

AYURVEDIC MANAGEMENT SHIRAJPIDIKA - A CASE REPORT

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ABSTRACT

Netra (Eye) is very important part of sensory organs without *Netra* we cannot see or we cannot differentiate day or night, *Sarvendriyanam Nayanam Pradhanam*. Acharya sushruta describe 11 types of *Shuklagata rogas* when *Dosha* get aggravated by different causes and localized in *Netra* (Eye) and develop various types of diseases. **Main symptoms** unilateral painful skin rash in one or more **Diagnosis-** with the signs and symptoms of *ShirajPidika*. Is primarily a clinical diagnosis based on history and classic findings from physical and slit-lamp examinations. **Conclusion:** Ayurvedic formulation successfully work on *Shiraj Pidika* is very good.

KEYWORDS: *Shiraj Pidika*, *Paripathadi Kwath*, *Netra Seka*.

INTRODUCTION

Netra have a 5 mandala like *Pakshma mandala*, *Vartma mandala*, *Sukla mandal*, *Krushna mandala* and *Drasti mandal*. Acharya Sushruta described 11 types of *Suklagata roga* and Acharya Vagbhat described 13 *Suklagata netra roga*. *Shiraj-pidika* described by both Acharya in *Uttartantra*, involvement of *dosha* like *Pitta-rakta pradhana tridosha*, vitiated by *mithya Ahara* and *Vihar* like *ushna tikshna dravya*, *amla*, *lavana* and *vihar* like *ratri-jagaran*, *vegddharana*, *ati-vyayam*, *purvavata* etc. *Nidana* vitiated *dosha* and *sthana-sansraya* in *netra*

suklamandal.

Treatment available for netraroga procedure like Anjana, Aschotana, Netra-parisheka, bidalaka (Vidalaka) and Pindi etc. oral medicine also given for mange the samprapti bhanga.

Samprapti of Shiraj Pidika

Pitta-Rakta Pradhan Tridosh prakopak Nidana Sevana



Dosh Prakopaand Urdhvasira Anusarana (Nerasira)



Netra Pradesh stansamsraya and produce symptoms



Symptoms like Pain and Nodular eruption (rashes) around the eyes and white part of the eye



SIRAJ PIDIKA

Samprapti vighatana

Dosha- Pitta Pradhan Tridosha and Rakta

Dushya – Rasa, Rakta and masa

Srotodusti –Rasavaha, Raktavaha and Masavaha

Sthana – Netra

Udabhavasthan – Amashaya

Patient details

An 18-year-old female patient comes to Shalakyatantra OPD with complaints of Pain and Nodular eruption (rashes) around the eyes and white part of the eye (conjunctiva) for 1 month and sometimes burning sensation – for 1 month.

Symptoms of the patient

Pain and swelling in both eyes

Sometimes burning sensation in both eyes- in the last one month

Medical and past history and Family history

Patient history of recurrent herpes zoster

Medical history – present no medication ongoing

Family history – no history of herpes

Medication history

Patient taking Tab. Acyclovir 400mg BD before 6 months back.

Table 1: Clinical Findings of Both Eyes.

	Right eye	Left eye
Eyelids	Normal	Normal
Conjunctiva	Nodular eruption (rashes) at the superior side of the limbus area	Nodular eruption (rashes) at the superior side of the limbus area
Cornea	Clear	Clear
Pupil	RRR	RRR
Lens	Clear	Clear
Slit lamp examination	Conjunctival congestion with Nodular eruption	Conjunctival congestion with Nodular eruption

Table 2: Timeline of Treatment.

Sr.no	Symptoms	Condition
1-02-2023	Pain and swelling Nodular eruptions (Rashes) Burning sensation	
15-02-2023	Pain and swelling Nodular eruptions (Rashes) Burning sensation	Mild improvement in pain and burning sensation
02-03-2023	Pain and swelling Nodular eruptions (Rashes) Burning sensation	The intensity of pain is very mild and a burning sensation is not present
16-03-2023	Pain and swelling Nodular eruptions (Rashes) Burning sensation	Pain and burning sensation not present

23-03-2023	Pain and swelling Nodular eruptions (Rashes) Burning sensation	
13-04-2023	Pain and swelling Nodular eruptions (Rashes) Burning sensation	All the symptoms are subsided
28-04-2023	Pain and swelling Nodular eruptions (Rashes) Burning sensation	No pain, swelling nodular and burning sensation are absent

Diagnostic Assessment

Diagnosis based on signs and symptoms of *ShirajPidika*.

