

A ROLL OF LANGHANA IN THE MANAGEMNT OF ALLERGIC CONJUNCTIVITIS (*ABHISHYANDA*): A SINGLE CASE STUDY

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ABSTRACT

A 32 year old male patient was diagnosed as Allergic conjunctivitis in right eye since 3 month. Allergic conjunctivitis is the inflammation of the conjunctiva due to allergic or hypersensitivity reaction which may be immediate or delay. The conjunctiva is ten times more sensitive than the skin to allergens. In Ayurveda, *Abhishyanda* has a similar symptom of Allergic conjunctivitis which is one of the *Sarvagata* and *Sadhya roga*. It is very commonly seen in daily ophthalmic OPD. *Acharya Charaka* explains about six basic principles of Treatment, called as *Shata Upakrama*. Among them, first one is *Langhana* therapy. The word *Langhana* is derived from the word *Laghu*, which means light (opposite of heavy). According to *Yogaratanakara Akshi roga* cured with *Langhana* of 5 days. *Langhana* is the specific and

most important part of treatment according to Ayurveda. With above reference, *Langhana* was selected for *Samprapti Vighatana* of this Allergic conjunctivitis along with internal medicine. Due to this treatment patient got complete relief from Allergic conjunctivitis and found excellent result which is discussed in case study.

KEYWORDS: Allergic conjunctivitis, *Abhishyanda*, *Langhana*.

Details of patient

A 32 year old male patient living in Ahmedabad, Gujarat, India came with the complaint of Redness, Itching, Watery discharge, Burning sensation, Mild photophobia and Heaviness in the Rt. eye since 3 months.

Details of present illness

The pt. was apparently better before 3 months. Afterward he got complain of Redness, Itching, Watery discharge, Burning sensation, Mild photophobia and Heaviness in right eye and rhinitis repeatedly. Due to above repeated eye complain he was consulted allopathic ophthalmologist. Though the allopathic treatment was continue, he got same problem repeatedly. So He came with this complain in Rt. eye since 3 months for good treatment as well as prevention of recurrence.

Past medical history: patient was suffering from Allergic Rhinitis since 3 months.

Past surgical history: Patient has not been given any relevant surgical history.

Medication: Patient has taken antibiotic eye drops since 3 months for his complains.

Work history- He was working on company and Driving 2-3 hours per day on bike.

Family history: There is no any relevant family history found in this patient.

Vital sign: All vital sign were normal.

Systemic examinations: were normal.

Specific examination: (20 December 2016)

OD		OS
Normal	Lashes	Normal
Mild swelling on lid margin of lower lid	Eye lid	Normal
Severe Congetion	Bulbar Conjunctiva	Normal
Severe congestion on both palpebral conjunctiva	Palpebral Conjunctiva	Normal
Normal	Cornea	Normal
Normal	Pupil	Normal

Treatment plan

Patient was advised for *Langhana* of 5 days as per the schedule. After 5 days *Langhana*, *Samshamani vati* 2 BD with warm water and *Triphala churna* 250 mg for *Netraprakshalana* twice a day were advised for 3 months.

The follow up of the patient has been done after the 5 days of given *Langhana* and reduced complain of Redness, Itching, Watery discharge, Burning sensation, Mild photophobia and Heaviness in the Rt. eye and rhinitis.

METHOD

The *Langhana Upakrama* was done according to as per the mentioned in *Charaka Samhita*.^[1] There are 10 types of *Langhana Upakrama*. Among them *Upavas* was selected in this case study.

Patient was advised to taken diet as follow

- 1st day: water of *Mudag* (Green gram)
 2nd and 3rd day: *Mudag* ((Green gram)
 4th and 5th day: *Mudag* and *Odana* (rice).

Follow up after *Langhana* was observed up to 3 months with above mentioned medication. All the signs and symptoms were graded as absent, mild, moderate and severe.

Monthly follow up

MONTH	COMPLAIN	TREATMENT	REMARK
January	C/o Mild redness, mild Watery discharge in Right eye. O/E Mild Congestion on bulbar conjunctiva and palpebral conjunctiva in right eye. Left eye was normal	1. <i>Samshamani vati</i> -2 BD with warm water 2. <i>Netraprakshalana</i> with Triphala Churna 250 mg BD	No recurrence
February	C/o No complain O/E both eyes were normal.	Same 1 to 2	No recurrence
March	C/o No complain O/E both eyes were normal.	Same 1 to 2	No recurrence

Assessment

- The assessment of the treatment was done on the basis of reduction in sign and symptoms of Allergic conjunctivitis (*Abhishyanda*) after *Langhana Upakrama* and weekly up to 3 months during follow up treatment.

RESULT

After *Langhana*

Signs & Symptoms	Before treatment	After treatment
Redness	Severe	Mild
Watery discharge	Moderate	Mild
Itching	Moderate	Absent
Burning sensation	Moderate	Absent
Photophobia	Mild	Absent
Heaviness	Moderate	Absent
Swelling on lid margin	Mild	Absent
Congetion on bulbur conjunctiva	Severe	Mild
Congetion on both palpebral conjunctiva	Severe	Mild



Fig-1(before treatment)



Fig-2 (After Langhana)

After *Langhana* for 5 days resulting in Right eye complete relief in complain of Itching, Burning sensation, photophobia and Heaviness and improve up to severe too mild in sign of Congetion in both conjunctiva. There was no recurrence in left eye and no recurrence of *Abhishyanda* found of both eye in four months and till date.

DISCUSSION

Abhishyanda is one among the seventeen *Sarvagata*^[2] and *Sadhyanetravikara*. According to *Acharya Susruta* *Abhishyanda* is considered as root cause of all the *Netra roga*.^[3] If it is not treated in time it leads to severe complication like *Adhimantha*.^[4] Conjunctiva is a mucosal surface similar to the nasal mucosa, the same allergen that triggers allergic rhinitis may be involved in the pathogenesis of allergic conjunctivitis. From Ayurvedic perspective, *Langhana* for 5 days is indicated in *Akshiropa* and also in *Pratishyaya* (rhinitis).^[5] *Langhana Upakrama* acts on *Aama* condition. It expels the *Aama Dosha* and clears the *srotas*. Along with *Aama Dosha* *Langhana* pacify *Margastha Dhatu* as well as *Sthanastha Dhatu*. Thus *Langhana* plays major roll in treating *Abhishyanda* by *Sthanastha Dhatu samya* as well as it present the recurrence by *Margastha Dhatu samyata*. Thus *Langhana* is the first line of treatment in *Abhishyanda*. *Samshamani vati*^[6] has *Aama pachaka* and *Vata-pitta Shamaka*

property which gives *Shamana* effect of residual *Doshas*. *Triphala Churna* for *Netraprakshalana* acts as *Srotoshodhana* & *Rasayana* which helps to prevent recurrence.

CONCLUSION

Thus present case concludes that holistic approach of *Langhana* gives great relief to the patient of allergic conjunctivitis (*Abhishyanda*).

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