

**“AN OPEN CLINICAL STUDY OF JALOUKAVACHARANA WITH
ABHYANTARA PRAYOGA OF GUDUCHYADI GHRITA IN
SIRAJAAL WITH SPECIAL REFERENCE TO EPISCLERITIS.”**

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ABSTRACT

Episcleritis is an inflammatory condition affecting the episcleral tissue that lies between the conjunctiva and the sclera. It is usually a mild and self-limiting but recurrent disease. Due to similarity in clinical features disease Sirajaal can be compared to Episcleritis. In modern clinical science there is restricted and limited treatment in episcleritis i.e. only cortico-steriod. sirajaal is mainly due to vitiated rakta dosha. So we have given jaloukavacharana treatment for removal of sthanik vitiated rakta dosha. And guduchyadi ghrita abhyantar panartha which is raktaprashamaka by its tikta kashaya rasatmaka guna. so episcleritis was cured and recurrence rate was minimised by using above treatment which is explained futher in detail.

KEYWORDS: sirajaal, jaloukavacharana, raktapittaprashamaka, guduchyadi ghrita, episcleritis.

INTRODUCTION

Episcleritis is mainly characterized by redness, foreign body sensation, burning sensation with rarely occurring photophobia, watering of eyes and other symptoms which leads to develop difficulty in vision.^[1] In modern medical science it is cured but there are chances of recurrences of disease. It could be correlate with disease Sirajaal. In Sirajaal According to sushruta samhita, there is kathin, raktavarni, mahan siras spread over shuklamandala and it looks like a jaal, therefore it is called as Sirajaal.^[2]

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Jaloukavacharana is taken for study in the management of Episcleritis (sirajaal). In sirajaal dushya is Rakta dhatu. By the jaloukavacharana impured blood (dushta Rakta) is removed from outer canthes (Apang Pradesh) of eye.^[3] Along with this guduchyadi ghrita which containing tikta kashaya rasatmaka dravyas namely Guduchi, Vasa, Haritaki, Nimba, Aamlaki, Musta, Bibhitaka and Patol which given orally 5ml twice a day and this treatment breaks the pathology of disease.

MATERIALS AND METHODS

Study Design

- 1) Subject Recrutment:- Patients was selected from OPD and IPD.
- 2) Total Number of Patients – 30
- 3) Duration of Study- 40 days.
- 4) Follow up- after every 3 days.

• Inclusion criteria

- 1) Age: Between 16years to70 years.
- 2) Sex: Both male and female
- 3) Disease: Episcleritis (except seen in HIV, HBsAg, Koch's)
- 4) Patient controlled DM & controlled HTN

• Exclusion criteria

- 1) Bleeding disorder like Haemophilia,
- 2) Steroid dependant patient.
- 3) Patient suffering from Inflammatory and infectious diseases of eye like conjunctivitis, Uveitis, scleritis.
- 4) Patient suffering disease like HIV, HBsAg, Koch's

Treatment plan

Jalouka

Medium sized jalouka was used for Jaloukavacharana. After 3 days interval jaloukavacharana was repeated. Along with jaloukavacharana, guduchyadi ghrita was given orally 5ml twice a day for total 40 days. 10 settings of jaloukavacharana was done to patient in whole treatment.

Contents- of guduchyadi ghrita

- A) Guduchi and drugs of vasakadi Kashaya

B) Vasakadi Kashaya^[4] contains:

- 1) Aatrusha (Vasa) 2) Abhaya (Haritaki) 3) Nimba (Neem)
- 4) Dhatri (Aamlaki) 5) Musta,
- 6) Aksha (Bibhitak) 7) Patol.

Total 30 patients received same treatment throughout.

Following clinical examinations are carried out –

- i) Visual acuity –by Snellen's chart
- ii) Slit lamp examination – detailed ophthalmic examinations (lashes, lids, conjunctiva, sclera, episclera, cornea, iris, anterior chamber, pupil, lens etc.).

Criteria for assessment

Subjective

1. Foreign body sensation
2. Burning sensation
3. Photophobia

Objective

4. Redness of eye

OBSERVATION AND RESULT

Statistical evaluation

Statistical Evaluation of Treatment done by Wilcoxon matched – pairs signed – ranks test and Chi-Square Test.

