

## BLEPHARITIS (KRIMIGRANTHI) AND ITS MANAGEMENT THROUGH AYURVEDA - A CASE STUDY

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### INTRODUCTION

Blepharitis (Krimigranthi) is one of the most common ocular conditions seen in optometric practice. Its cannot be cured but fortunately it can be controlled. Generally, the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. According to Sushrut krimigranthi is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching in those part. These different forms of organism move along the junction of eyelid and penetrate into shukalamandal and even into the inner structure of the eye. **Aim:** To study role of Ayurveda in Blepharitis with special reference tokrimigranthi.

**Objective:** To study role of Ayurveda to reduce sign and symptoms of Blepharitis with special reference to krimigranthi in modern era. **Methodology:** (1) Nidanparivarjana, (2) Aahara, (3) Vihar – Tratak, Yoga etc, (4) Ayurvedic remedies, (5) Procedures like Vidalaka and Pindi etc. **Results:** Pindi with Nimba to reduced sign and symptoms of Blepharitis. **Conclusion:** Ayurvedic therapies and medicines can help in Blepharitis.

### INTRODUCTION

Krimigranthi (Blepharitis) is one of the most common ocular conditions seen in optometric practice. Its cannot be cured but fortunately it can be control. Generally, the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. Blepharitis affecting at any age the prevalence of blepharitis is 37% to 47% by recent survey conduct in United State of America (USA). In India some has been done in state like Haryana, UP, and South India among school going children [International Journal of Development Research, 2015]. Blepharitis is a very common condition which is usually

bilateral, symmetrical affects. It is (sub-acute or chronic disease) challenging problem for modern medical science, because of the poor correlation between signs and symptoms, the uncertain aetiology and mechanisms of the disease process conspire to make management difficult.

Therefore it has high and frequent recurrence. Hence to find out the better management and to establish the correlation of this disease having maximum similarity i.e. Krimigranthi in Ayurvedic Ophthalmology [Susrutasamhitauttaratantra].

Lifelong treatment may be necessary and a permanent cure is unlikely but control of symptoms is usually possible. Although remission may be achieved, recurrence is common particularly if treatment is stopped. Thus the time for

Ayurveda to work out on the disease, so topic had been selected for this study.

Ayurvedic consideration of disease There are 76 types of disease mention in of Sushrut Uttartantra Samhita.

Krimigranthi is apakshvartamgata disease. Acharya sushrut has described this disease as kapha dominating presentation and the prognosis of disease is sadhya and it treated with bhedyā (Susrutasamhitauttaratantra).

According to sushrut krimigranthi is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching in those part. These different forms of organism move along the junction of eyelid and penetrate into shukalamandal and even into the inner structure of the eye (Susrutasamhitauttaratantra).

According to Acharya Vagbhata krimigranthi is painful cystic swelling produce by pathogenic organism with pus discharge, itching, burning and crack over the skin. Can be seen even in apanga and kaninika sandhi in addition to the eye lid (Ashtanga Hridaya).

- Rupa or symptoms and signs of Blepharitis- All these symptoms are manifested in fledged condition as mentioned [Susrutasamhita uttaratantra]
- Kandu (Itching)
- Sandhijakrimiyah (Eyelid swelling and foreign body sensation)
- Vartmashuklyasyasandahau (Plugging of Meibomian)
- Nnarupa (Erythema)

- Charanteantarnyamdushyanti. (Redness of eyelid andconjunctiva)

## CASE REPORT

Name of patient- xyz Age / sex- 35yrs /female

OPD No-1827 Place- PuneOccupation- housewife

Date of consultation- 10/12/2020

Chief complains

Lid collarettes it ching since 10 days

Eyelid swelling and F.B sensation since 10 days Redness of eyelid and conjunctiva since 10 days

Present & past history: H/o using antimicrobial eyedrops or ointments drops since 5 days. No H/o DM, RA or any other major illness. No H/o any refractive surgery

Ocular Examination

### Slit lamp examination

- Visual acuity of RE was 6/9 and of
- LE was 6/9.

### The slit lamp examination of both eyes revealed

- **Eyelid** – Erythema and sign of inflammation.
- **Conjunctiva** – Mild congestion and conjunctival dryness.
- **Cornea** – Bright.
- **Anterior chamber** – Normal depth.
- **Iris** – Colour pattern normal.
- **Pupil** – Normal size, Reacting to Light
- **Lens** – Normal

### Systemic examination

- **G.C.** - Moderate, Afebrile
- **R.S.** – B/L Air entry equal, no added sound all lungfield clear.
- **C.V.S.** - S1, S2 Normal
- **C.N.S** – Conscious, well oriented to time, place and person

**Treatment**

कृमियन्थिं करीषेण स्विन्नं भित्वा विलिख्य च ।

त्रिफलाक्षौद्रकासीससैन्धवैः प्रतिसारयेत् ॥ वा. 11- 6

There are many ayurvedic procedures and treatment modules which can help patient to overcome symptoms of Blepharitis in this study I will demonstrate effect of Pindi on Blepharitis.

- Pindi with Nimba
- Dose – 2-3 grams once a day.
- Time of applying pindi –Once a day (In morning).
- Duration of therapy- (7 days)

**Poorva karma preparation of the patients**

Patient (Rogi) to be treated with Pindi should be placed in a comfortable position i.e. supine position and the part should be cleaned.

Then mrudu Sweda will be given. Sterile Cotton dipped in lukewarm water after squeezing would be used for Swedanakarma.

**Pradhan karma**

In this inspite of direct application of paste of above mentioned powders directly to the eyelids, they are packed in thick cotton cloths and kept tightly over the eye lids.

**Paschat karma**

- Eyes should be cleared with cotton by removing the cotton gauze.
- Mrudu swedana is done with sterile cotton dipped into lukewarm water.

**RESULTS**

Sr. no.	Lakshan or symptoms/Signs	Before treatment	After treatment
1	Itching of eye lids	Severe	Absent
2	a) Eyelid swelling b) F.B sensation	Moderate	Mild
3	Plugging of MG orifices	Plugging >2/3 to orifices	Clear orifices in the middle part of lower lid
4	Erythema	Moderate	Mild
5	Redness of eyelid and conjunctiva	Moderate	Mild

## DISCUSSION

In the management of Blepharitis modern science don't have holistic approach, it only deals with antimicrobial drops and gels etc. but in Ayurveda there are certain procedures which can help in holistic management of Blepharitis. That may be because well-known antimicrobial properties of Nimba

And also anti-inflammatory properties of these drugs.

## CONCLUSION

- This study concluded that Pindi with Nimba is effective and given symptomatic relief to the patient of Blepharitis.
- That may be because well-known antimicrobial properties of Nimba and also anti-inflammatory properties of these drugs.

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