

**“AN OPEN RANDOMISED CONTROL CLINICAL STUDY OF
VAYASTHAPAK PHANT IN TRITIYA-CHATURTH PATALGAT
DOSH DUSHTI W.S.R TO AGE RELATED MACULAR
DEGENERATION (ARMD) (DRY).”**

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ABSTRACT

Age Related Macular degeneration ^[1] is the most common cause of irreversible visual loss which increases with age. It is a degenerative disease associated with ageing that affects the macula and causes gradual loss of central vision, due to which person is unable to do his day to day work like reading, writing, driving or recognizing a person. In Ayurveda tritiya-chaturth patalgata dosha dushti. ^[2] can be co-related with Age Related Macular Degeneration. In modern clinical science there is restricted and limited treatment in age related macular degeneration. In the ayurveda drugs of the Vayasthapak phant having chakshushya, tridoshaghna and rasayana properties which is helpful to treat A.R.M.D. So in the present study we have observed effective results of Vayasthapak phant over the effect of antioxidant therapy.

KEYWORDS: Age Related Macular Degeneration , tritiya-chaturth patalgata dosha dushti, Vayasthapak phant.

INTRODUCTION

Age Related Macular Degeneration is a degenerative ocular disease. Risk factors for ARMD includes facts such as heredity, nutrition, smoking, hypertension and exposure to sunlight. Age Related Macular Degeneration is the common cause of irreversible visual loss which increases with age. This degenerative disease associated with aging that affects the macula. There are two varieties of ARMD: dry type and wet type, among these 90% of people are

affected with dry ARMD and remaining 10% with wet type. In dry ARMD is condition is caused by thinning of macular tissues, symptoms consists gradual loss of vision over years and sign consists of numerous drusens and focal pigmentary changes in retinal pigment epithelium.

Tritiya - chaturth patalgat dosh dushti shows some similar symptoms of ARMD. Therefore tritiya - chaturth patalgat dosh dushti could be correlate with disease Age Related Macular Degeneration. There is no cure, no treatment that can restore lost vision and no specific preventatives in modern ophthalmology. There is only antioxidants are the line of treatment in A.R.M.D. But all these treatment strategies have limited role in this clinical condition and yield undesired effects. ARMD is a disease found mostly in age above 50 which is the period of vatadosha. As it is the disease of tritiya- chaturtha patal which is called Asthyashrit & drugs from VAYASTHAPAK GANA.^[3] are very effective on vatadosha, asthi & degenerative disorder. And the phant taken in this study is prepared from Vayasthapak Gana having properties like chakshushya, tridoshaghna and rasayana by which it breaks the pathology of the disease.

MATERIALS AND METHODS

Study Design

- 1) Subject Recrutment:- Patients was selected from OPD and IPD.
- 2) Total Number of Patients – 60
- 3) Duration of Study- 90 days
- 4) Follow up- after 15 days
- 5) study type -Open Randomised clinical study.
- 6) sampling technique:-

A total of 60 registered patients were divided into two groups (Group I, 30 patients; Group II, 30 patients) by a stratified sampling method in both the groups.

Criteria For Selection Of Patients

Inclusion Criteria

1. Age 40-80 yrs.
2. Both sexes.
3. ARMD with Controlled Diabetes & Hypertensive patients
4. ARMD with Imature cataract.

5. ARMD with Cataract operated.

Exclusion criteria

1. Age less than 40 & more than 80 years
2. Patients suffering from infectious conditions of eye like conjunctivitis, scleritis, uveitis, stye, blepharitis.
3. Wet ARMD
4. Late changes in armd & Choroidal neovascularisation
5. Mature cataract.
6. Glaucoma
7. 7.Other cases of retinopathies(Diabetic and Hypertensive Retinopathies)
8. Familial dominant Drusen
9. Pigment epithelium detachment
10. Patient not willing for treatment.
11. HbsAg and HIV Patients

Treatment Plan

Group A: contents of Vayasthapak phant taken all in equal parts.

Guduchi, Haritaki, Amlaki, Aparajita, Jeevanti, Shatavari, Mandukparni, Sthira, Punarnava, Yastimadhu

Drug Dose Duration -Vayasthapak Phant : 40-ml BD for 90 days

Time of administration – after meal

Group B Cap. Retinox 1 OD for 90 days

Preparation of drug

According to Sharangdhar Samhita.

Method to preparation of phant One part of bharad choorna (all ingredients taken in same quantity) will be taken and 4 part of water will be added in it. Then the whole mixture will be kept upto 12 hrs. Then it will be filtered.

In Project- Spray dry powder prepared by a procedure of spray drying method

CRITERIA FOR ASSESSMENT

Subjective

1. Dimness of vision.

2. Distorted vision.

Objective

Ophthalmoscopic findings

1. Drusens.
2. Hyperpigmentation or depigmentation of retina.

OBSERVATION AND RESULT

Statistical evaluation

Total effect of therapy by mann-whitney test in both groups After the evaluation of symptoms in each group by Wilcoxon test, Mann Whitney U Test was applied to evaluate which group was better or whether both the groups had same effect on the symptoms.

Statistical analysis – done by Wilcoxon Matched Pairs signed Rank Test and Mann-Whitney Test

Total Effect Of Therapy By Mann-Whitney Test In Both Groups

Srno	Symptom		Mean	SD	SE	U	P	Result
1	DIMNESS OF VISION RT EYE	A	0.3667	0.5561	0.1015	493.5	0.5171	Not significant
		B	0.4667	0.5713	0.1043			
2	LT EYE	A	0.3000	0.5960	0.1088	520	0.2941	Not Significant
		B	0.4667	0.6288	0.1148			
3	DISTORTE D VISION RT EYE	A	0.1000	0.3051	0.0057	480	0.648	Not Significant
		B	0.1667	0.3790	0.692			
4	LT EYE	A	0.0689	0.2579	0.0851	435	0.8184	Not Significant
		B	0.1034	0.4498	0.30			

DISCUSSION

1. Drugs of Vayasthapak phant have got a effect's like chakshushya, tridoshaghna and rasayana properties which is essential in DRY ARMD.
2. ARMD is a disease found mostly in age above 50 which is the period of vatadosha. As it is the disease of tritiya- chaturtha patal which is called Asthyashrit & drugs from VAYASTHAPAK GANA are very effective on vatadosha, asthi & degenerative disorder.
3. Overall drugs of vayasthapak phant are tridoshnashak according to their rasa veerya vipaka and some drugs are tridoshnashak by prabhava like haritaki. and it breaks the

pathology of disease because trutiya chaturtha patalgata doshdushti is tridoshkarak. Most drugs from phant are act as rasayana and have chakshushya properties

4. Chemically Guduchi contains hydroxyl 4 methoxybenzaldehydeact as antioxidant, Haritaki contains laminol and gallic acid act as antioxidant. Amalki contains vitamin c ascorbic acid act as anti oxidant and minerals and amino acids,Mandukparni contains vitamin B & C and carotenoids useful in rejuvenation. The result of this thesis by showing that vayasthapak phant has mild significant relief in visual acuity & Distorted vision but there is no improvement in drusen, Pigmentary changes.

CONCLUSION

1. There is statistically no significant result in Group A(vayasthapak phant)& Group B (Tb.retinox). but average score wise result is more in GroupB than Group A.
2. Drusen, Pigmentary changes showed no improvement in fundus photograph, as disease is age related & degenerative 3 month period may not be sufficient to show fundus changes & it may require more period upto 1 yr.
3. No any adverse reactions were observed in patients of both groups.

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