

A CASE STUDY OF KRIYAKALPA BIDALAKA'S EFFICACY IN BLEPHARITIS

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ABSTRACT

Background: Blepharitis is a chronic inflammatory disorder of the eyelid margins characterized by itching, redness, swelling, irritation, and discomfort. Conventional treatment mainly includes eyelid hygiene, antibiotics, and anti-inflammatory agents; however, recurrence is common. In Ayurveda, Bidalaka is a well-described Kriyakalpa indicated in the acute stage of ophthalmic disorders and is believed to reduce inflammation and promote healing. **Aim:** To evaluate the efficacy of Bidalaka Kriyakalpa in the management of blepharitis. **Materials and Methods:** A single-case clinical study was conducted in the Department of Shalakyatantra. A 64-year-old male patient presented with itching, swelling of both eyelids, and intermittent redness of both eyes for 15 days. Bidalaka was prepared using Triphala, Yashtimadhu, Haridra, Raktachandana, Spatika, and Sunthi powders mixed with sterile

water to form a paste. The formulation was applied over the closed eyelids, excluding the lid margins, once daily for 20 minutes for 14 consecutive days. Clinical assessment was based on changes in itching, swelling, and redness before and after treatment. **Results:** After treatment, there was a noticeable improvement in clinical outcomes. Redness dramatically decreased from moderate to mild, eyelid swelling decreased, and itching totally disappeared. During the course of the treatment, the patient reported increased eye comfort and no side effects. **Conclusion:** In this instance of blepharitis, Bidalaka Kriyakalpa showed encouraging

therapeutic results by lowering inflammation and easing related symptoms. The process is a useful Ayurvedic treatment option for eyelid diseases because it is easy, safe, economical, and non-invasive. To confirm these results and determine its long-term effectiveness, however, further extensive controlled clinical trials are required.

KEYWORDS: Blepharitis Bidalaka Kriyakalpa Vartmaroga.

INTRODUCTION

A total of 21 vartmarogas have been described by Acharya Sushruta, according to dosha adhishtana.^[1] Blepharitis is an eyelid disorder which can be considered a vartmaroga (vartma-eyelid; roga- disorder).

Blepharitis is a condition characterized by inflammation of the eyelid margins. It commonly presents with painless eyelid swelling, itching, a sensation of a foreign body in the eye, and discharge, particularly in chronic cases. Based on the site involved and the underlying cause, blepharitis is classified into two main types: anterior blepharitis and posterior blepharitis. Anterior blepharitis includes seborrheic blepharitis and staphylococcal blepharitis, whereas posterior blepharitis is associated with acute meibomitis and chronic meibomitis.^[2]

According to Acharya Charaka, Bidalaka is considered the most beneficial among all Kriyakalpa procedures during the acute stage (Amavastha) of ophthalmic diseases.^[3]

Bidalaka is defined as the application of medicinal paste over eyelids excluding lid margins. This gives an appearance like cat eyes (bidalaka), thus called bidalaka.^[4]

Bidalaka with triphala, yestimadhu, haridra, raktchandan, spatika, suntha churna. These drug have properties like anti-inflammatory, antimicrobial, analgesic, good for ocular health etc.

AIMS AND OBJECTIVES

To evaluate efficacy of Bidalaka Kriyakalpa in the management of Blepharitis.

MATERIAL AND METHOD

Present work is based on a review of Classical information, relevant Published research work and modern literature.

Method: Single case study.

Place: PG department of Shalakyatantra laxmanrao kalasapurkar Ayurvedic college Yavatmal,
Affiliated with D. M.M Ayurved college yavatmal.

CASE REPORT

A 64 years male patient came to OPD of Shalakyatantra department

With chief complaints of

1. Itching over both eyelid
2. Swelling over both eyelid
3. Redness in both eye (on and off). since 15 days

History of Present Illness

The patient was apparently asymptomatic 15 days ago, after which he gradually developed itching over both eyelids, followed by mild swelling of both eyelids and redness of both eyes. The symptoms had an insidious onset and were intermittent in nature. The itching was persistent and aggravated by rubbing the eyes, while the redness occurred on and off. The patient also noticed mild discomfort and irritation in both eyes. There was no history of trauma, foreign body exposure, chemical injury, fever, diminution of vision, diplopia, or purulent discharge. The symptoms persisted for 15 days, following which the patient presented to the outpatient department for further evaluation and management.

