

A CONCEPTUAL REVIEW ON MADHUKADI ANJANA

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ABSTRACT

Netra Kriyakalpa encompasses various methods of eye treatment in Ayurveda, particularly in Shalakyatantra, emphasizing local drug administration. The seven Kriyakalpas include Akshitarpana, Putapaka, Seka, Aschotana, Anjana, Bidalaka, and Pindi. Anjana involves applying different medicinal formulations to the eyes, crucial for preventing damage from excess Kapha dosha and maintaining eye health. Regular use, like Rasanjana, can alleviate symptoms such as burning, itching, and excess moisture, while enhancing vision. Types of Anjana can be classified by Guna, Swarupa, Karma, Dosha, and Rasa, Madhukadi Anjana with ingredients like Yashtimadhu (licorice root), Haridra (turmeric), Haritaki, Devdaru, and Aja Dugdha (goat milk) commonly used in formulations. Madhukadi Anjana combines these ingredients to treat various eye conditions. Each component

possesses distinct properties: Yashtimadhu soothes and supports digestion, Haridra aids in skin and wound healing, Haritaki enhances digestion and detoxifies, Devdaru has anti-inflammatory effects, and Aja Dugdha is beneficial for its nutritional profile and digestive support. These treatments reflect Ayurveda's holistic approach, emphasizing not only eye health but overall well-being through natural remedies.

KEYWORDS: Kriyakalpa, Anjana, Ayurveda, eye.

INTRODUCTION

Netra kriyakalpa are the various methods of application of medicine in the eyes, explained in Samhitas. Local treatment methodologies of drug administration in shalakyatantra refer to Kriyakalpa. Where kriya means unique therapeutic procedure whereas kalpa means medicinal formulations such as swaras, kalka, kwatha ect. used in the treatment.

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There are seven Kriyakalpas namely

1. Akshitarpana
2. Putapaka
3. Seka
4. Aschotana
5. Anjana
6. Bidalaka
7. Pindi.

The first five procedures are mentioned in Sushruta Samhita whereas last two were only prescribed in Sharangdhara Samhita along with other 5 procedures.

ANJANA

The procedure of application of different types of medicines to the eye is known as Anjana.

Importance of Anjana in Swastha Purush

There is usually the possibility of damage of eyes from kapha dosha, to prevent this damage and keep eyes healthy one must follow the Rasanjana once in 7 days.^[1]

Ancient Acharyas used number of Anjana as daily regimen, especially Sauvira Anjana (Animony sulphide) and Rasanjana (decoction of Berberista aristata –Daruharidra) mixed with bee honey as it eliminates Kapha Dosha which is harmful in excess from the eye because eyes have predominance of Pitta Dosha or Teja Mahabhoota for its proper functioning or clarity of vision.^[2]

In healthy person, Anjana relieves the symptoms like daha, kandu, mala, kleda and vedana. It also improves the vision and makes eye susceptible to tolerate sunlight and wind.

Table No. 1: Types of Anjana.^[3,4,5]

According to Vagbhata	According to Sushruta	According to Sushruta	According to	According to Vagbhata
On the basis of Guna	On the basis of Swarupa	On the basis of Karma	On the basis of Dosha	On the basis of Rasa
1. Mrudu	1. Gutika	1. Lekhan	1. Vataghna	1. Madhur
2. Tikshna	2. Rasakriya	2. Ropan	2. Pittaghna	2. Amla
	3. Churna	3. Snehan	3. Kaphaghna	3. Lavan
		4. PRasadan	4. Raktprasadana	4. Katu
			1. Tridoshaghna	5. Tikt
				6. Kashaya

MADHUKADI ANJANA

In Sushrut Samhita Uttartantra Madhukadi Anjana (madhuka, rajani, pathya, devdaru) has been mentioned for Vataja Abhishyanda.^[6]

Ingredients of MADHUKADI ANJANA are as follows^[7]

- 1) MADHUK [YASHTIMADHU]
- 2) RAJANI [HARIDRA]
- 3) PATHYA [HARITAKI]
- 4) DEVDARU
- 5) AJA DUGDHA

Yaṣṭi consists of dried, unpeeled, stolon and root of *Glycyrrhiza glabra* Linn, (Fam. Leguminosae), a tall perennial herb, upto 2 m high found cultivated in Europe. Persia, Afghanistan and to little extent in some parts of India.

SYNONYMS

Sanskrit : Yaṣṭimadhūka, Yaṣṭikā, Madhūka, Madhuyasti, Yastyāhvā Assamese : Jesthimadhu, Yeshtmadhu

Bengali : Yashtimadhu

English : Liquorice root

Gujrati : Jethimadha, Jethimard, Jethimadh

Hindi : Mulethi, Mulathi, Muleti, Jethimadhu, Jethimadh

Kannada : Jestamadu, Madhuka, Jyeshtamadhu, Atimadhura

Kashmiri : Multhi

Malayalam : Irattimadhuram

Marathi : Jesthamadh

Oriya : Jatimadhu, Jastimadhu

Punjabi : Jethimadh, Mulathi

Tamil : Athimadhuram

Telugu : Atimadhuramu

Urdu : Mulethi, Asl-us-sus

CONSTITUENTS

Glycyrrhizin, glycyrrhizic acid, glycyrrhetic acid, asparagine, sugars, resin and starch.

