtavidha Pariksha

- *Nadi* - 82/min
- *Mala* - *Samyaka*.
- *Mutra* - *Samyaka*
- *Jivha* - *Alpa Saam*
- *Shabda* = *Spashta*
- *Sparsha* - *Prakruta*
- *Druka* - *Prakruta*
- *Akruti* - *Madhyama*

General Examination

- PR - 82/min
- BP - 130/70 mm of Hg
- RS - AE = BE, Clear
- CVS - S₁ S₂ N
- CNS - Conscious, Oriented
- P/A - Soft, No Tenderness

Past History

H/O - Travelling in pollution.

Treatment

Treatment was given with *Eranda Mooladi Ksheera Paka Ashchyotana* for about 5 days of treatment.

| Drug | <i>Eranda Mooladi Ksheera Paka Ashchyotana</i> ⁵ |
|-------------------------------|--|
| Method | <i>Ashchyotana</i> |
| Study duration | 5 days |
| Observations during treatment | Baseline, 0 th , 5 th & 7 th days |
| Dose | 1 drop 4 times per day |
| Kala | Every 4 hours |

Observations & Results

Effect of the treatment on *Todavata Vedana* (Pricking Pain), *Sangharsha* (Foreign body sensation), *Acchaashruta* (watery discharge), *Ragata* [Redness], *Alpa sophia* (Mild chemosis) [Right eye] for 5 days.

| Complaints | BT | AT |
|--|------|----|
| <i>Todavata Vedana</i> (Pricking Pain) | +++ | + |
| <i>Sangharsha</i> (Foreign body sensation) | +++ | + |
| <i>Acchaashruta</i> (watery discharge) | ++++ | + |
| <i>Ragata</i> [Redness] | +++ | + |
| <i>Alpa sophia</i> (Mild chemosis) | ++ | + |

Discussio

In this study, observations was done before and after treatment based on symptoms and local examination. *Ashchyotana* is the first line of treatment for the management of *Netrarogas*. *Eranda Mooladi Ksheera Paka Ashchyotana* contains *Katu*, *Tikta*, *Kashaya Rasa* which helps for *Strotoshodhana* and breaking the *Samprapti* of *Vataj Netrabhishyantdtva* which reduces signs and symptoms. *Tikta rasa* leads to *Sthanika Shoshana*. All this drugs & *Eranda* having *Vata-Kapha Shamaka*, *Chakshushya* and *Lekhana* properties, which helps to reduce *Vataj Netrabhishyanda*.

Conclusion

In this case all symptoms like *Todavata Vedana* (Pricking Pain), *Sangharsha* (Foreign body sensation), *Acchaashruta*

(watery discharge), *Ragata* [Redness], *Alpa sophia* (Mild chemosis) [Right eye] for 5 days are markedly diminished in 7 days of study. In conclusion *Eranda Mooladi Ksheera Paka Ashchyotana* was significantly found effective in *Vataja Netrabhishyanda*.

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