Physical examination with Slit-lamp.

Not available specific diagnostic methods or objective parameters for *ShirajPidika*.

Therapeutic Intervention

Preventive oral medication and *Kriyakalpa (Netraseka)*.

Table 3: Details of therapy.

Sr.no	Medicine name	Dose	Rout	Duration
1	PARIPATHADI KWATH	20ML BD /before food	Oral	45 Days
2	GUDUCHI GHANAVATI	2 Tab BD/ after food	Oral	45 Days
3	TRIPHALA KWATH NETRA SEKA	2 time / day	Local procedure	15 Days

Table 4: Pariparhadi Kwath Ingredients.

Sr.no	Name of plant	Sr.no	Name of plant
1	Guduchi	7	Vasa
2	Kiratatikta	8	Dhanvayasa
3	Haridra	9	Amalaka
4	Neem	10	Paripatha Patala
5	Patola		
6	Chandana dvyaya		

Follow-up and outcomes

Paripathadikashya and *Guduchighanvati* were given to the patient for 45 days

Netra-seka procedure for 15 days

After the completion of the treatment follow-up on the 60th day, 75th, and 90th day no symptoms were found.

Table 5: Symptoms and results.

Sr.no	Symptoms	On the day of the visit	15/2/24	2/3/23	16/3/23	23/3/23	13/4/23	28/4/23
1	Pain	+++	++	+	-	-	-	-
2	Nodular eruptions (Rashes)	++++	+++	++	+	-	-	-
3	Burning sensation	++	+	-	-	-	-	-

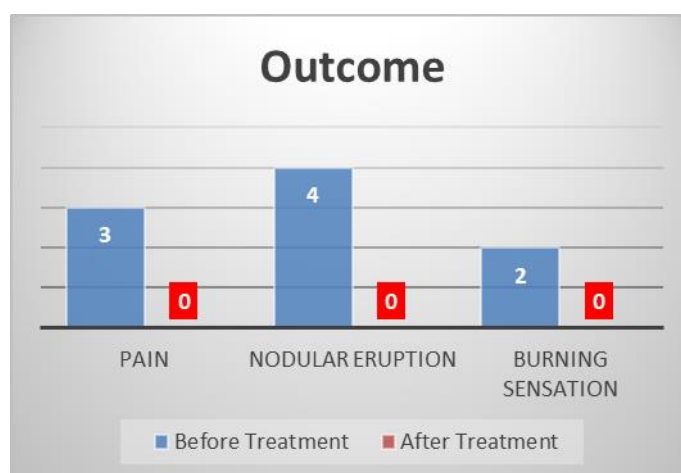


Chart no. 1 the outcome of the study.

Intervention adherence and tolerability – During this treatment no complication was found.

Adverse and unanticipated events – No adverse drug reaction.

DISCUSSION

Symptoms like burning sensation and *SirajPidika* etc. This condition involved Rakta Pradhan all 3 Dosha and Raktadhatu Dushti. Ayurvedic management of *Shiraj-pidika* by Triphala Kwath Netraseka – effect of Triphala antibiotic, anti-inflammatory, analgesic.

Guduchi ghanvati - analgesic, anti-inflammatory, anti-viral and immunomodulatory action.

Paripathadi Kwath^[1] - Vriddh Vaidya Parampara is used in Panchabhautik Chikitsa and various types of viral diseases, due to its Kashaya, Tikta, and Madhur Rasatmak properties it helps relieve the Pitta Dushti from Rasa and Rakta Dhatu and helps in clearing the inflammatory toxins from the affected site.

It clears Pitta by acting on *Yakrit: Moola sthana of Raktavaha Srotas*. *Yakrit* secretes *Pachan Rasa* in a normal way which leads to *Deepan* and *Jatharagni* being properly restored thereby helping *Ras-Raktadi Dhatus* to nourish properly and further helps in *Rakta Shuddhi* which leads to *Mootra vriddhi* and *Purishajanana*. These actions combine to reduce *Lalima*, *Kandu*, and *Shotha*

Yakrit being the *Moola sthana of Raktavaha Srota* also plays an important role in keeping up the equilibrium of digestion and when disturbed leads to the manifestation of *Kushtha* and in turn *Twakdushti-like* nodular eruption (Rashes).

CONCLUSION

The effect of Ayurvedic formulation works on *Shiraj-pidika* and successfully manages the disease.

Ayurvedic management of *Shiraj-pidika* retrospective study is done but we need to try to do a prospective study on this topic at the PG or PhD level to evaluate the action of *Paripathadikwatha*.

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