

**LITERARY REVIEW OF VATAJ ABHISHYANDA CHIKITSA IN
AYURVEDA**¹**Nikita Milind Rohokale** and ²**Swati Vishnu Sarwade**¹Post Graduate Scholar, Shalakyatantra,²Prof. & HOD Shalakyatantra, PMT's Ayurved College Shevgaon & Shri Eknath Rugnalaya
Taluka-Shevgaon, Dist.-Ahilyanagar. 414502.Article Received on
28 April 2025,Revised on 19 May 2025,
Accepted on 08 June 2025

DOI: 10.20959/wjpr202512-37183

***Corresponding Author****Dr. Nikita Milind
Rohokale**Post Graduate Scholar,
Shalakyatantra, PMT's
Ayurved College Shevgaon
& Shri Eknath Rugnalaya
Taluka-Shevgaon, Dist.-
Ahilyanagar. 414502.**ABSTRACT**

Vataj Abhishyanda is an Ayurvedic clinical entity described in classical texts such as the Sushruta Samhita and Sharangdhara Samhita, characterised by symptoms like Toda (Pricking pain), Sangharsha (foreign body sensation), Achhasruta (watery discharge), Alpa Shopha (mild chemosis), Vishushka Bhava (feeling of dryness), Parushya (roughness) etc. These symptoms closely resemble those of allergic conjunctivitis, a common ocular condition in modern ophthalmology, affecting approximately 50% of conjunctivitis cases seen by primary care physicians. Allergic conjunctivitis is triggered by environmental allergens leading to inflammation of the conjunctiva, and is particularly prevalent among individuals with frequent outdoor exposure. Vataj abhishyanda is Vedhya Sadhya vyadhi the treatment includes different Panchakarma procedures and kriyakalpas like Parishek, Ashchyotan, Anjana, Pindika etc.

KEYWORDS: Vataj Abhishyanda, Kriyakalpas, Allergic conjunctivitis.**INTRODUCTION**

In Ayurveda, Abhishyanda is classified as a Sarvagat Netra Roga (eye disease) and is attributed to the vitiation of Vata, Pitta, and/or Kapha doshas. Vataj Abhishyanda specifically involves the predominance of Vata dosha, manifesting as dryness, irritation, and itching.

Triphala, a revered polyherbal formulation in Ayurveda, consists of equal parts of three fruits: *Embolia officinalis* (Amalaki), *Terminalia chebula* (Haritaki), and *Terminalia bellerica* (Bibhitaki).

It is classified as a tridoshic rasayana, meaning it balances all three doshas (Vata, Pitta, and Kapha) and promotes rejuvenation and longevity. Triphala Kwath Ashchyotana is a topical ocular therapy involving the irrigation of the eyes with a decoction of Triphala. Triphala is one among the Chakshushya dravya having- rasa: Panchrasa, Vipak: Madhur, Virya: Anushna, Doshghnata: Tridoshshamak hence Ashchyotana with Triphala kwath is beneficial in reducing the features of Vataj Abhishyanda.

Clinical features of Allergic Conjunctivitis^[1]

It is the inflammation of conjunctiva due to allergic or hypersensitivity reactions which may be immediate (humoral) or delayed (cellular). The conjunctiva is ten times more sensitive than the skin to allergens.

Classification^[1]

1. Simple allergic conjunctivitis
 - Seasonal allergic conjunctivitis (SAC)
 - Perennial allergic conjunctivitis (PAC)
2. Vernal keratoconjunctivitis (VKC)
3. Atopic keratoconjunctivitis (AKC)
4. Giant papillary conjunctivitis (GPC)
5. Phlyctenular keratoconjunctivitis (PKC)
6. Contact dermatitis conjunctivitis (CDC)

Treatment of Vataj Abhishynda

Nasya-siddha tailam or Ghrita of Rasna, Shatavari, Dashmul, Balamul, Bor, Kulith, Java Etc.^[2]

Dhumpaan-Snehaik Dhumpaan of Agar, Guggul, Vala, Nagarmotha, Raal, Yashtimadhu, Meda, Majja, Vasa, Ghrita etc.^[3]

Anjana-Gutika Anjana of Pimpal, Kantakari, Madha, Sharkara and Tamrabhasma taken in equal parts should be finely pasted with Goat's milk. This anajana will relieve symptoms like pain, redness, swelling in vataj abhishynda.^[4]

Ashchyotana- with the help of Triphala Kwath is used as per Sharangdhar Samhita^[5]

Ashchyotana vidhi can be divided into three parts-^[6]

1. Purvakarma
2. Pradhana karma
3. Pashchyata karma

1. Purvakarma

Routine prayers

Position: Patients is kept in lying position in Nivata Sthana.

The eyes should be given fomentation with a cotton cloth (gauze piece) dipped in warm Water.

Ashchyotana Dravya should be fulfilled through thick cotton pad or clear white cloth.

2. Pradhana karma

For Vataj Abhishyanda, Snehan ashchyotana is done. Hence 10 drops (matra)^[7] of Triphala Kwath is instilled into open eye for duration of 100 matra kala (approx. 2- 3 minutes).^[8]

The patient should comfortably lie down on supine position.

