

VATAJ NETRA ABHISHYANDA: A REVIEW LITERATURE WITH ITS MODERN ASPECTS

Dr. Dipak Shaivaji Dhaygude^{1*} and Dr. Chandana A. Virkar²

¹M. S. (Scholar) Shalakyatantra (Netra) C.A.R.C. Nigdi Pradhikaran Pune 44.

²H. O. D. Dept. of Shalakyatantra C.A.R.C. Akurdi.

Article Received on
08 August 2019,

Revised on 28 August 2019,
Accepted on 18 Sept. 2019,

DOI: 10.20959/wjpr201911-15941

*Corresponding Author

Dr. Dipak Shaivaji

Dhaygude

M. S. (Scholar)

Shalakyatantra (Netra) C.

A.R. C. Nigdi Pradhikaran

Pune 44.

INTRODUCTION

Ayurveda Acharya's describes ashtanga ayurveda in which *shalakyatantra* is one of the important branch. Shalakyatantra gives detailed information about diseases which are "Urdhva-Jatrugat" that means above the neck which deals with diseases of head, neck, throat, eyes, nose and ears.

Acharya shushruta has explained 76 netraroga, netrabhishyanda is one of them and explained under Servgata netra roga means which includes all five mandalas of netra.

In the present era of 21st century due to busy lifestyle and pollution of air, water etc. leads to many of the eye diseases. Patient does not have

time to think and for the healthy life and unable to follow proper instructions for the care of the eyes which may be responsible for the recurrent relapsing nature of the diseases like simple allergic conjunctivitis. It is hypersensitivity reaction to specific airborne infection. In modern medicine allergic conjunctivitis is treated with steroid which can be harmful and can produce steroid induced diseases like steroid induced cataract, glaucoma, etc.

In Ayurveda, *abhishyanda* is considered as root cause of eye diseases. If it is not treated in time it leads to severe complications like adhimantha and hatadhimantha. To avoid such a complication acharya sushruta has stressed on the importance of immediate need of treatment in this disease. In ayurveda we can compare simple allergic conjunctivitis with vataj abhishyanda.

Pathogenesis**Ayurvedic view**

1. **Sanchayavastha:** Due to Achakshushya Ahara-vihara, Agnimandya, Ama formation takes place and doshas get vitiated in the koshta leads to doshas sanchaya in the koshta.

Due to vitiated dosha and ama, strotorodha takes place and vata pradhana dosh dusti and vridhhi manifests in koshta.

2. **Prakopavastha:** Due to continuous nidana sevana by an individual production of the doshas takes place and prakopavastha manifests.
3. **Prasavavastha:** In prasavavastha diffusion of the doshas in which body through siras and of these doshas in siras towards Urdhvajatrugat strotasa.
4. **Sthanasamshrayavastha:** Here localisation of doshas in all parts of the eyes takes place, dosha dushya sammurchana happens. In these stage manifestation of these purvarupa like redness, itching, pain etc.
5. **Vyakatavastha:** In these stage cardinal symptoms of the disease like profuse discharges from all parts of the eyes, toda etc are seen.

Modern view

The clinical presentation of the various forms of allergic conjunctivitis varies greatly from mild symptoms to severe disease with vision threatening complications. Although on IgE-mediated type-1 hypersensitivity reaction has been demonstrated in many of allergic conjunctivitis.

It is also called as type-1/anaphylactic, immediate or I. g E-mediated reaction which occurs when an antigen such as pollen is reintroduced into the individual who has been previously exposed to the antigen. In initial exposure to antigen, Ig E-antibodies are produced which get attached to the mast cells and makes the cells susceptible to rupture when the patients again exposed to the same antigen, disruption of mast cells causes release of large quantity of inflammatory mediators including histamines and histamine activates H1 receptors on blood vessels causing vasodilation. These dilated vessels leads to tissue swelling.

Clinical Pictures

Symptoms: -Intense itching and burning sensation.

-watery discharge.

-mild photophobia.

Signs: - hyperaemia and chemosis of conjunctiva.

-mild papillary reaction of conjunctiva.

-Oedema of lid.

Treatment**Modern view**

1. Elimination of allergens.
2. Local palliative measures:-
 - Vasoconstrictors like adrenaline, naphazoline etc.
3. Desensitization.
4. Steroids like dexamethasone, methylprednisolone.

Ayurvedic views - In *vataj abishyanda* Acharya sushruta has explained *snehana*, *swedana*, *raktamokshana*, *sneha*.

virechana, *basti*, *shirovasti*, *nasya*, *dhoompana*, *tarpana*, *putapaka*, *parisheka*, *Ashchotana*, *anjana*.

1. If pain does not subside even after *snehana* and *swedana* then *raktamokshana* is indicated from Upnasika, Lalata, apanga region.
2. *Sneha Virechana*:- Acharya Vagbhata explained *tilvak ghrita*/ *tilvak kashkya* for *snehavirechana*.
3. *Shirobasti and nasya*:- For *shirobasti* and *nasya* acharya Vagbhata has explained *bilvaphala kwatha*, *bilvamula*, *yashtimadhu kwatha*, honey, milk combination.
4. *Dhoompana*:- *Dhoompana* should be done with *snehik dravyas* like *agaru guggula*, *nagarmotha*, *yashtimadhu*, *meda*, *majja*, *vasa*, *ghrita*, etc.
5. *Tarpana*:- Acharya Vagbhata explained *tarpana* with *jivaniyagana siddha ghrita* and with same *ghrita* advice *nasya* and *abhyanga* procedures.
6. *Anjana*:- Acharya Shushruta has explained *anjana* of *yashtimadhu* and *haridra*, *haritaki*, *Devadaru* to be done in goat milk.

7. Aschchyotana:- Acharya shushruta has explained *aschchyotana* to be done with *hribera*, *Tagara*, *mangishta* with milk to relieve pain.

REFERENCES

1. Sushruta samhita, Ambikadatta shashtri, Chokhambha Snnskrutsansthan, Varanasi, 11th edition.
2. Ashtanga Sangraha, Vd. A.D. athavale, Godavari publisher, 2001 edition.
3. Raj nighantu, Dr. Indra dev Tripathi, Krishnadas academy, 1st edition 1982.
4. Indian medicinal plants, Dr. Praksh paranjpe, Choukhamba pratishthan, Delhi 1st edition 2002.
5. The Ayurvedic pharamacopoeia of India, controller of publication, civil lines, new delhi, 1st edition 2008.
6. Comprehensive ophthalmology, A. K. Khurana, new age international, 7th edition.
7. Occular therapeutics, Ashok garg, Jaypee highlights Medical publisher, 3rd edition 2012.
8. Modern ophthalmology, L C dutta, Jaypee brothers Medical Publishers, Delhi, 3rd edition 2013.