

A CASE REPORT ON THE MANAGEMENT OF *VATAJA NETRA ABHISHYANDA* WITH *SHIGRU PATRA SWARAS ASHCHYOTANA*: A TRADITIONAL AYURVEDIC APPROACH

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ABSTRACT

Abhishyanda is a condition characterized by inflammation and discharge from the eyes, commonly seen in Ayurvedic practice. This case report presents the management of *Vataja Netra Abhishyanda* using *Shigru Patra Swaras Ashchyotana*, a traditional Ayurvedic eye treatment. The patient showed significant improvement in symptoms such as redness, itching, and foreign body sensation within one week of treatment. This study highlights the potential of Ayurvedic interventions in ocular disorders and encourages further clinical research.

KEYWORDS: *Abhishyanda*, *Vataj*, *Ayurveda*, *Shalakyatantra*.

INTRODUCTION

This case report explores the Ayurvedic perspective on *Abhishyanda*, a condition characterized by inflammation and discharge from the eyes. The report focuses on the management of *Vataja Netra Abhishyanda* using *Shigru Patra Swaras Ashchyotana*, a traditional Ayurvedic treatment. The study aims

to bridge classical Ayurvedic concepts with modern clinical observations, providing insights into effective treatment modalities.

The patient presented with symptoms consistent with *Vataja Netra Abhishyanda*, including redness, itching, and foreign body sensation. Conventional treatments provided temporary

relief, prompting exploration of Ayurvedic interventions. The treatment involved instillation of fresh *Shigru* leaf juice (*Swarasa*) into the eyes, following classical procedures of *Ashchyotana*.

This report highlights the therapeutic potential of Ayurvedic eye treatments and encourages further research to validate these traditional practices in contemporary clinical settings.

AIMS AND OBJECTIVES

1. To evaluate the efficacy of *Shigru Patra Swarasa Ashchyotana* in the management of *Vataj Netra Abhishandya*.
2. To study *Vataj Netra Abhishandya* according to Ayurveda and simple allergic conjunctivitis in modern point of view.

CASE REPORT

A 15 years old female patient, residing in Nagar, visited the *Shalakya Tantra* OPD of our Ayurveda Hospital. She presented with chief complaints of redness of eyes associated with foreign body sensation and itching since 2 week. Initially for the above complaints she consulted an ophthalmologist. There antihistamine and lubricating eye drops were given. There was significant relief after using the drops but reoccurred after stopping the eye drops. Within 7 days the symptoms increased and she complained of severe itching and redness of both eyes. For these complaints she got admitted to our hospital.

Visual Acuity: 6/6 OU

General Examination: Pallor – Absent; Icterus – Absent; Cyanosis – Absent; Clubbing – Absent; Lymphadenopathy – Non palpable; Oedema – Absent; BP – 120/80 mmHg; Pulse – 76 bpm.

Systemic Examination: CVS, CNS, RS, GIT – No abnormality.

Local Examination

- Head posture: straight and erect
- Facial symmetry: normal
- Ocular posture: visual axes parallel
- Eyelids: normal
- Conjunctiva: congestion present, subtarsal follicles and papillae present

- Cornea: normal
- Iris: normal pattern
- Pupil: round, central, reactive
- Lacrimal apparatus: normal

Treatment Plan: *Shigru Patra Swaras Ashchyotana*, prepared using fresh *Shigru* leaves. The swaras was instilled drop by drop into the eyes twice daily for five days. Post-treatment care included cleaning eye with cotton soaked in warm water. The patient was advised to avoid allergens and follow *pathya aahara vihara* (dietary and lifestyle modifications).

Treatment Given	<i>Shigru Patra Swarasa Ashchyotana</i>
Matra	12 Drops
Kaal	Twice a Day
Duration	7 Days

MATERIALS AND METHODS

For Literary part, text books were used. The disease was visualized on the basis of Ayurvedic authentic texts and for Modern aspects various text books on simple allergic conjunctivitis.

For clinical part, *Shigru Patra Swarasa Ashchyotana* was used. Case record form and consent form were maintained. OPD and IPD patients from our hospital diagnosed with simple allergic conjunctivitis were observed and given treatment.

OBSERVATIONS

Symptom	Day 0	Day 2	Day 7
Foreign body sensation	+++	++	—
Pricking sensation	++	+	—
Cold lacrimation	+	+	—
Roughness	++	+	+
Itching	+++	++	—

RESULTS

Patient got total relief from FB Sensation, Pricking sensation, Itching and redness in 1 week.

DISCUSSION

The case demonstrated significant improvement in symptoms of *Vataja Netra Abhishyanda* following treatment with *Shigru Patra Swaras Ashchyotana*. Compared to conventional treatments, this Ayurvedic approach offers a curative solution with minimal risk of recurrence.

Mode of action of Shigru

Drug Name	Rasa	Vipak	Virya	Dosha Karma	Karma
<i>Shigru Patra Swarasa</i>	<i>Katu, Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapha-Vata Shamak</i>	<i>Chakshushya, Vedanasthapaka, Shothagna</i>

Shigru (Moringa oleifera) possesses *chakshushya* (eye-beneficial), *vedanasthapaka* (pain-relieving), and *shothagna* (anti-inflammatory) properties, which likely contributed to the therapeutic effects.

Standard procedure of *Ashchyotana*: Patient lies comfortably, gentle massage over closed lids, instillation of 10–12 drops from 2 inches height over inner angle of eye, eyelid gently opened during process.

CONCLUSION

Shigru Patra Swaras Ashchyotana is an effective and affordable treatment for *Vataja Netra Abhishyanda* (Simple Allergic Conjunctivitis). This case highlights the potential of Ayurvedic interventions in managing ocular disorders, warranting further research through larger clinical trials.

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