

## EFFICACY OF MANASHILA AND PRIYANGU BIDALAKA IN THE MANAGEMENT OF KRIMIGRANTHI W.S.R TO BLEPHARITIS

Ankush Hodshil\* and Dr. Ashok Vaijwade

BAMS, MS (Ent-Ophthalm) GAC Nagpur Nagpur Maharashtra India.

Article Received on  
12 September 2024,

Revised on 02 October 2024,  
Accepted on 22 October 2024

DOI: 10.20959/wjpr202421-34428



\*Corresponding Author

Dr. Ankush Hodshil

BAMS, MS (Ent-Ophthalm)

GAC Nagpur Nagpur

Maharashtra India.

### ABSTRACT

*Krimigranthi* is a *Pakshamavartamagata* disease characterized as a chronic inflammatory condition of the eyelid, commonly encountered in ophthalmic practice. *Kriyakalpas*, specifically *Bidalaka*, are topical ocular treatments prescribed for conditions like *Krimigranthi* that aim to alleviate infection and inflammation. According to *Sushrutacharya*, *Krimigranthi* manifests as a swelling where organisms lodge at the junction of the eyelid and eyelashes, causing intense itching and inflammation. These organisms can travel along this junction and penetrate the *Shuklamandal*. In the *Bidalaka* method, drugs are prepared into a paste and applied to the outer surface of the eyelids, avoiding the eyelashes. This approach emphasizes direct tissue contact, enhancing the absorption of the medications, which possess anti-infective and anti-inflammatory properties, providing patients with

prompt relief from their symptoms. **Aim**-To study role of *Bidalaka* in *Krimigranthi* W.SR to Blepharitis. **Objective**-To check the role of *Bidalaka* to reduce signs and symptoms of *Krimigranthi* w.s.r to Blepharitis. **Methodology**- *Nidanparivarjana*, *Aahara*, *Vihar*, *Tratak*, *Yoga* etc. **Result**- *Manashila* and *Priyangu Churna Bidalaka* were used to reduce signs and symptoms of Blepharitis. **Discussion**- *Kriyakalpa (Bidalaka)* has a significant effect on *Krimigranthi* (Blepharitis). **Conclusion**-Patients could get quick relief from signs and symptoms.

**KEYWORDS:** *Bidalaka*, Blepharitis, *Krimigranthi*, *Manashila*, *Priyangu*.

### INTRODUCTION

Blepharitis (*Krimigranthi*) is a chronic inflammatory disease of the lid margin that is frequently seen in ophthalmic practice.<sup>[1]</sup> In modern medicine it is cured but there is chance of

recurrence is more. The prevalence of blepharitis is 37% to 47% by recent survey conduct in USA. Symptoms associated with blepharitis are burning sensation, irritation, tearing, photophobia, blurred vision and red eyes. It has mainly two types Bacterial blepharitis (ulcerative) and Squamous blepharitis.<sup>[2]</sup> The use of therapeutic agents that reduce infection and inflammation is beneficial in blepharitis.

The uncertain aetiology and mechanism of the disease process make management difficult and recurrence is more. Hence to invent and the lines of management for blepharitis as per ayurvedic science and for better management to avoid the recurrence of disease so topic had been selected for this study.

### Correlation with ayurvedic disease: *Krimigranthi- Tridoshaja Vyadhi*

According to *Sushrut Krimigranthi* is *Pakshma Vartmagata Sandhi Vyadhi* and according to *Vagbhata Apang-Kaninika Sandhi*.<sup>[3]</sup> A swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching and inflammation in those part. There different forms of organism more along the junction of eyelid and penetrate into *Shuklamandala* as like blepharitis. So, *Krimigranthi* is correlated with this disease.<sup>[4]</sup>

Sign of Blepharitis	Rupa of <i>Krimigranthi</i> <sup>[5]</sup>
Itching	<i>Kandukuryush</i>
Foreign Body Sensation and Eyelid swelling	<i>Sandhijatakrimayah</i>
Plugging of meibomian	<i>Vartmashuklyasya Sandahav</i>
Erythema	<i>Nanarupa</i>
Redness of eyelid and eye	<i>Charanteantarnyam dushyanti</i>

### CASE REPORT

- Name of Patient- XYZ
- Age/Sex-35yr/M
- OPD No- 2325
- Place- Nagpur
- Occupation- Painting
- Date of Consultation- 05/06/2024

### Chief complaints

1. Lid collaret's itching since 1 month
2. Eyelid Swelling and Foreign body sensation since 15 days
3. Redness of eyelid over eye since 15 days

### Present and History

No h/o DM, RA or any other illness No h/o any refractive surgery

### Ocular examination

1. Visual acuity of RE was 6/6 and LE was 6/9
2. Slit lamp examination

The slit lamp examination of both eyes revealed Eyelid Erythema and sign of inflammation  
Conjunctiva -mild congestion and conjunctival dryness Anterior chamber - Normal depth Iris-  
Colour pattern normal

Pupil - Normal size, Reacting to Light Lens Normal

### Treatment

*Bidalaka* with *Manshila* and *Priyangu*

Dose- 2 to 3 gram once a day for making paste.

Time of applying *Bidalaka* - Once a day (in morning OPD). Duration of therapy- 7 days

### Procedure

#### *Poorva karma*

Preparation of the patient: Patient (*Rogi*) to be treated with *Bidalaka* should be placed in a comfortable position i.e. supine position and the part should be cleaned. Then *Mrudu Sweda* will be given. Sterile cotton dipped in lukewarm after squeezing would be used for *Swedana Karma*.

