

**EFFECT OF RASANJANA AND MADHU PRATISARAN IN
ANJANANAMIKA W.S.R. TO STYE****Dr. Suvarna Golecha¹, Dr. Sandeep Nimase² and Dr. Arti V. Sawant^{*3}**¹HOD, SVNH Ayurved Mahavidyalaya, Rahuri.²Assistant Professor and Guide³PG Scholar, Shalakyatantra Department, Rahuri.Article Received on
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***Corresponding Author****Dr. Arti V. Sawant**PG Scholar, Shalakyatantra
Department, Rahuri.**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. Anjananamika is one of the vartmagat vyadhi having symptoms like Daha [burning sensation], Toda [pricking sensation], Mandruja [mild pain] and Kandu [itching]. These symptoms can be correlated with disease explained by modern medicine as 'Stye' i.e. External hordeolum. According to Acharya sushrut Anjananamika is bhedyā 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, shooleprashman, vranaropan.

KEYWORDS: *Rasanjana, Madhu, Pratisaran, Vartmagata, Anjananamika.*

INTRODUCTION

Anjananamika is one of the vartmagat vyadhi having symptoms like Daha [burning sensation], Toda [pricking sensation], Mandruja [mild pain] and Kandu [itching]. These symptoms can be correlated with disease explained by modern medicine as 'Stye' i.e. External hordeolum. According to Acharya sushrut Anjananamika is bhedyā 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. Acharya had mentioned Anjananamika in 'Tamrapidika' which measures 'mudgamatra' situated at centre or end of margin.

AIMS AND OBJECTIVES

1. To Evaluate the efficacy of *Rasanjana and Madhu Pratisaran* in the management of *Anjananamika*.
2. Study Anjananamika according to *Ayurved* and Stye in modern point of view.

CASE REPORT

A 24 years old female patient, residing in Nagar, visited the *Shalakya Tantra* OPD of our *Ayurveda* Hospital. She presented with chief complaints of swelling at lower lid of eye associated with foreign body 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
- o 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
- o Curved with convexity upwards
- Eyelids: Upper eyelid covers 1/6th of cornea
- o Lower eyelid touches the limbus
- Eye lashes: Upper eye lashes – directed forwards, upwards and backwards and having cyst like swelling at zies gland at right eye.
- o Lower eye lids – directed forwards downwards and backwards
- o 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
- o Chemosis : absent
- o Discolouration : reddish
- o Follicles : present
- o Papillae : present
- o Pterygium and pingecula : absent
- Sclera : normal
- Cornea : size - microcornea, macrocornea – absent
- o Shape: concavo-convex shaped
- o keratoconus, keratoglobus: absent
- o Surface : smooth
- o 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
 - o Shape - round
 - o Colour - black
 - o Reflexes - good
 - o mydriasis, miosis - absent



Treatment Given

<i>Pratisaran</i>	<i>Rasanjana and Madhu</i>
<i>Matra</i>	<i>Tip of index finger</i>
<i>Kaal</i>	Twice in a day
<i>Duration</i>	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 Anjananamika.

For clinical part, *Rasanjana and Madhu Pratisaran*, case record form, consent form, opd and ipd patients from our hospital diagnosed with Sty.

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)
Redness	++	+
Swelling	+++	-
Burning	++	+
Itching	++	-
Pricking	+++	+

RESULT

Patient got total relief from pain, swelling, pricking sensation and redness in 1 weeks.

DISCUSSION

Ayurveda mentions Kandughna properties of Rasanjana and also vranaropak properties of madhu, and Dugdha is snigdha in properties which prevent burning and redness of eyes.

Mode of action of *goghrut*, and *madhu*

Drug Name	Rasa	Virya	Vipak	Dosha Karma	Karma
<i>Daruharidra</i>	<i>Tiktar</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta + Kapha</i>	<i>Chakshushya</i>
<i>Madhu</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Katu</i>	<i>Pitta+kaphShamak</i>	<i>Chakshushya</i>

Daruharidra is *vranashodhak*, *vranropak* and *Madhu* is *netrya*, *vranropak* properties. Bhavprakashnighantu *Madhu Varga*, Bhavprakashnighantu *Daruharidrat* varg Pratisaran nirman procedure^[2] Sharangdhar Samhita *Madhyam Khand*.

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

Standard Procedure of *Rasanjana*

Patient should be in Sitting position on Chair, in a room which is devoid of breeze.

The patient is asked to pulled towards the earto make it stretch out. Therefore with index finger of the opposite hand, Rasanjana madhu pratisaran will be applied over the swelling at lid margin. The use of Anguli in applying pratisaran on vartma specified by Sushrut.

After drying the pratisaran, patients eye will be washed with distilled water and cleaned with sterile cotton.

CONCLUSION

On understanding proper *Nidana*, *Lakshanas* and *Samprapti* of *Anjananamika*, it can be compared with clinical presentations of *Stye*. *Samprapti Vighatana* can be done with *Rasanjana*^[5] and *madhu pratisaran Chikitsa* to a greater extent. This was act as Appropriate *Pittarakthahara*, *Shotahara* medicines so this can be better choice in *stye* management and further study will be carried out with large number of patients.

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