

**ANJANAM; (A COMPLETE EYE CARE IN AYURVEDA FOR
TREATMENT AND MAINTAINANCE OF EYE HEALTH)**

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ABSTRACT

Eyes are the most precious among the five senses, as mentioned in our ayurvedic texts. Without eyes the day and night are equal hence they must be protected with extreme care. Anjan is herbal collyrium is one of the unique and effective remedies among the kriya kalpa. Anjan karma is not only use to treat the disease and prevent them but also plays a very important role in Dincharya for maintainance of eye health, while adopting the treatment measurs as mentioned in classical text there are different systemic and topical treatments, the reason for opting topical treatments might be that, the systemic drug may not cross the blood aquous, blood vitrous and blood retinal barrier so the topical measures are used and are called Netra kriya kalpas Anjan is one among the kriya kalpa. Anjan karma is used for the treatment purpose, beautification as well as for the maintenance of eye health.

KEYWORDS: Anjan karma, kriya kalpa, collyrium.

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INTRODUCTION

Anjan is one of the netra kriya kalpa. kriya kalpas are various methods of application of medicine in eye. Acharya sushrut explains 5 types of kriya kalpas.^[1] Anjan is one of the netra kriya kalpa that has a significant impact on both healthy person (as cosmetic preparation) and ophthalmic patients. Anjan is divided in two categories based on its potency Mriduanjan and Tikshanjan.^[2]

CLASSIFICATION OF ANJANA

According to different Acharyas Anjana is described as follows:-

- ***Based on the form for use***^[3]

- (1) Gutika (pinda)
- (2) Rasakriya
- (3) Choorna

Their strength increases in preceding order i.e. gutikanjana is strongest.

- ***Based on their therapeutic action***

Acharya Sushrutha has mentioned 3 types of anjana which are^[4]

- (1) Ropana (Healing)
- (2) Lekhana (Scraping)
- (3) Drishti prasadana (Cosmetic).

According to Acharya Sushrutha; this snehana type is included in drishti prasadana anjan type.

Vriddha Vagbhata describes snehana anjana as— fourth type.^[5]

- ***Based on Rasa action (drug taste)***^[6]

Vagbhata has describes 6 types of anjana as follow:

- (1) Madhura
- (2) Amla
- (3) Lavana
- (4) Katu
- (5) Tikta
- (6) Kashaya

- ***Based on Rasa Shastra classification***^[7]

- (1) Souveeranjana

- (2) Srotoanjana
- (3) Rasanjana
- (4) Pusphanjana
- (5) Neelanjana

▪ *Based on Karma action (drug's potency).*^[8,9]

Acharya Vagbhat has described 2 types of anjana-

- (1) Mrudhu
- (2) Teekshna

Lekhana has been included in teekshana while snehana, ropana and prasadana in mrudhu type.

▪ *Basis of its properties and therapeutic actions –*

1. Lekhan anjana: These are basically scraping collyriums, they are also called as shodhana anjanas because they are cleansing in nature.^[10] They scrap morbid doshas from eyes and head and expel them through eyes, mouth or nose. They are made up with all Rasa Dravya except Madhura (sweet taste). They are made up of herbs having Amla(sour), Lavana (salt), Kashaya (astringent), Katu (pungent), Thikta (bitter) tastes.^[11] They should be selected according to the vitiated doshas^[12] i.e.

Vataja Roga -Amla and Lavana Rasa Dravyas

Pittaja Roga -Thikta Kashaya Rasa Dravyas

Kaphaja Roga -Katu Tikta Kashaya Rasa Dravyas

Raktaja Roga -Tikta Kashaya Rasa Dravyas should be selected.

Herbs with varying Ras (tastes) are combined and prepared into formulations that are appropriate for treating a variety of illnesses and morbid doshas.

Lekhana Anjana remove and discard undesired tissues, Netra Vartma wastes, and doshas the paths of Sira, Netra Kosha, and Ashruvaha Srotas, mouth, nose, and eye.

2. Prasadana anjana

In essence, these collyriums have a calming and soothing quality. They are made from Madhura-infused herbs Madhura (sweet) Rasa Dravyas and unctuous materials (SnehaDravyas).^[13]

Plants that are used to make Prasadana collyriums have madhur ras. They are combined with the snigdha dravya and applied to the eyes, such as oil, ghee, etc. These formulas designed to soothe severe doshas in and induce calmness and pleasure in the eye as well as vision. They enhance the glitter, color, and glow in the eyes and enhance their appeal.

3. Ropana Anjana

These have a therapeutic quality. In addition, These are basically healing in nature. Apart from this, it is used to strengthen eyes.

They are prepared from herbs having Kashaya (astringent), Thikta (bitter) Rasa Dravyas along with sneha (ghee etc.) unctuous materials and medicines having cold quality.^[14]

Ropana collyriums are made up of herbs having astringent and bitter tastes and their combinations.

