

**EFFECT OF NIRGUNDI PATRA KALKA BIDALAKA IN  
KRIMIGRANTHI W.S.R. TO BLEPHARITIS****<sup>1</sup>Dr. Suvarna Golecha, <sup>2</sup>Dr. Sandeep Nimase and <sup>3</sup>\*Dr. Sanskar R. Patil**<sup>1</sup>HOD, Shalakyatantra Department, SVNH Ayurved Mahavidyalaya Rahuri.<sup>2</sup>Assistant Professor and Guide, Shalakyatantra Department, SVNH Ayurved Mahavidyalaya  
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**ABSTRACT**

Shalakyata Tantra is one of the branches of Ayurveda which associated with disorders related to eye ear, nose and throat or disorders related to above clavicle region. The eye is very important and sensitive part of body and responsible for visibility therefore the disease related to eye must be handled carefully. The line of treatment for the management of eye diseases is very specific or selected due to the hypersensitive and delicate nature of eye. The functions of human eye is not less than that of a camera. Proper efforts should be made in order to protect the eyes. Prakupit tridoshas vitiated by hetusevana goes through urdwagami sira of netra and produces darun netraroga. Netra is the site of Aalochak pitta. Proper eye care and eye wear at every stage of life is Important in order to avoid curable blindness and preventable blindness a part of global initiative 'Vision 2020' which starts from avoidance of causative factors itself. Krimigranthi is one of the vartmagat vyadhi having

symptoms like Daha [burning sensation], Pakshma kandu, Falling of the eye lashes and White Scale along the eye lashes. These symptoms can be correlated with disease explained by modern medicine as 'BLEPHARITIS'. According to Acharya sushrut Anjananamika is bhedyaya vyadhi. According to sushrut after bhedan karma rasanjan madhu pratisaran is applied. Rasanjana madhu pratisaran is used for study because it contains Rasanjana [daruharidra] and madhu which has properties of netrya, kandughna, shothaghna, shoolprashman, vranaropan.

**KEYWORDS:** Nirgundi Patra kalka Bidalaka, Vartmagata, krimigranthi.

## INTRODUCTION

Krimigranthi is one of the vartmagat vyadhi having symptoms like Daha [burning sensation], Pakshma Kandu, Falling Of The Eye Lashes and White Scale along the eye lashes. These symptoms can be correlated with disease explained by modern medicine as 'BLEPHARITIS'. According to Acharya sushrut Krimigranthi is bhedyā vyadhi. Various types of medicinal plants for the management of ocular disease have been described in the various samhitas. But according to Acharya Vagbhata; and Acharya Charaka; in early stage of Netra-Roga, bidalaka Should be carried out first. So taking it into Consideration we decided to treat krimigranthi i.e squamous blepharitis with bidalaka method.

## AIMS AND OBJECTIVES

1. To Evaluate the efficacy of Nirgundi Patra Kalka Bidalaka in the management of Krimigranthi.
2. Study Krimigranthi according to Ayurved and Blepharitis in modern point of view.

## CASE REPORT

A 27 years old Male patient, residing in Nagar, visited the Shalakya Tantra OPD of our Ayurveda Hospital. She presented with chief complaints of Falling of the eye lashes of eye associated with Burning Sensation since 10 days. Initially for the above complaints she consulted an ophthalmologist. There antibiotic and analgesic eye drops were given. There was no significant relief after using the drops. Within 5 days the symptoms increased and she complained of Ache and burning sensation of right eye. For these complaints she got admitted to our hospital.

### General Examination

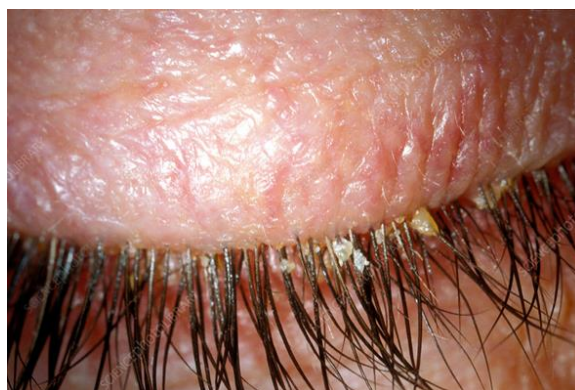
- Pallor – Absent
- Icterus – Absent
- Cyanosis – Absent
- Clubbing – Absent
- Lymphadenopathy - Non palpable
- Edema – Absent
- BP - 120/80 mmhg.
- Pulse - 74/bpm