The eye is opened by stretching and pressing Apanga pradesha (lateral end) by left hand.

With the right hand, medicine is instilled into the open eye.

The medicine should fall on the eye from a height of 2 angula.

It is retained for a period of 100 matrakala (approx..2 minutes 35 seconds).^[9]

Then wiped out with a cotton.

3. Pashchyata karma

After Ashchyotana mild fomentation should be done with warm paste of barley or warm water.

Patients is advised to avoid seeing very bright Object or distant sky immediately after Ashchyotana.

Modern way of action^[10]

Siras are routes of pathogenesis in eyes, so drug absorption is more from these Siras in Aschyotan gives results in the symptoms like congestion of eyes. The herbal compounds given in the forms of infusion and decoction contains varying amount of saponins which

increases the permeability of epithelium by reducing the surface tension. Also the drug absorption is directly proportional to the vascularity of absorbing surface. Conjunctiva is a vascular tissue containing arcades of blood vessels. So drug absorption is more and result was good. The Triphala Kwath is an aqueous suspension where the drug is present as small particles kept suspended in an aqueous medium. Particles do not leave the eye quickly as solutions which increase the tissue contact time. The Triphala Kwath absorbs through the conjunctival mucosa, percolates into the palpebral conjunctiva and then into the bulbar conjunctiva and acts as a lubricant also. The viscosity of Kwath, height from which it is dropped on eye ball, frequency and its duration of instillation, size of the drop and condition of the patient and temperature of Kwath during procedure are all contributory factors to its absorption and action. In this way Triphala Kwath acts in allergic eye diseases through the conjunctival route of drug administration.

CONCLUSION

Triphala Kwath Ashchyotan is a promising Ayurvedic therapy for Vataj Abhishyanda, offering a safe, effective, and cost-efficient alternative to conventional treatments for allergic conjunctivitis. Its efficacy is supported by Triphala's pharmacological properties, including anti-inflammatory, antimicrobial, and antioxidant effects, which address the core symptoms of itching, redness, and dryness.

Clinical studies on related Triphala-based therapies, such as Triphala Kwathh Ashchyotana, demonstrate comparable or superior relief compared to modern treatments like Ketotifen Fumarate, with no reported adverse effects.

As a tridoshic rasayana, Triphala not only alleviates symptoms but also promotes ocular health and resilience, aligning with Ayurveda's holistic approach. Further clinical trials specifically evaluating Triphala Kwath Ashchyotana are needed to establish standardised protocols and validate its efficacy on a larger scale.

Nevertheless, this therapy holds significant potential for managing Vataj Abhishyanda, particularly for patients seeking natural and sustainable solutions for ocular health.

REFERENCES

1. Khurana A.K., Comprehensive ophtahalmology, Diseases of Counjuctiva 8th edition New Delhi; Jaypee Brothers Medical Publishers 2022; 74.

2. Trivedi R, Ashtang Sangrah Vyakhyakar Lalchandrashastri Vaidya, Uttartantra 19|22, Nagpur: Baidyanath Ayurveda Bhavan; 1988: 294.
3. Trivedi R, Ashtang Sangrah Vyakhyakar Lalchandrashastri Vaidya, Uttartantra19|34,, Nagpur: Baidyanath Ayurveda Bhavan; 1988: 295.
4. Trivedi R, Ashtang Sangrah Vyakhyakar Lalchandrashastri Vaidya, Uttartantra19|44,, Nagpur: Baidyanath Ayurveda Bhavan; 1988: 296.
5. Shastrina P, Sharangdhar samhita Gudarth Dipika Tika Uttarkhanda 13 | 19 Varanasi, Chaukhamba Orientalia; 2008: 382.
6. Tripathi Bramhanand, Ashtang hridayam, Sutrasthan, Aschyotanajanvidhi adhyay, chapter-23, verse -5-6, 7 Chaukhamba sanskrit Pratishthan, 2009, page no 263,264.
7. Sharma PV. Sushruta Samhita with Dalhana's commentary Uttartantra 18/ 45-47 Reprint. Varanasi: Chaukhambha Vishwabharati Publication; 2001.
8. Parashar Radhakrushna, Ayurvedacharya Editor(s) Sharangdhara Samhita; Uttarakhand Chapter-13, verse-12,13,14 Prakashak Shree Baidyanath Ayurved Bhavan fourth edition 1994, page 581.
9. Raju Kumar, Shigru pallava swarasa madhu aschyotana in kaphaj abhishyanda[Internet]. Google Docs. [Assessed on 2025 May 28, 10:30 Am]. Available from: https://drive.google.com/file/d/1ZRYEYntG9IxnCRJ8NXmBU4_YShs7NUc/preview
10. Prof. Dr. K. S. Dhiman, Shalakyatantra-Kriyakalpa Vidnyan, Ch.9, Varanasi, Published by Choukhamba Vishwabharati, First Edition 2013, P134-143.