They are mixed with unctuous materials like oil, ghee etc and applied to eyes. These combinations or formulations prepared for strengthening eyes are comprised of unctuous and cold qualities.

These formulations prepared for strengthening eyes are comprised of unctuous and cold qualities.

▪ On the basis of formulation used or from of medicines used^[15]

1. Churna Anjana

Churna mean powder. Herbal medicines are powdered and used in same form. Powder collyriums are used for all therapeutic actions as mentioned above. In this, powder are applied into eyes using shalakas i.e. collyrium rods.

Thus, Churna Anjana is of three types-

- (1) Churna lekhana anjana
- (2) Churna ropana anjana
- (3) Churna prasadana anjana

Powder collyriums are used to treat disease and doshas of mild strength.

2. Rasa Anjana

Rasakriya anjana and Rasaanjana are other names of condensed collyriums. Collyriums in form of condensed semisolid decoctions and stored in same form. When it is to be used, it is rubbed, made into paste and applied to eyes. In this procedure, decoction of herbs used for healing and soothing the eyes are condensed in method of preparing confections or herbs jams and is stored in same form, this method is called inspissation or process of thickening something by dehydration method. Like gutika anjana, the rasa anjana is also used for all therapeutic actions.

Thus, rasa anjana are of same types-

- (1) Rasa lekhana anjana
- (2) Rasa ropana anjana
- (3) Rasa prasadana anjana

Dose and method of use of these form of condensed collyriums are same as tablet or wick collyriums. Condensed decoction collyriums are used to treat disease and doshas of moderate strength.

3. Gutika Anjana Collyriums used in the form of tablets. It also mean wicks in this case because collyriums are also prepared in shape and form of wicks. Therefore Gutika anjana can also be called as Varti anjana.

Gutika or Varti Anjana is 3 types-

- (1) Gutika lekhana anjana
- (2) Gutika ropana anjana
- (3) Gutika prasadana anjana

Tablet or wick collyriums are used to treat strong disease and doshas.

TIME TO APPLY ANJANA KARMA

✓ Depending on Doshadikya^[16]

- i. Kaphaja Roga - Poorvahna (Morning)
- ii. Pittaja and raktaja Roga - Madyahna (noon)
- iii. Vataja Roga - Aparahna (Evening)

✓ **Depending on the type of Anjana**^[16]

- i. Snehana- Aparahna (evening)
- ii. Ropana -Madyahna-(afternoon)
- iii. Lekhana- Poorvahna (morning)

✓ **Depending on the Ritu**

Acharya Shangdhara has described the time for application of Anjana according to season as.^[17]

- a) Hemant- Madyahna
- b) Sharada + Grisham - Aprahana and Poorvahna
- c) Varsha- when there are no clouds i.e. During Sunlight
- d) Basant - At any time

ANJANA KARMA EQUIPMENT

- Anjana patra (vessel for collyrium)
- Anjana shalaka (collyrium applicator)
- Drugs are the essential materials for Anjana Karma

➤ Anjana Patra^[18]: The medicine of Anjana should be stored in clean vessels made up of gold, silver, copper, iron, bell metal, ruby or horn. The vessels to keep the Anjana must have the similar properties with that of later.

• Madhura Rasatmak - Golden vessel, • Amla Rasatmak - Silver vessel, • Lavana Rasatmak - Mesha Shringamaya, • Kashaya Rasatmak - Copper or iron vessel, • Katu Rasatmak - Vaidoorya vessel, • Tikta Rasatmak - Kansya vessel.

➤ Anjana Shalaka^[19]: Anjana Shalaka is rod like applicator with both ends shaped like flower buds, i.e. thin in centre and thicker at the ends. It is used for application of Anjana. The size is eight Angulas in length and 1.5mm in diameter.

METHOD OF ANJANA KARMA

We must take into account the following before choosing the Anjana karma:

1) The vitiated doshas must be in pakwavastha. You can evaluate this by observing the symptoms.^[20]

- Moderate redness and oedema.
- Presence of itching and sticking sensation in eyes.

- Specially in Vataja netra rogas.
- Presence of thick discharge from eyes.

2) Patients must undergo samshodhana in the form of siravyadha, virechna, nasya, vasti and aschyotana.^[21]

DOSE OF ANJANA^[22]

S. no.	Type of Anjan	Lekhan	Ropan	prasadan
1	Gutika	1 harenu	1 1/2 Harenu	2 Harenu
2	Raskriya	1 harenu	1 1/2 Harenu	2 Harenu
3	choorna	2 shalaka	3 shalaka	4 shalaka

ANJAN KAAL^[23]

Anjana should be applied early in morning; evening and night time. Tikshna Anjana should be applied at night. As both Netra and night are Sheet and Saumya, so it is the best period for Tikshna Anjana.