**Systemic Examination:** CVS, CNS, RS, GIT - No abnormality.

### **Local Examination**

- Head posture: Head is kept in straight and erect posture without any tilt of head.
- Facial Symmetry: Both eyebrows and eyelids are at the same level o Symmetrical nasolabial folds
- Symmetrical angle of mouth on both sides
- Occular posture: visual axes of two eyes are parallel to each other in primary position and is maintained in all position of gaze
- Eyebrows: Symmetrically placed on each side of face above eyelids
- Curved with convexity upwards
- Eyelids: Upper eyelid covers 1/6th of cornea. swelling Upper eyelid Swellinga And Dandruff on the lid margin.
- Lower eyelid touches the limbus. Lower eyelid swelling And dandruff on the lid margin.
- Eye lashes: Upper eye lashes –Directed Forwards, Upwards and Backward Eye lid swelling at zies gland at Both eye. Falling of eyelashes
- Lower eye lids – directed forwards downwards and backwards. Dandruff on the lid margin.
- No trichiasis, poliosis.
- Lacrimal apparatus: skin over lacrimal sac –redness, swelling absent
- Eye ball: proptosis, enophthalmos – absent, Movements uniocular and binocular movements possible
- Conjunctiva : congestion; resent in lower palpebral conjunctiva
- Chemosis : absent
- Discolouration : reddish
- Follicles : present
- Papillae : present
- Pterygium and pingecula : absent
- Sclera : normal
- Cornea : size - microcornea, macrocornea – absent
- Shape: concavo-convex shaped
- keratoconus, keratoglobus: absent
- Surface : smooth

- Transparency: no opacities found
- Anterior chamber : Shallow - torch light method
- Iris: Pattern- presence of crypts, ridges and collarettes
- Pupil : number – one in number of Site - centrally placed
- Shape - round
- Colour - black
- Reflexes - good
- Mydriasis, miosis – absent



#### Treatment Given

<b>Bidalaka</b>	<b>Nirgundi Patra kalka</b>
<b>Matra</b>	<b>Uttam Matra 1/2 Angul Jad</b>
<b>Kaal</b>	Twice in a day
<b>Duration</b>	7 Days

#### MATERIAL AND METHODS

- For Literary part, text books will be used. The disease will be visualized on the basis of
- Ayurvedic authentic texts and for Modern aspects various text books on Krimigranthi.
- For clinical part, Nirgundi Patra Kalka Bidalaka, case record form, consent form, opd and ipd patients from our hospital diagnosed with Blepharitis.

#### Observations follow up (day 0), 2nd follow up (day 7)

Signs	Before treatment (1st follow up - day 0)	After treatment (2nd follow up day 7)
Eye Irritation	++	+
Swelling	+++	-
Burning	++	+
Itching	++	-
Falling of eyelashes	+++	+

## RESULT

Patient got total relief from pain, swelling, Burning Sensation Falling Of eye lashes Pakshma Kandu and redness in 1 weeks.

## DISCUSSION

Ayurveda mentions Krimighna properties of Nirgundi and and Nirgundi patra kalka in properties which prevent burning and Eye irritation and Swelling of eyes. The prevent Drug Nirgundi Patra Kalka Bidalaka Kaphagna – Vaatagna properties.

### Mode of action of Nirgundi Patra Kalka

Drug Name	Rasa	Virya	Vipak	Dosha Karma	Karma
<i>Nirgundi</i>	<i>Tikta, kashaya</i>	<i>Usna</i>	<i>Katu</i>	<i>Vata+ Kapha</i>	<i>Dipana, Krimighna</i>

Nirgundi is Krimighna, shothangna and Shoolaghna Properties. Bhavprakashnighantu Nirgundi Varga, Bidalaka nirman procedure<sup>[2]</sup> Sharangdhar Samhita Madhyam Khand.

**Mode of Administration-** In the form of Bidalaka.

### Standard Procedure of Nirgundi Patra Kalka Bidalaka

Acharaya sharangdhar has mentioned the preparation and uses of therapeutic external ophthalmic preparations, Bidalaka is use for tired, dry, injured and infected eyes It also strengthens in nerves and muscles of the eye.

### Purva Karma

Bidalaka can be done at early morning and evening only after digestion of previous taken food or whenever the symptoms are exaggerated.

### Pradhan Karma

The person is made to lie on bed, clean the face and eyes properly so that no dust should remain in the eyes, after which slight abhyanga is done on face follow by mridu swedana on the face and advice the patient to close the eyes.

The prescribed quantity of medicated paste is applied on eye leaving eye lashes for thickness of 1-2 inch for prescribed time.

### मात्रा व धारणकाळ

- कनिष्ठ मात्रा - पाव अंगुल उंच (जाड)

- मध्यम मात्रा - १/३ अंगुल जाड
- उत्तम मात्रा - १/२ अंगुल जाड
- धारण काळ- कल्क वाळेपर्यंत लेप ठेवावा, वाळल्यानंतर काढून टाकावा.

#### Paschat karma

After the treatment the eye are cleaned properly with cotton. The cotton which dipped in the rose water placed on the eyes. And patient is adviced to take rest for 10min.

#### CONCLUSION

On understanding proper Nidana, Lakshanas and Samprapti of Krimigranthi, it can be compared with clinical presentations of Blepharitis. Samprapti Vighatana can be done with Bidalaka<sup>5</sup> and Nirgundi Patra Kalka a greater extent. This was act as Appropriate Shoolnashan, Krimighna, Dipana, medicines so this can be better choice in Blepharitis management and further study will be carried out with large number of patients.

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