

ABHISHYANDA AND ITS MANAGEMENT BY AYURVEDIC PRESPECTIVE

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ABSTRACT

Abhishyanda is considered as Sarvagata Netraroga which is a dreadful disease and possess symptoms of conjunctivitis as per the modern science. The inflammation of conjunctiva mainly occurs in Abhishyanda which can spread through Rakta. Abhishyanda if not cured then it can causes Adhimanth associated with acutepain.

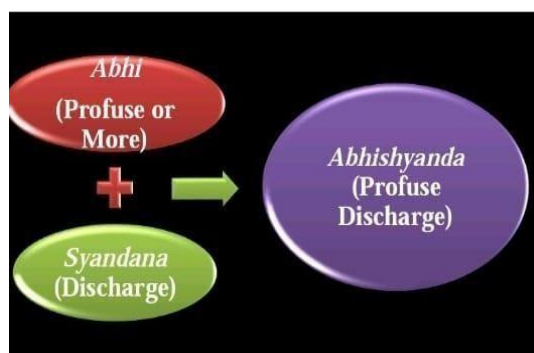
INTRODUCTION

Conjunctivitis is condition of eye involving inflammation of conjunctiva mainly occurs due to the infection of the membrane. This condition causes irritation and discomfort, Ayurveda described conjunctivitis as Abhishyand.

As per Ayurveda Abhishyand involve pathological changes in the Strotas leading to the congestion of vessels of the eye.

The symptoms include Rag and Lohit Netrata, Sangharsh, Nistoda, Daha and Paka, etc.

The literal meaning of Abhishyanda is depicted in Figure 1,



Which indicates condition of profuse discharge. The excessive profuse discharge from eye is main feature of Abhishyanda which is a Sarvagata Netra Roga that affects all parts of the eye (1-5) Figure 1.

Ayurveda meaning of word Abhishyanda Abhi (Profuse or More) Syandana (Discharge) Abhishyanda (Profuse Discharge)

The other complication may includes

Sandhigat roga, Shuklagat roga, Krishnagat roga and Vartmagat roga, etc. Abhishyanda is put as disease amongst the seventeen Sarvagat rogas.

Ayurveda classics mentioned four types of Abhishyanda

1. Vataja Abhishyanda
2. Pittaja Abhishyanda
3. Kaphaja Abhishyanda
4. Raktaja Abhishyanda.

The disease involves Kledana in Doshas and Dhātu due to which profuse discharge comes out from the eye.

Therefore excessive discharge from eye is the major feature of Abhishyanda.

Ayurveda described different approaches such as Anjana, Pariseka, Pralepa, Aschyotana, Tarpana, Sweda and Putpaka for the management of various Netraroga.

Some ayurveda formulations and herbs also offers relieves in the symptoms of Abhishyanda.

Common Symptoms of abhishyand as per modern science:

- Conjunctival congestion
- Sensation
- Pricking sensation
- Burning sensation
- Inflammation.

Conjunctiva becomes reddish and inflamed in conjunctivitis which mostly seen in summer season.

Eye drops, lubrication, ointment and antibiotics etc., are major therapeutic approaches for managing symptoms of conjunctivitis.

Symptoms as per modern science:

- Redness in eyes
 - Itchiness in eyes
 - Irritation in eyes
 - Discharge in eyes
 - Difficulty to open eye in morning
 - Tearing and burning sensation, etc.
- Causes:
- Viral infection
 - Bacterial infection
 - Effects of allergens
 - Chemical splash in the eye
 - Foreign object
 - Blockage of tear duct especially in new born, etc.
- Types of Abhishyanda:
- Vataj Abhishyanda
 - Pittaj Abhishyanda
 - Kaphaj Abhishyanda
 - Raktaj Abhishyanda

Samprapti Ghataka

Dosha: Kapha Pradhana Tridosha Dushya: Rasa and Rakta Srotasa: Rasavaha and Raktavaha Strota Dushti: Sanga and Atipravriti.

The etiological factors causes Sarva deha syandana leading to the Siro-abhishyanda which in later stage causes Netra Abhishyanda involving Khavaigunya associated with Acaksusya sevana.

The major Dosha involve in condition is Kapha, while Rasa Dhatu along with Rasavaha Strota produces condition of Sanga and Atipravriti.

Abhishyanda Chikitsa

- Vataj abhishyanda: Snigdh or ushna drugs,
- Pittaja abhishyanda : Mrudu and shitala therapy

➤ Kaphaja abhishyanda: Tikshna, Ruksha and Vishada drugs Snehan, Swedana, Anjana, Seka, Ruksha Aschyotan & Ruksha Putpaka, etc. are useful for Kaphaj Abhishyanda.

Local application of paste of drugs to eyelids externally, here drugs like Rasanjan, Shunthi, Vacha, Haridra and Murungi, etc. can be used for the purpose of local application in case of Abhishyanda.

Tikshna gandusha & Nasya also advised when symptoms are manifested, Snehan with Ghee, Sneha virechana, Snehana nasya and Sirobasti, etc. also advocated to relieve symptoms of Abhishyanda

- Oral administration of Sahacharadi ghruta or Taila
- Sneha Virechana of Tilwak ghruta with Tilwak kashay
- Sneha basti or Anuvasana basti to remove vitiated Doshas.
- Nasya with Shatavari, Dashmula, Balamula and Siddha Tail, etc.
- Tarpana with Shriparni, Erand and Nagarmotha, etc.
- Snehik putpaka also advised.
- Aschyotana of goat's milk boiled with the bark of Tagara, Manjishta & Hribera, etc.
- Anjana formed due to the mixture of Haridra, Jeshtamadha and Haritaki, etc. with goat's milk.
- Anupves varena shiro vadana lepa is considered useful.
- Saktu pindika is used for Vataj Abhishyanda.
- Granny leaf paste relieves pain and swelling.
- Chirchite paste reduces inflammation.
- Prajmoda juice when applied externally then helps in conjunctivitis.
- Chandi milk provides soothing effect.
- Rose-paste mixed with butter relieves symptoms of conjunctivitis.
- Tulsi leaves help to reduce inflammation.
- Triphala Churna is considered good for spurring allergic inflammation and burning sensation.
- Chandroyati Vati improves allergy resistance, thus can be advised for conjunctivitis.

CONCLUSION

Abhishyanda is Sarvagata Netraroga which affects eye in all ways and possesses symptoms of conjunctivitis as per the modern science.

The inflammation of conjunctiva leads profuse discharge from eye associated with other symptoms like Lohit Netrata, Sangharsh, Nistoda, Daha and Paka, etc.

Ayurveda mentioned various types of Abhishyanda i.e.; Vataja Abhishyanda, Pittaja Abhishyanda, Kaphaja Abhishyanda and Raktaja Abhishyanda.

Ayurveda described different approaches such as Anjana, Pralepa, Aschyotana, Pariseka, Tarpana, Sweda and Putpaka, etc. for the management of various Netraroga.

These Kriyakalpas offers several health benefits in case of Abhishanda and Kaphaghna Dravyas plays important role in Abhishanda Chikitsa since it is Kapha dominant condition. Eye drops, lubrication, ointment and antibiotics etc., are major therapeutic approaches for managing symptoms of conjunctivitis as per themodern science.