

ROLE OF STANYASHCHOTAN (TOPICAL APPLICATION OF BREAST MILK) IN OPHTHALMIA NEONATORUM - A CASE STUDY**Dr. Yuwaraj Kale*¹ and Sarika Choure²**

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ABSTRACT

Ophthalmia neonatorum is a mucoid, mucopurulent or purulent discharge from one or both eyes in the first month of life. Ophthalmia neonatorum leads to several ocular consequences in the affected neonates such as pseudofollicul formation in the tarsal conjunctiva, nasolacrimal obstruction and blindness. Currently available therapeutic options include gentamycin, neomycin etc in topical form but each of it has its own limitations. Ayurveda science has described the similar disease called Kukunaka and Styanya-aschyotana has a great role in this disease. This article is aimed to present a clinical case study of ophthalmia neonatorum treated by breast milk instillation in eyes.

KEYWORDS: Ophthalmia neonatorum is a mucoid, mucopurulent or purulent discharge from one or both eyes in the first month of life.

INTRODUCTION

Ayurveda is ancient science of medicine dealing with various diseases of different systems of human body. Ayurveda contains eight specialized branches and Shalakyatantra is one of these branches. Shalakyatantra is associated with all the urdhvajatrugat vikaras and Netraroga. Ophthalmia neonatorum is most commonly found disease of newborns. It can be correlated with Kukunaka a dushta stanyajanya vyadhi where main site of the pathogenesis is Eye.^{[1], [2]}

Case report- A seven day old female baby with the complaint of sticky eyes was brought to the opd of Shalakyatantra department of Ayurveda Hospital.

AIM-to treat ophthalmia neonatorum with stanyashchotan.

OBJECTIVE- to study whether matrustanya is effective or not in the management of ophthalmia neonatorum.

CHIEF COMPLAINTS

- Mucopurulent discharge from both eyes since two days
- Lid swelling in both eye since two days
- Redness of both eyes since two days
- Stickiness of both eyes since two days

BIRTH HISTORY-on asking about birth of the child it became clear that baby was normally delivered on full at hospital. Baby cried just after birth. Birth weight was 3 kg.

GENERAL EXAMINATION-general condition of baby was good.

- Afebrile

SYSTEMIC EXAMINATION

Respiratory system – chest was clear

CVS-normal findings were noted

CNS-baby was conscious and playful.

Local Examination

- Mucopurulent discharge from both eyes
- Lid swelling on both eyes
- Redness of both eyes

Laboratory investigation - Both eyes conjunctival smear before and after treatment was done.

Treatment

- Drug- breast milk
- Mode of administration – Topical
- Duration of therapy – 14 days.

- Matra – 2 drops, 4 times a day.

DISCUSSION

Colostrum is suggested as the best measure in the management of ophthalmia neonatorum without cost and adverse effects because of its immunoglobulin and antibody content. Mother's milk is the first diet of baby rich in all the nutrients needed to the baby for proper growth. Breast milk is baby specific. In many ayurveda texts there is a wide description about Matrustanya.^{[3], [4]} In context to qualities of breast milk, acharya explains that newborn baby is always advised and encouraged to take breast milk only, as it is homogeneous and suitable for growth and development of the baby. This is accustomed to the baby and fulfils all nutritional, immunological requirements of the baby and hence always praise worthy. It is clearly mentioned in classics that breast milk is best for certain procedures like Navana, Aschyotana, Tarpana as it is immunologically rich in certain antiviral, antibacterial factors and micronutrients. So. It can be used in eye disorders. Bhava Prakash says Stanya is Laghu and Sheeta. It is completely absorbable and digestible. So, it can be used in Abhighatajanya (traumatic) and inflammatory eye diseases. Considering all the health benefits of breast milk, it was used in this patient of ophthalmia neonatorum.^[5]

Milk is the primary source of nutrition for newborns before they are able to eat and digest other foods; Breastfeeding offers health benefits to mother and child even after infancy. These benefits include a 73% decreased risk of sudden infant death syndrome, increased intelligence, decreased likelihood of contracting middle ear infections, cold and flu resistance, a tiny decrease in the risk of childhood leukemia, lower risk of childhood onset diabetes, decreased risk of asthma and eczema,^[6] decreased dental problems, decreased risk of obesity later in life,^[7] and a decreased risk of developing psychological disorders, including in adopted children. During the first few days after delivery, the mother produces colostrum. This is a thin yellowish fluid that is the same fluid that sometimes leaks from the breasts during pregnancy. It is rich in protein and antibodies that provide passive immunity to the baby.

