WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
Coden USA: WJPRAP Impact Factor 8.63
Volume 15, Issue 21, 407-411. Review Article ISSN 2277–7105

ROLE OF ASCHYOTANA IN NETRA ROGA: A REVIEW OF ITS CLASSICAL BASIS, TYPES AND CLINICAL RELEVANCE

***Dr. Arti Kumari Gurjar, Dr. Gulab Chand Bairwa, Dr. Indu Sharma, Dr. Pramila**

PG Department of Shalakya Tantra, Madan Mohan Malviya Government Ayurved College, Udaipur, Rajasthan, India.

Article Received on 03 Oct. 2026,
Article Revised on 23 Oct. 2026,
Article Published on 01 Nov. 2026,

https://doi.org/10.5281/zenodo.23759607

***Corresponding Author**

Dr. Arti Kumari Gurjar

PG Department of Shalakya Tantra, Madan Mohan Malviya Government Ayurved College, Udaipur, Rajasthan, India.

How to cite this Article: *Dr. Arti Kumari Gurjar, Dr. Gulab Chand Bairwa, Dr. Indu Sharma, Dr. Pramila (2026). Role Of Aschyotana In Netra Roga: A Review Of Its Classical Basis, Types And Clinical Relevance. World Journal of Pharmaceutical Research, 15(21), 407–411.
This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Aschyotana is a local therapeutic procedure described in Ayurveda for the management of several Netra Rogas (ocular isorders). It involves instillation of medicated liquid into the open eye in a controlled manner. Classical Ayurvedic texts describe Aschyotana among the important initial measures in eye care and discuss its use according to the doshic predominance, symptoms and stage of disease. Depending on the formulation and clinical indication, it is traditionally used to support cleansing, comfort and relief in selected conditions such as Abhishyanda and other inflammatory or irritative presentations. The procedure requires careful selection of medicine, dose, temperature, timing and patient suitability. This review summarises the classical basis of Aschyotana, its broad types, dose-related principles, procedure, possible therapeutic rationale and relevance in contemporary Shalakya Tantra practice. Ayurvedic descriptions provide a traditional framework; however, ocular medicines must be prepared to appropriate sterile standards and should be used under qualified clinical supervision. Aschyotana should not delay urgent ophthalmic assessment in severe pain, injury, reduced vision or suspected infection.

KEYWORDS: Aschyotana, Netra Roga, Shalakya Tantra, Abhishyanda, Kriyakalpa, ocular therapy.

INTRODUCTION

The eyes are considered highly important sensory organs in Ayurveda, and their care is an integral part of Shalakya Tantra. Kriyakalpa refers to specialised local therapeutic procedures used in the traditional management of eye disorders. These procedures include Aschyotana, Seka, Pindi, Vidalaka, Tarpana, Putapaka and Anjana, each selected according to the condition and the intended therapeutic effect.

Aschyotana is generally described as the instillation of medicated liquid drops into the eyes from a suitable height while the patient is positioned appropriately. It is commonly discussed as an early local intervention in selected Netra Rogas. The choice of drug and procedure is traditionally guided by Dosha, disease stage, severity, patient strength and the presence of features such as discharge, redness, irritation or discomfort. In modern practice, any eye-drop intervention also requires attention to sterility, pH, osmolality, particulate matter and the risk of contamination.

AIM AND OBJECTIVES

The aim of this review is to describe the role of Aschyotana in Netra Roga through its classical rationale and practical principles. The objectives are to outline its definition and types, summarise indications and procedural considerations, and discuss its relevance and safety in current clinical practice.

MATERIAL AND METHODS

This is a narrative review based on descriptions of ocular therapies in major Ayurvedic compendia, particularly the Sushruta Samhita and Ashtanga Hridaya, along with general principles of Kriyakalpa and contemporary ophthalmic safety considerations. The article is descriptive and does not report original clinical data or claim efficacy for a specific formulation.

CLASSICAL CONCEPT AND TYPES OF ASCHYOTANA

Aschyotana is a local ocular procedure in which a prescribed liquid preparation is instilled dropwise into the eye. Classical descriptions classify its use according to the therapeutic purpose and the Dosha involved. Broadly, Aschyotana may be understood as.

- Lekhana-oriented use: traditionally selected when scraping or reducing excessive Kapha-like features, subject to classical indications.

- Ropana-oriented use: traditionally selected with a healing-supportive intention in appropriate conditions.
- Snehana-oriented use: traditionally selected when unctuousness and soothing qualities are considered suitable.

These descriptions are conceptual categories rather than interchangeable prescriptions. The exact formulation, dose and indication should be taken from the relevant classical passage and assessed by a qualified practitioner. A medicine suitable for one presentation may be inappropriate in another.

