

**ROLE OF *HARIDRADYA VARTI ANJANA & SHUNTHYADI TAILA*
NASYA IN SIMPLE ALLERGIC CONJUNCTIVITIS (*VATAJA*
ABHIHYANDYA), A SINGLE CASE STUDY**

¹Vd. Dnyaneshwar Vitthal Vaidya, ²Vd. A. B. Deshmukh and ³Vd. N. A. Khan

¹PG Scholar, Dept. of Shalakyantra Govt. Ayurved College Vazirabad, Nanded
(Maharashtra) India.

²Guide, Professor and HOD of Dept. of Shalakyantra Govt. Ayurved College Vazirabad,
Nanded (Maharashtra) India.

³Professor of Shalakyantra, Govt. Ayurved College Vazirabad, Nanded (Maharashtra)
India.

Article Received on
19 Feb. 2020,

Revised on 09 March 2020,
Accepted on 30 March 2020,
DOI: 10.20959/wjpr20204-17146

***Corresponding Author**

**Vd. Dnyaneshwar Vitthal
Vaidya**

PG Scholar, Dept. of
Shalakyantra Govt.
Ayurved College Vazirabad,
Nanded (Maharashtra) India.

ABSTRACT

The eyes are exposed to different environmental factors like dust, fumes, pollens & pollutants. The conjunctiva and eyelids are very common sites for allergic reactions due to direct exposure. Due to increased air pollution multiple systemic disorders as well as local disorders such as asthma, COPD, Rhinitis, and conjunctivitis are common. Recently the ocular diseases are increased among them most common is simple allergic conjunctivitis. *Vataja Abhishyanda* is a clinical entity which can be correlated with allergic conjunctivitis. The disease *Vataja Abhishyanda*, which is due to vitiation of *Vata Pradhana Tridosha* and symptoms like *Nistodan* (Foreign Body Sensation), Itching, *Sangharsha* (Grittiness of eyes), *Shishirashruta*

(watering of eyes), *Raga* (hyperaemia or congestion). The management of simple allergic conjunctivitis in modern ophthalmology is very expensive and it should be followed repeatedly as recurrence is fairly common and *Ayurveda* can provide better relief in such manifestation. *Ayurveda* text described various *Panchakarmas* and *Kriyakalpas* such as *Tarpana*, *Anjana*, *Ashchyotana*, *Bidalaka*, *Putapaka* etc. *Nasya* is said to be very effective in the *Urdhwa Jatrugata Vikaras*. In *Vataja Abhishyanda*, *Haridradya Varti Anjana* and *Shunthyadi Tail Nasya* is given to the patients in our institute. We found encouraging results of the treatment without recurrence.

KEYWORDS: *Vataj Abhishyanda*, simple allergic conjunctivitis, *Haridryadi Varti Anjana*, *Shunthyadi Tail Nasya*.

INTRODUCTION

Ayurveda, the ancient science of India has described the importance of eye, Without which life is miserable. *Ayurveda* allocates prime place to sense organs, it has Recognize that among all sense organs, organ of sight is the greatest gift of god and it Is our duty to protect and preserve eye.

The eye is one of the most delicate organ of body. This vital organ is exposed to different environmental factors. The eye and eyelids are very common sites for allergic reactions. About 50% of conjunctivitis seen by allergic in nature.

Sushruta has described 76 types of eye diseases in his classical text '*Sushrut Samhita*. These eye diseases were classified according to the structures affected in the eye, These diseases are more or less comparable with modern eye diseases. One Chapter of eye diseases known as '*Sarvagata Roga*' includes '*Netraabhishyanda*'.^[1]

Netraabhishyanda is explained under the heading '*Sarvagata Roga*' because all These eye diseases are occupying most of the part of eyeball like *Mandala*, *sandhi*, and *Patala*.

Out of all these diseases *Netraabhishyanda* got tremendous importance because It acts as a root cause for all infections of eyeball. The *Vataj abhishyanda* is compared with Simple Allergic conjunctivitis.

CASE STUDY

A 30 year female patient came to *Shalakya Tantra* OPD with complaints

- Watering of both eye +++
- Itching +++
- F. B. Sensation +++
- Congestion ++

Since 2 days.

The patients having a above complaints is frequently since last 2 years. Patient had taken Allopathic treatment for allergic conjunctivitis but does not get relief So, She is came in our *Ayurvedic* hospital.

AYURVEDIC TREATMENT

NASYA- *Shunthyadi Taila* for 7 days.

ANJANA – *Haridradya Varti* for 15 days.

| BEFORE TREATMENT- | AFTER 7 DAYS TREATMENT | AFTER ONE MONTH |
|-----------------------|------------------------|-------------------|
| 1 Watering +++ | Watering + | Watering 0 |
| 2 Itching +++ | Itching 0 | Itching 0 |
| 3 F. B. Sensation +++ | F. B. Sensation 0 | F. B. Sensation 0 |
| 4 Congestion ++ | Congestion + + | Congestion + |

RESULT AND DISCUSSION

The Ayurvedic line of treatment of *Vataja Abhishyanda* is *Snehan*, *Swedan*, *Raktamokshan*, *Virechan*, *Anjana*, *Nasya*, *Basti*, *Ashyotana*. Among these treatment *Nasya* and *Anjana* were used in case study.

Nasya is best line of treatment of all *Urdhwa Jatrugata Vikaras*(above clavicle). *Shunthyadi Taila* contains equal parts of *Shunthi*, *Kushta*, *Pippali*, *Bilwa*, *Draksha* made into *Kalka* form, to these 4 parts of *moorchita Tila taila* and 16 parts of *shudhajala* is added and boiled till it attains *Sneha Siddha Lakshanas*(*Mrudu Taila paka*).

Anjana is best local treatment for all ocular disease. *Haridradya Varti* contains *Haridra*, *Daruharidra*, *Draksha*, *Devdar*, *Yashtimadhu* taken in equal part and mixed with goat milk and make a *Varti*.

In the *Haridradya Varti* all five drugs are *chakshushya*. Properties of *Haridra* is a Anti-Bacterial, Anti-inflammatory, Anti-helminthic. After application of *Haridradya Varti* reduces the symptom congestion, Itching, F. S. Sensation, watering of eyes.

CONCLUSION

The given *ayurvedic* treatment for simple allergic conjunctivitis is effective than the allopathic treatment. The *Nasya* and *Anjana* both are simultaneously work on eyes. The *Shunthyadi Taila* and *Haridradya Varti* is effective in Simple Allergic Conjunctivitis. No adverse effects of *Ayurvedic* treatment on patients during case study.

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