

A SINGLE CASE STUDY ON EFFICACY OF RASANJANA VIDALAKA IN THE MANAGEMENT OF KAPHAJA ABHISYANDA

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ABSTRACT

Vidalaka (Outward application of paste to the eyelids) is an *ayurvedic* therapeutic procedure applied in *netra rogas*. It is described by *acharyas* in *ayurveda* as a *Netra kriya kalpa*. It acts as *Shothahara* (Anti-inflammatory), *kandughna* (Relief in Itching), *kapha Shoshana* (Anti Discharge and anti-purulent). A 47 years old patient with complaints of redness, watery sticky discharge, itching with mild pain and lids swelling came in OPD of IES *ayurvedic* Hospital, Bhopal, and Madhya Pradesh. Patient was diagnosed as *Kaphaja Abhishyanda*, which can be correlated with conjunctivitis. *Rasanjana Vidalaka* as treatment was advised and after three days of therapy patient got

relieves in symptoms and showed positive result clinically.

KEYWORDS:- *Vidalaka, Kaphaja Abhishyanda, Rasanjana.*

INTRODUCTION

Abhishyanda is disease in which there is *syandana* in *urdva -jatrugata Srotas*. It is a condition where *kledana* occur in *dosha, dhatu* and *Mala* and resulting in profuse discharge from all around or all part of the eye. Symptoms explained by *acharya* varies depending on *dosha* involved for example in *vataja abhishyanda* there is pricking sensation, stiffness, irritation, roughness, headache, dryness, foreign body sensation, cold tears and redness.

Acharya Sushruta described *Abhishyanda* should be diagnosed and treated as early as possible. It is the root of cause of all *netrarogas*. It is one of seventeen *sarvagata roga* and

can lead to irreversible loss of vision. It is of four types according to *Dosha-Vataja, Pittaja, Kaphaja, Raktaja*.^[1]

Acharya Sushruta described specific *hetu* (cause) that spread *Rogas* from one person to another like *prasangata, Gatrasparsa, Nishvasa, Sah Bhojnata, Sah Shaiyya, Sah Asana, Vastramala, anulepnata* means this *roga* spread due to contact with infected person.^[2]

Classical signs and symptoms are explained below according to *Yogaratanakar sama lakshanas* of *netraroga* which include^[3]

- (1) *Vedana vriddhi* –increase in pain
- (2) *Shopha*- swelling of eye
- (3) *Ashrusrava*- Discharge through eye
- (4) *Todavata vedana* –pricking sensation in eyes
- (5) *Shula yukta ashrusrava*- Discharge with pain in eye,

Relief in above symptoms should be interpreted as *Nirama lakshanas* of *netra roga*. *Abhishyanda* can be correlated with Conjunctivitis that are the conjunctival Hyperemia Associated with a discharge which may be watery, mucoid, Mucopurulent or purulent. Common types of conjunctivitis are infective, allergic, cicatrical, toxic.^[4]

According to *acharya Vagbhatta Vidyalaka* should be applied in all types of *Abhishyanda*.^[5]

CASE REPORT

A 47 year old male patient came to the OPD of IES *Ayurveda* Hospital with CR no. 26189 on dated 14/08/2023, which was apparently normal before 1 month ago he noticed mild pain, sticky discharge, itching, redness, heaviness and lids swelling in both eye since 3-4 days and gradually increase so he came to hospital for better treatment.

History of past illness:

No H/o any other major illness or surgical treatment

Addiction- addicted to smoking daily since 20 years.

Samanya pareeksha bhava (General examination)

Appearance- Black,

Pulse rate- 82 min,

B.P- 130/86 mmHg

Weight -62kg

Height—153 cm

Temperature –Afebrile

Table no. 1: Showing local examination of eye parts.

Eye examination		Right eye	Left eye
Eyebrow		Normal	Normal
Lids		Swelling	Swelling
Conjunctiva		Hyperemia	Hyperemia
Sclera		Red	Red
Cornea		Clear	Clear
Pupil		Rrr	Rrr
Anterior chamber		Normal in depth	Normal in depth
Lens		Natural	Natural
Vision	Normal	6/9p	6/9p
	With pin hole	6/6p	6/6p
Lacrymal sac		Patent	Patent

Nidan (Diagnosis)

Prasangat (Sexual intercourse), *Gatra sparsha* (Contact with infected person), *Sah bhojnat* (Having meals with infected person), *sah saiyya* (Sharing bed), *Sah asana* (Common seating), *vastramala anulepanat* (Sharing clothes and other commodities).