Past History

- No H/o any systemic disease or any major illness
- H/o Bilateral PSA

Ocular examination

1. Visual acuity of both eye is 6/9 with speck
2. Slit lamp examination
 - Eyelid- scaling and lid edema present
 - Conjunctiva- mild congestion present
 - Cornea- clear and bright
 - Anterior chamber- normal depth
 - Iris- colour pattern normal
 - Pupil-normal size reacting to light
 - Lens- normal.

Treatment

- Bidalaka with Triphala, yestimadhu, Haridra, Raktchandan, Spatika, Suntha Churna.
- Dose- Triphala, Yeshtimadhu - each 1gm, Haridra, Raktchandan, Spatika, Suntha –each 500mg once a day for making paste.
- Time of applying Bidalaka – once a day in Evening.
- Duration of therapy- 14 days.

Procedure

- **Poorva karma-** Preparation of patient: patient to be treated with Bidalaka should be placed in supine position and the part should be cleaned.
- **Pradhan karma-**Triphala, Yeshtimadhu, Haridra, Raktchandan, spatika, Suntha churna are made into paste form using sterile water and applied to outer surface of eyelids leaving the eyelashes.

1)-uttam -1/2angul, 2)-madhyam -1/3 angul, 3)-kanishta -1/4angul Kala- 20 minutes.

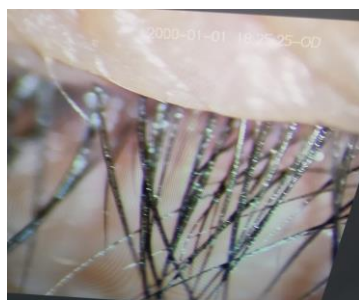
- **Paschat karma-** Eyes should be cleared by gently removing the applied paste with the help of wet cotton.



OBSERVATIONS AND RESULTS

Signs and symptoms were assessed, along with photographs taken before and after the treatment.

Sr No	Symptoms and sign	Befor treatment	After treatment
1	Itching over both eyelid	Sever	absent
2	Swelling over both eyelid	moderate	absent
3	Redness of eyelid and eye	moderate	mild

**Before Treatment****After treatment**

DISCUSSION

Drug

Triphala^[5], Raktchandan^[6] –Chakshushya

Yashtimadhu^[7] – Vranropan

Haridra^[8] - Krumighn, Shoth Har

Spatika^[9] – Raktastambhan

Suntha^[10] - Kaphaghn

In modern sciences, Blepharitis is treated by maintaining lid hygiene and topical instillation of antibiotic and steroid eye drops. Bidalaka acts through per-cutaneous absorption, which involves the passive diffusion of substances through the skin. The diffusional routes to penetrate normal intact skin involve appendageal and epidermal routes. The appendageal route involves transport through sweat glands and hair follicles. Epidermal route may take either transcellular- intra or inter-cellular pathways. It is proven to be the best kriyakalpa for eyelid disorders as it acts by its absorption through romakupa (hair roots), sweda vahini (sweat glands) and sira mukha (blood capillaries) when applied in a direction against the hair follicles.^[11]

In Sushruta Samhita, vartmagata roga has been mentioned, among which, Blepharitis can be compared with vartmabandhaka having similar symptoms like lid inflammation, itching and foreign body sensation.

CONCLUSION

The present study suggests that Bidalaka Kriyakalpa is an effective and safe treatment modality for the management of blepharitis. It demonstrated significant improvement in the cardinal symptoms, including itching, eyelid swelling, redness, irritation, and discomfort, thereby enhancing patient comfort and ocular health. The anti-inflammatory, soothing, and

local therapeutic effects of Bidalaka may contribute to reducing inflammation of the eyelid margin and promoting recovery. As a simple, cost-effective, and non-invasive Ayurvedic procedure, Bidalaka Kriyakalpa can be considered a valuable adjunct or alternative in the management of blepharitis. However, further randomized controlled studies with larger sample sizes and longer follow-up are required to establish its clinical efficacy and long-term benefits.

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