MODE OF ACTION

According to acharya the lekhananjana because of its theekshna property, eliminate the doshas from the siras pertained to varthma and eye and from the tissue and from related srotas and also from the srungataka marma and through mouth, nose and eye.^[24]

We get this reference regarding the action of drug Because of the complexity of the combinations applied during this procedure researches regarding the mode of action of ayurvedic drug still remains as a challenge. Any way there is no doubt that the drug administered in the eye surely penetrate the different medias and reach the proposed site, this is the inference that we get from the clinical trial. We need more research in this fields especially to understand the differentiation of the drug towards different site, its absorption, mode of action so that it will be accepted by the scientific world.

○ POORVA KARMA

It is recommended to use Anjana in the morning (8 am) and evening (5 pm).

It is important to explain the technique to the patient in order to prevent worry.

It is recommended that the patient lie down on a bed.

○ **PRADHANA KARMA**

The patient's eyelids are pushed apart without any force by the physician using his left hand's index fingers.

Apply Collyrium with your right hand over the Palpebral conjunctiva, working from the inner canthus (inner angle of the eye) to the outer canthus (outer angle of the eye) and vice versa. Repeat this process two or three times. Thus, the medication is thoroughly absorbed into the eyelids.

○ **PASHCHAT KARMA (Post Procedure)**

After the application, patient is advised to close his eyes and roll the eye ball in all directions for proper spread of Anjana (collyrium). He must not be allowed to open or rub the eyes. After 5 to 10 minutes the eyes are washed with suitable kashayas or with luke warm water. After irrigation, the lids are drawn apart, and carefully inspected for drug precipitants. If any present they should be removed gently with dry cotton wool. Otherwise remaining particles will produce discomfort.^[25,26]

SAMYAK YOGA LAKSHANA (Effect of properly applied collyrium)^[27]

Vishada – Clarity in eye

Laghu – Feeling of lightness in eyes

Anasravi – Cessation of discharges

Kriyapatu – Eye become active

Sunirmalam – Eye looks clean and attractive

Shanta upadravam – Complication get reduced

ATI YOGA LAKSHANA (Excess application effect applied collyrium)^[28]

Netra vakrata – Obliqueness of eyes

Kaathinya – Feeling of hardness in eyes

Durvarna – Manifestation of abnormal colors in eyes

Srasta – Laxity of eyes

Ati rukshata – Excessive dryness in eyes

Ati srava – Excessive eye discharges

HEENA YOGA LAKSHANA (Effect of Deficit applied collyrium)

They cause exacerbation of doshas. These doshas get vitiated in a ferocious way and damage eye and vision.

CONTRADICTION

The application of Anjana (collyrium) is prohibited in the below mentioned conditions.^[29]

Persons suffering from Shrama (fatigue), Udavatha (abnormal or upward movement of vata), Rudita (while person is in grief or weeping), Madhya (after consumption of alcohol), Bhaya (in presence of fear), Jwara (in presence of fever), Vegaghatha (in those who have forcibly controlled the body urges or is habituated to do so) and Shirorogas (those suffering from disease of head including headache).

If in these conditions applied Anjana may cause redness of eyes, discomfort, feeling of darkness in front of eyes or dusky feel, discharge, pain, and congestion, swelling and inflammation would get increased. This would damage eye and vision.

DISCUSSION

Anjana should be applied from medial canthus to lateral canthus and vice-versa; which increases bioavailability, just after the application the patient is asked to move the eyeballs upwards and rotate slowly which allows the medicine to spread over the eye, eyelids should be moved slightly by eye massaging with close eyes this might be helpful for increase absorption by limiting nasolacrimal drainage. Most of the modern topical ocular preparations are not able to reach up to the posterior segment. But Anjana is a good, simple, easy and effective treatment modality for treating both the anterior and posterior segment disorders of the eye.

Most of the Anjana contain Arsenic and Antimony compounds. The molecular size of these compounds are very high. They can't cross blood aqueous barrier when they are administered orally/systemically. Anjana form increases the bio availability of drug by increasing the tissue contact time. So, the problem can be overcome when we apply it topically in the form of Anjana. Having the knowledge of these barriers our ancients advised to use such heavy drugs in the form of Anjana.

CONCLUSION

Anjana is a paste applied to the inner part of the eye lid and it is used to protect eye and maintain good eye health and vision. It is an effective remedy for many eye disorders as well

as systemic disorders. It is used in the form of Tablet, Juice, powder, Wick and many other forms^[24] its serves one or more of the benefits including scrapping, Healing and soothing effect.

^[25]As in Ayurveda, we are applying ophthalmic therapeutic either in the form of local therapy i.e. Kriyakalp or in the form of systemic use i.e. oral Chakshushya dravyas. The main aim of any pharmaco therapeutics is the attainment of an effective concentration at the site of action for a sufficient period of time to elicit the response.

So we can conclude that anjan can maintain some critical clinical situation, and produce preventive systemic and local effect.

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