Statistical analysis - by Wilcoxon matched pairs signed rank test

Srno	Symptom		Mean	SD	SE	W	n	P
1	Foreign body sensation	BT	0.7667	0.7279	0.1329	120	15	<0.0001 extremely significant
		AT	0.2333	0.4304	0.0785			
		DIFF	0.5333	0.5713	0.1043			
2	Burning sensation	BT	0.5667	0.6261	0.1143	91	13	0.0002 Extremely Significant
		AT	0.1333	0.3457	0.0631			
		DIFF	0.4333	0.5040	0.0920			
3	Photophobia	BT	0.5333	0.5074	0.0926	78	12	0.0005 extremely Significant
		AT	0.1333	0.3457	0.0631			
		DIFF	0.4000	0.4983	0.0909			
4	Redness	BT	2.000	0.7428	0.1356	465	30	<0.0001 extremely Significant
		AT	0.3000	0.4661	0.0851			
		DIFF	1.700	0.6513	0.1189			

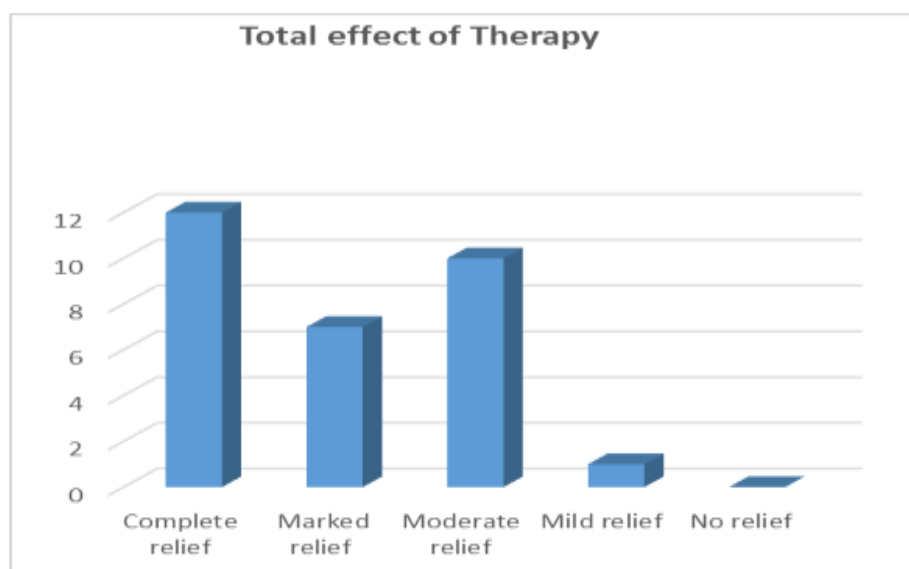
SYMPTOM WISE STATISTICAL ANALYSIS OF THE RESULT BY CHI-SQUARE TEST.

SR. NO.	Symptoms	Grades				Chi-square	P' value	ResultS
		0	1	2	3			
1	F.B. Sensation					10.257	0.0059	Significant
	B.T.	12	13	5	0			
	A.T.	23	7	0	0			
2	Burning sensation					9.716	0.0078	Significant
	B.T.	15	13	2	0			
	A.T.	26	4	0	0			
3	Photophobia					10.800	0.0010	Significant
	B.T.	14	16	0	0			
	A.T.	26	4	0	0			
4	Redness					43.059	<0.0001	Significant
	B.T.	0	8	14	8			
	A.T.	21	9	0	0			

Total Effect of Therapy

	Criteria	Patients
1	Complete relief (100%)	12
2	Marked relief (>75%)	7
3	Moderate relief (51-75%)	10
4	Mild relief (25-50%)	1
5	No relief (only marginal / not)	0
	Total	30

Graph showing total effect of therapy



DISCUSSION

1. Regarding the treatment of netra rogas, Raktamokshana (bloodletting) should be considered as the supreme method for sirajaal. Netra is seat of alochaka pitta, which helps in process of visual pathway (rupa grahana). But pitta dosha and rakta dhatu both having ashraya-ashrayi relationship.^[5] By jaloukavacharana vitiated rakta was removed.
2. Raktamokshana is not only purifies the channels but also let the other parts become free from disease and action is faster than other remedies. Out of these, Jaloukavacharana (bloodletting by Jaloauka – Leech) is been renowned for its safest, quick acting nature and less complicating effect. Jaloukavacharana is the treatment which is preferred in Bal, Vrudha, Sukumar purusha.^[6]
3. And guduchyadi ghrita abhyantar panartha which is raktaprashamaka. Drugs present in the ghrita are mainly tikta, Kashaya rasatmak properties, Sheeta veerya's and madhura vipaka. By these properties they act as rakta-pitta shamaka, raktaprasadak and break the samprapti of Sirajaal
4. By this treatment out of 30 patients 12 no. of patients having 100% result 7 patients having 75% and 10 patients having 50% result. It denotes the significance of the total treatment.

CONCLUSION

Jaloukavacharana with abhyantara guduchyadi ghrita has shown good results in sirajaal. After statistical analysis and study, it is proved that it gives the better results in foreign body sensation, burning sensation, photophobia and redness present in sirajaal.

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