

**CASE STUDY - EFFICACY OF SHIGRU PARTA SWARAS
ASCHYOTAN IN THE MANAGEMENT OF KAPHAJ ADHIMANDH****Madhuri Tukaram Tirmare^{1*}, Pournima Vilas Fasale² and Sagar Sarjrao Kumbhar³**

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ABSTRACT

Kaphaja Adhimantha which is correlated with Primary open angle glaucoma in modern science. As per Susruta, Kaphaja Adhimantha is sarvagatha Sadhya vyadhi in which netra shotta, srava, kandu, harshana, Siro ruja are found as signs and symptoms. As per modern medicine, in case of Primary open angle glaucoma, bilateral intra ocular pressure is raised with cupping of optic disc and visual field loss. In my research, my motto will be to treat the POAG (Kaphaja Adhimantha) by using aschyotna with sigru patra swarasa. Timolol Maleate 0.5% eye drop is a Beta blocker antiglaucomic drug which is widely used in POAG for decreasing raised IOP. For this research to control POAG by the Aschyotna procedure used with Sigru (Moringa oleifera) Patra swarasa. This is singal group study treated with researched drug i.e sigru Patra swarasa, this group contains 20 daignosed patients of Kaphaj Adhimanth as per our inclusion & exclusion criteria.

KEYWORDS: - Adhimantha Aschyotna, Shigru Patra swarasa, Kaphaja.

INTRODUCTION

Kaphaja Adhimantha is known as primary open angle glaucoma in modern medicine. It is also referred to as chronic simple glaucoma is a generally bilateral disease characterized by Intraocular pressure > 21mm of Hg. at some stage Glaucomatous optic nerve damage, Angle

of anterior chamber remain, open and Characteristic visual field loss. Symptoms seen like Painless of vision, Mild Headache or eye each, Increasing difficulty in near work and frequently changes in Presbyopic correlation due to failure of accommodation owing to pressure upon the ciliary muscles and its nerve supply. Defect in visual field, Increased IOP with a large diurnal variations, Visual Acuity may remain till the last stage, Cornea is usually clear, Anterior Chamber depth is normal, Prepapillary reaction remain normal Cupping of the optic disc.

AIM AND OBJECTIVES

1. To study the efficacy of Sigrū Patra Swarasa Aschyotna in the management of Kaphaja Adhimantha
2. To study the Kaphaj Adhimantha as per Ayurvedic & modern Science.

MATERIAL AND METHODS

Patient selected from OPD & IPD of shalakyatantra dept of our institute as per our inclusion & exclusion criteria. Total 20 patients of kaphaj adhimantha selected for this clinical study, written consent taken from patient

Drug - Shigru patra swaras.

Dose - 10 Drops.

Duration - 21 Days

Route of administration - Topically

Time - Morning

Follow up - Every 3rd day.

Inclusive criteria

1. Patients showing the signs symptoms (Increased IOP, Lid Oedema visual field defect, Mild headache, eye each).
2. Painless loss of vision.
3. Frequently changes in presbyopic glasses.
4. Sex Both Sex.
5. Age - Above 20 years.
6. Patient with family history of Glaucoma.
7. Diabetic hypertensive patients and cataract patients also.
8. Patients with refractive error like myopia, and with refractive surgery like LASIK.
9. Patients agree for trial of treatment.

10. Patients with history of ocular trauma.
11. Patients with operated eyes like cataract operation

Exclusive criteria

1. Patients with cardiac problem.
2. Patients suffering from Immunocompromise diseases.
3. Patients who are not agree for trial for treatment.
4. Patients showing any difficulty during taking researched drug i.e. Aschyotna with Sigrupatra Swarasa.
5. COPD patients are excluded for trial.

Investigation

1. Visual acuity - By distance vision chart
2. Pupils to exclude RAPD
3. Color vision test to detect whether retina is on or not by Ishihara chart
4. Slit lamp examination to exclude features of secondary glaucoma
5. Tonometry, to measure IOP by applanation tonometer
6. Direct and Indirect Ophthalmoscopy
7. Visual field test.
8. Gonioscopy

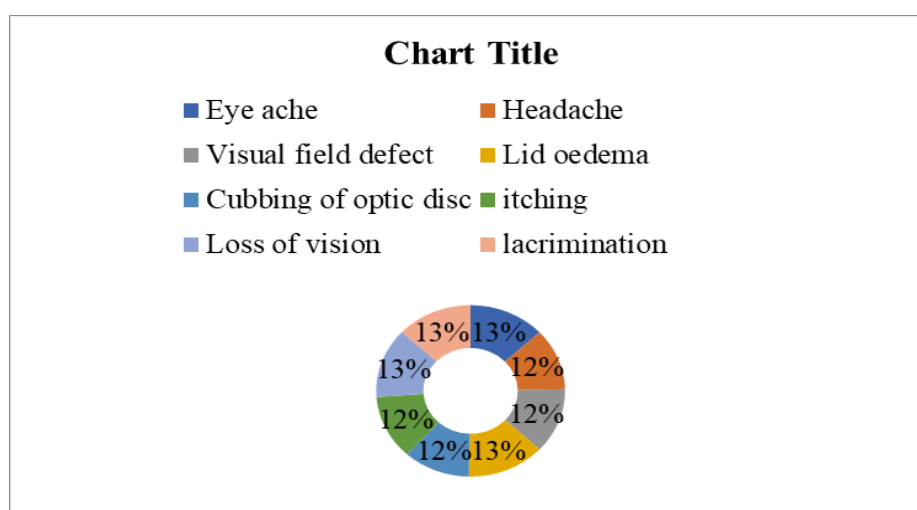
Subjective criteria

1. Eye ache
2. Headache
3. Visual field defect
4. Lid oedema
5. Cupping of optic disc
6. Itching
7. Loss of vision
8. Lacrimination

RESULTS AND OBSERVATION

This is single group study carried out on patients of kaphaj adhimanth Shigrupatra swaras is the drug of choice for this study for data analysis t paired test is used results are as follows-

Sr. No	Complaints	No. of Patients	Mean		SD	SE	Total Relief %	T Value	P Value
1			BT	AT					
2	Eye ache	20	2.34	0.41	0.71	7.21	69.4	7.21	<0.001
3	Headache	20	2.55	0.53	0.77	8.31	62.2	7.24	<0.001
4	Visual field defect	20	3.42	0.72	0.66	6.68	65.2	7.63	<0.001
5	Lid oedema	20	2.31	0.53	0.66	8.41	71.3	7.59	<0.001
6	Cupping of optic disc	20	2.53	0.44	0.43	7.90	61.2	7.53	<0.001
7	itching	20	2.57	0.71	0.66	5.66	64.3	5.76	<0.001
8	Loss of vision	20	2.43	0.61	0.51	7.01	70.2	7.11	<0.001
9	Lacrimation	20	2.61	0.72	0.33	7.22	69.1	6.23	<0.001



DISCUSSION

Shigru have property to remove kapha as it is kaphavatahar. As per Acharya Charaka, it is krimighna and kaphaja Adhimantha have kandu according to Acharya Susruta. It diminishes oedema because it is shothahara in nature. Shigru have amino acids and acts as antioxidants. It is best nerve stimulants. In POAG optic atrophy is found.

CONCLUSION

Shigru patra swaras Ashchotan is effective management of Kaphaj Adhimanth.

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