Samprapti ghatak

Vata –Vyanvayu

Pitta- Alochak pitta

Kapha-Shlesmaja

Dushya- Rasa ,Rakta

Treatment regimen

A. Internal medicine

Chitrakadivati 1 TDS

Mahathikthaka Gritham capsule 1 BD

Punarnvasav 10 ml BD with water

B. Procedure done

Vidalaka was done with *Rasanjana* for 7 days

Subjective parameters^[6]1. *Netra srava* (Discharge)

Grade	Symptoms
0	No discharge
1	Occasional discharge
2	Intermittent discharge need to wipe
3	Frequent discharge need to wipe

2. *Shopha* (Oedema)

Grade	Symptoms
0	No oedema
1	Oedema limited to lid margin
2	Oedema extent to both lid margin
3	Oedema involving the periorbital region

3. *Kandu* (Itching)

Grade	Symptoms
0	Absent
1	Mild(Present but not distressing)
2	Moderate (Distressing but not distressing with daily life)
3	Severe (Very distressing and interfering with daily life)

4. *Ushna abhinanda* (Relief by *ushna dravyas*)

Grade	Symptoms
0	No relief by <i>ushna dravyas</i>
1	Relief by <i>ushna dravyas</i>

5. *Guruta* (Heaviness of eye)

Grade	Symptoms
0	No heaviness of eye
1	Heaviness of eye

6. *Sitata* (Whitishness of eye)

Grade	Symptoms
0	No whitishness of eye
1	Whitishness of eyes

7. *Upadeha* (Stickiness of eyes)

Grade	Symptoms
0	No stickiness of eye
1	Stickiness of eye

8. *Atishaityama* (Feeling of coldness of eye)

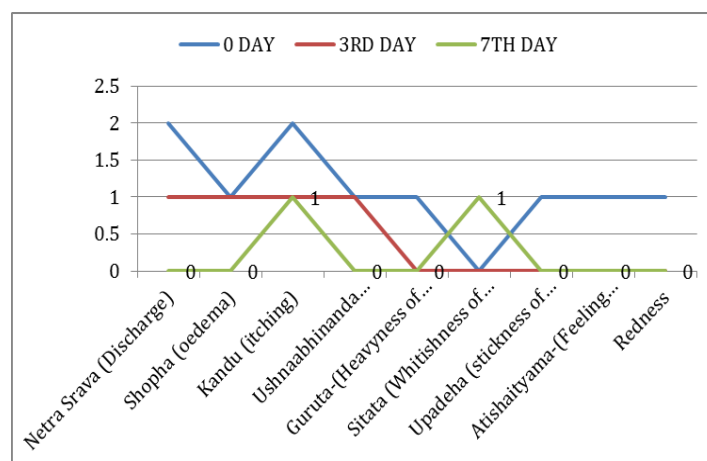
Grade	Symptoms
0	No feeling of coldness of eye
1	Feeling of coldness of eye

9. *Ragata* (Redness)

Grade	Symptoms
0	Absent
1	Present

RESULT

The assessment of subjective parameters was done before and after completion of treatment. The patient's Condition improved symptomatically. The assessment of symptoms was done according to clinical observation and patient's narration.



Line diagram showing symptomatic relief day wise

Mode of action of drugs

1. ***Chitrakadivati***– the formulation was named '*Chitrakadi vati*' due to presence of the active ingredient *chitraka* (*Plumbago zeylanica*). It enhances digestive fire or '*Agni*' which helps in removing *ama* (undigested food) and preventing indigestion, *Deepana*, *Pachana*, (Digestive and Metabolic fire), *Rechana* (Helps in elimination of waste from body), *Anulomana* (Carminative), *Shulahara* (Anti-spasmodic), *Shothahra* (Ant-inflammatory) are the main actions.^[7]
2. ***Mahathikthaka gritham capsule***- It acts as an antioxidant that reduces the risk of any chronic disease, it helps in digestion and to improve the body's ability to absorb nutrients, improve vision and suppress the inflammation and edema.^[8]

3. **Puarnavasava- Shothahara** (Anti- inflammatory), increases hemoglobin, flushes out body toxins.^[9]

DISCUSSION

Abhisyanda is condition in which all *netra vaha srotasas shyandatwa* and lead to condition like watery discharge from eye and other *netra gata lakshanas*. *Abhishyanda* is one among the *sarvagata netra roga* and is considered as the root cause of all type *netra roga* by all *acharayas*. Symptoms of *abhishyanda* are *toda* (pricking sensation), *srava* (discharge), *kandu* (itching), *guruta* (heaviness), *ragata* (redness), *Shopha* (inflammation) etc. Similar with modern aspect symptoms of conjunctivitis are lacrimation, foreign body sensation, Itching, congestion, discharge swelling etc. Overall improvement of quality of vision by consumption of certain product and following regimens beneficial for eye is a unique contribution of *Ayurveda* –the concept of *Chakshushya*. The *ayurvedic* literature is full of regimens to be followed for preservation of health and prevention of any disease in day to day life. Numbers of formulations have been mentioned in various ocular disorders which are prepared from herbs, minerals or from animal origins. *Rasanjana churna vidalakaa* which is indicated in the treatment of *kaphaja abhishyanda* in *Yogaratanakara* was selected.^[10] *Rasanjana* contains berberine as active ingredient.^[11] *Charaksamhita* consider *Rasanjana* as a *netrya* meaning a formulation that prevents eye related disease and promotes longevity and health of eyes.

CONCLUSION

- The topical medicine plays an important role in arresting the symptoms of conjunctivitis to better extent.
- *Rasanjana churna Vidalaka* is effective in management of *kaphaja abhishyanda* as there is relief in symptoms of *Shopha*, *Kandu*, *Netrasrava*, *Guruta*, *Ushna abhinandanta*, *sitata*, *Atishitya* and *ragata*.
- We can conclude that use of *Rasanjana churna* in topical application as *Vidalaka* is effective in management of *kaphaja abhishyanda* in early stage of the disease.

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