#### *Pradhan karma*

Pradhan Karma- Above mentioned drugs are made into paste form using sterile water and applied to outer surface of the eyelids leaving the eye lashes.<sup>[6]</sup>

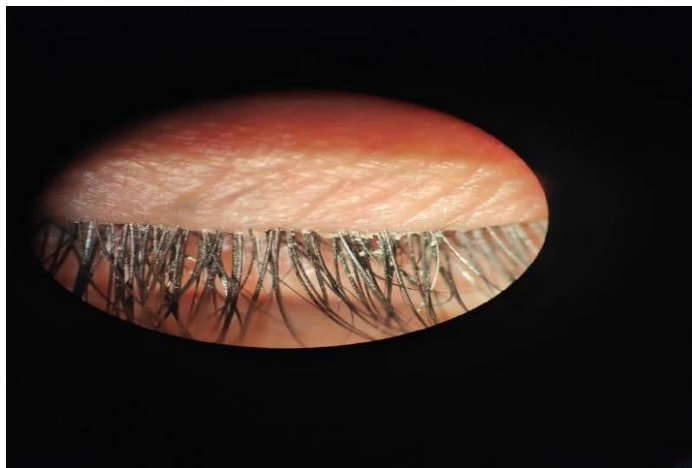
*Matra* - *Uttam*=1/2 *Angul*. *Madhyam*=1/3 *Angul*. *Kanishtha*=1/4 *Angul*<sup>[7]</sup> *Kala* - 20 minutes



***Pashchat karma***

Eyes should be cleaned by gently removing the applied paste with the help of wet cotton.

*Mruduswedana* is done with sterile cotton dipped into lukewarm water.



**Before treatment**



**After treatment**

**Drug properties<sup>[8]</sup>**

*Manashila- Lekhana, Kaphahar, Vishanashak*

*Priyangu- Pittasham, Krimighana, Anti-inflammatory & Antibacterial.<sup>[9]</sup>*

***Bidalaka importance***

The *Ayurvedic* scientists *Acharya Charaka* and *Acharya Vagbhata* have mentioned about this therapy. They were aware of drug delivery through skin of eyelids. The skin of eyelids is extremely thin substance that is very sparse and stratum corneum layer of skin which acts as barrier is a single layer in eyelids so absorption of drugs through skin of eyelids will be very fast. In *Bidalaka* the paste of drugs is left for 20 minutes so tissue content is more and helps

in large absorption of drugs reduces the local tempt there by relieves inflammation itching impoting soothing effect and relieving pain. The drug having anti-infective and anti-inflammatory properties. Patient could get quick relief from the symptoms.

## RESULTS

*Bidalaka* with *Manshila* and *Priyangu* shows significant reduction in the signs and symptoms of Blepharitis (*Krimigranthi*).

Sr. no.	Lakshan/sign and symptoms	BT	AT
1	Lid collarettes itching	Severe	Absent
2	Eyelid swelling F.B. sensation	Moderate	Absent
3	Plugging of Meibomian glands	plugging orifice>2/3	Clear orifice in the middle part of the lower lid
4	Erythema	moderate	Mild
5	Redness of eyelid of eye	moderate	Absent

## DISCUSSION

*Kriyakalpa Bidalaka* has significant effect in Blepharitis (*Krimigranthi*). *Bidalaka* with the above selected drugs provide anti-infective and anti-inflammatory and soothing effect which is like the line of management of modern science. The tissue contacts time of the drugs used in procedure *Bidalaka* is more SO large absorption of drugs takes place therefore it provides quick relief in subsiding the symptoms. *Manashila- Lekhana, Kaphahar* and *Vishanashak* and *Priyangu- Krimighana* and *Pittashamak*.<sup>[10]</sup>

## CONCLUSION

The Study showed significant relief in the patient symptoms thereafter *Bidalaka* is one of the lines of management for blepharitis as per Ayurvedic science and helps to avoid recurrence of disease.

## REFERENCES

1. AK Khurana Comprehensive Ophthalmology edition Jaypee brothers, Disease of the eyelids, 2012; 5: 364-366.
2. Ramanjit Shitola, Radhika Tondon Parsons Dis eases off Eye editionelseier publication, 2017; 2204: 451-452.
3. Vagbhat. Ashtang Samhita. Dr. Bramhanand Tripathi, Chaukhamba Sanskrit Prakashan Varanasi, U tartantra, Adhyay, 2017; 10, 8, 9: 947-948.
4. Narayan Vidhwansa Netrarog Vigyan edition, Sandhigatarog, Page no, 2013; 7: 70-71.

5. Sushruta, SushrutaSumhita. Kaviraj Ambikadat taShastri, Chaukhamba Sanskrit Prakashan Varanasi, Uttartantra Adhyay no, 2017; 2, 2: 9-19.
6. Sharangdhar. Sharangdhar Samhita. Dr. Bramhanand Tripathi, Chaukhamba Surbharati Prakashan Varanasi, Adhyay, 2015; 13: 30-280.
7. Narayan Vidhwansa Netrarog Vigyan edition, Kriyakalpa, Page no, 2013; 7: 376.
8. Acharya Priyvat Sharma (2017) Dravyaguna Vigyan, Chaukhamba Sanskrit Prakashan Varanasi, Adhyay no., Chakshushyadi Varga, page no, 2017; 2: 2-149.
9. Acharya Priyvat Sharma (2017) Dravyaguna Vigyan. Chaukhamba Sanskrit Prakashan Varanasi, Adhyay Dipanadi Varga, 2017; 503: 2-5.
10. Acharya Priyvat Sharma (2017) Dravyaguna Vigyan, Chaukhamba Sanskrit Prakashan Varanasi, Adhyay Dipanadi Varga, 2017; 506: 2-5.