DOSE, TIMING AND GENERAL PROCEDURE

Classical texts provide specific guidance for the number of drops, distance of instillation and timing according to the type of Aschyotana and the patient's condition. Since editions and commentaries may vary in wording and interpretation, the exact dose should be verified from the chosen authoritative edition rather than generalised across all preparations.

1. Assess the patient, symptoms, ocular surface and likely diagnosis; exclude trauma or other urgent conditions.
2. Explain the procedure, ensure hand hygiene and prepare a correctly identified, appropriately prepared medicine.
3. Position the patient comfortably and ask them to look upward, without allowing the dropper or applicator to touch the eye or lashes.
4. Instil only the clinician-prescribed amount into the lower conjunctival sac and observe the patient's response.
5. Document the medicine, amount, laterality, response and any adverse effects; stop and reassess if irritation or worsening occurs.

The above is a general safety-oriented outline and is not a substitute for the precise classical protocol or modern clinical judgement. Homemade, non-sterile or contaminated preparations must not be placed in the eye.

ROLE OF ASCHYOTANA IN NETRA ROGA

1. Abhishyanda: In Ayurvedic practice, Aschyotana is described among local measures considered for selected presentations of Abhishyanda. The medicine is chosen according to the clinical features and Dosha assessment. Redness, discharge, pain or photophobia can also

indicate infectious or other ocular disease, so diagnosis and infection-control precautions are essential.

2. Irritation and discomfort: Appropriately selected, sterile ocular preparations may be intended to provide local comfort. Traditional claims should not be interpreted as proof that every formulation is safe or effective; the properties and quality of each preparation matter.

3. Dosha-oriented individualisation: Ayurvedic selection is based on the predominant Dosha, stage of disease and associated symptoms. This individualised framework is a key feature of the classical approach, but should be applied by trained clinicians and alongside appropriate ophthalmic examination.

4. Early local intervention: Aschyotana is often presented as a relatively simple Kriyakalpa procedure. Its apparent simplicity does not remove the need for correct diagnosis, aseptic technique, suitable medicine and follow-up.

5. Supportive rather than universal treatment: Netra Rogas include disorders with very different causes. Aschyotana cannot be considered a universal treatment for corneal ulcer, glaucoma, uveitis, chemical injury or sight-threatening infection. Such conditions require urgent evidence-based ophthalmic care.

POSSIBLE MODE OF ACTION: AYURVEDIC INTERPRETATION

From the Ayurvedic perspective, the intended action depends on the qualities of the selected medicine and the Dosha-related features of the disease. The procedure is traditionally understood to act locally on the ocular region and may be selected to support cleansing, soothing or other specific therapeutic aims. These explanations belong to the Ayurvedic theoretical framework. The biological mechanisms and clinical effectiveness of individual formulations require formulation-specific laboratory and clinical research.

PRECAUTIONS AND LIMITATIONS

Eye preparations require a high standard of cleanliness and product quality because the ocular surface is vulnerable to infection and chemical injury. Do not use a preparation if its sterility, ingredients, expiry or storage conditions are uncertain. Contact lenses should be removed when advised by the clinician. Severe eye pain, sudden reduction in vision, marked photophobia, chemical exposure, penetrating injury, corneal opacity or rapidly increasing redness warrants urgent ophthalmic assessment. This narrative review is limited by the absence of a systematic search strategy and does not establish the efficacy of any individual Aschyotana formulation.

CONCLUSION

Aschyotana is an important procedure within Ayurvedic Kriyakalpa and has a recognised place in the traditional approach to selected Netra Rogas. Its use is guided by the classical indication, the patient's presentation and the properties of the prescribed preparation. Responsible application requires sound clinical assessment, correct procedural technique and strict attention to ocular safety. Further well-designed, formulation-specific research is needed to evaluate safety, standardisation and clinical outcomes.

REFERENCES

1. Sushruta. Sushruta Samhita, Uttara Tantra. In: Shastri AD, editor. Ayurveda Tattva Sandipika Hindi commentary. Varanasi: Chaukhambha Sanskrit Sansthan. Consult the relevant Netra Roga and Kriyakalpa passages in the edition used.
2. Vagbhata. Ashtanga Hridaya, Sutrasthana and Uttara Tantra. In: Tripathi B, editor. Nirmala Hindi commentary. Varanasi: Chaukhambha Sanskrit Pratishthan. Consult the relevant Kriyakalpa and Netra Roga passages in the edition used.
3. Acharya YT, editor. Sushruta Samhita of Sushruta with Nibandha Sangraha commentary of Dalhanacharya. Varanasi: Chaukhambha Surbharati Prakashan.
4. Khurana AK. Comprehensive Ophthalmology. New Delhi: Jaypee Brothers Medical Publishers. Refer to the relevant chapters on ocular surface disorders and eye-drop safety.