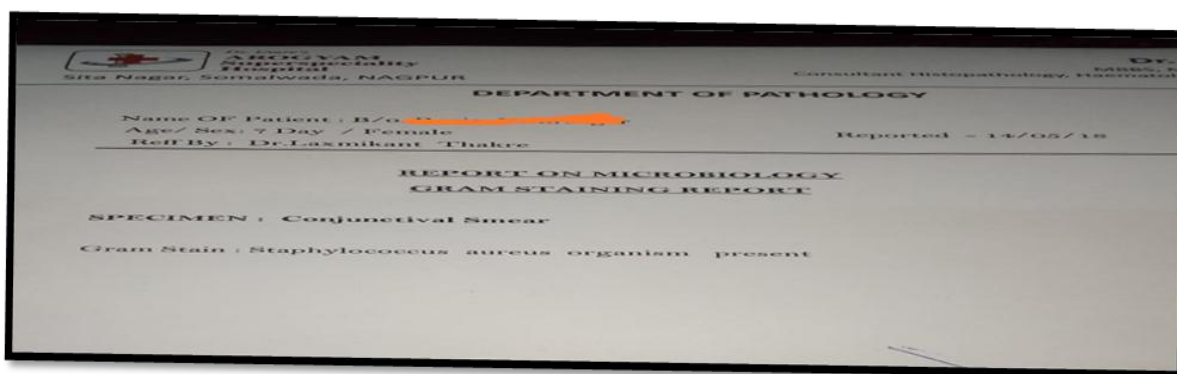


Image no. 1- Before treatment lab reports.

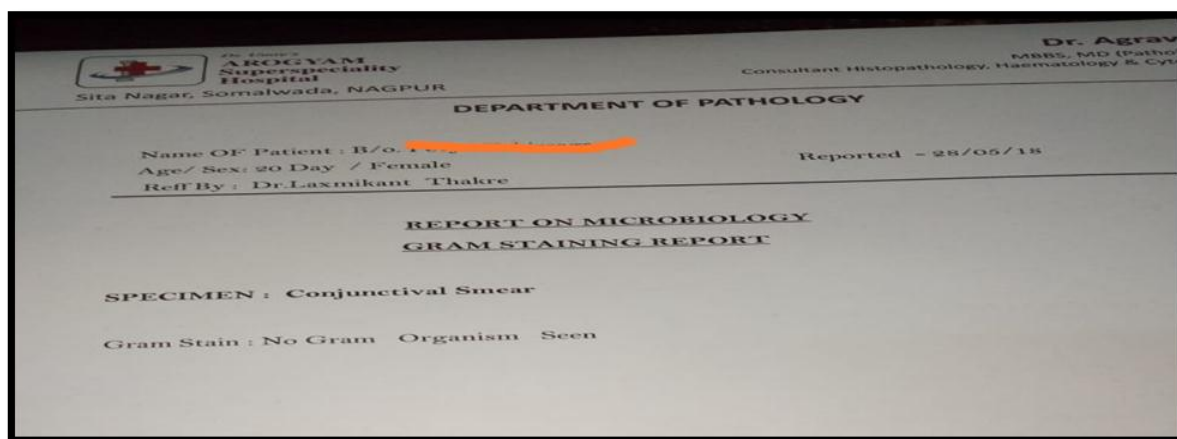


Image no. 2- After treatment lab reports.



Image no. 3 - Before treatment.



Image no. 4- After treatment.

CONCLUSION

Kukunaka is a particular type of inflammatory disease of eyes seen in ksheerada avastha of baby. In this phase of life, baby is mostly dependant on breast milk for the nutrition. Ayurveda texts describe many benefits of breast milk and for Ashchyotan karma this breast milk can be safely used. Breast milk instillation has a very promising role in ophthalmia neonatorum provided the stanya pariksha mentioned in classics should be done before using and all aseptic conditions should be maintained.

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