HARIDRA**Table no-2.**

LATINE NAME	Curcuma Longa
FAMILY	Zingiberaceae
RASA	Tikta, Katu
VIRYA	Ushna
VIPAK	Katu
GUNA	Ruksha, Laghu
DOSHAGHNATA	Kapha, Vata
PRAYOJYA ANGA	Rhizome

MAIN SYNONYMS

Kanchani, peeta, nishakhya, varavarini, krumighni, yoshitpriya, hattavilasini.

COMMON NAMES OF HARIDRA

English : Turmeric

Hindi : Haldi

Kannada : Arisina

Malayalam : Mannal, manjal, varattu mannal, pachamannal

Sanskrit : Haridra, Harita, Jayanti, Kanchani, Nisha, Krumighna.

Tamil : Manzal

Telugu : pasupu

CHEMICAL CONSTITUENTS

1% volatile oil, resin, curcumin is responsible for its colour. Turmeric oil has a peculiar odour and taste. Curcumene, Curcumenone, curcone, curdione, cineole, curzerenone, epiprocurcumenol, eugenol, camphene, camphor, borneol, procurcumadiol, procurcumenol, curcumins, ukonan A, B & D, sitosterol etc.

AYURVEDIC INDICATIONS

- Kushtahara: used in wide ranges of skin problems
- Vishanut: effectively works in toxic conditions
- Vranahara: helps in quick wound healing
- Mehanut: manages all the symptoms of Diabetes mellitus and Urinary tract infections
- Krimihara: relieves infected wounds and intestinal worms
- Aruchinashini: effective in anorexia
- Pinasa nashini: useful in all the upper respiratory tract infections

- Vatasranut: effective in gout
- Panduhara: Useful in liver disorders as well as in anemia

THERAPEUTIC INDICATION

Varnya (good for skin), dahaprashaman(useful in burning sensations), raktapittahara(useful in skin and bleeding disorders), kandughna (relieves itching), krumighna (relieves itching), pramehahara (anti-diabetic)

THERAPEUTIC USES

- Vyanga - haridra with raktachandana are applied externally in melasma.
- Prameha - rhizome powder with amla juice, and honey are useful in diabetes.
- Arsha - fresh rhizome paste with aloe vera pulp is applied in hemorrhoids.

External Uses

Local application of turmeric is anti-inflammatory, analgesic and complexion enhancer. It cures skin disorders, has wound cleaning and healing properties. It is very strong in nature. It is useful in skin disorders.

DOSE

Powder - 3-5 gm, juice - 10-20 ml.

FORMULATIONS

Haridrakhanda-paka, haridradhum varti, dhatri-nisha churna, vranasodhanataila.

HARITAKI

Botanical name: Terminalia Chebula

Family: Combretaceae

Vernacular names

- English: Myrobalan
- Hindi: Harre, Harad, Harar
- Marathi: Hirda, Haritaki, Harda, Hireda
- Bengali: Haritaki

Rasapanchak

- Rasa : Madhura, Amla, Katu, Tikta, Kashaya

- Guna : Laghu, Ruksha
- Virya : Ushna
- Vipaka : Madhura
- Karma : Chakshushya, Dipana, Hrudya, Medhya, Sarvadoshaprashamana, Rasayana, Anulomana

Doshaghnata: Tridosahara

Prayojya anga: Fruit

Chemical constituents: Tannins, anthraquinones and polyphenolic compounds.

Pharmacological activities

- a. Antibacterial
- b. Anti-inflammatory
- c. Cardio tonic
- d. Antioxidant
- e. Anti-tumor activity

Therapeutic uses

- **Haritaki is good for the digestive system**

Haritaki is considered to be an effective tonic for the digestive system. It improves digestion and helps your body to absorb all the nutrients from the digested food. It has strong laxative properties and is also used to detoxify the digestive system by getting rid of all the wastes and toxic substances formed as a result of metabolism. It helps in curing digestive disorders like constipation and irritable bowel syndrome. The gallic acid found in Haritaki helps in destroying *E. coli* bacteria in the intestine, thus preventing stomach infection. Haritaki has also been found to be effective in eliminating intestinal worms.

- **Haritaki helps fight oxidative stress**

According to a study published in the 2009 issue of "Cell Biochemistry and Function", Haritaki may be effective in fighting oxidative stress because of its antioxidant properties. Tests were conducted on aging rats and the results showed that using haritaki for treatment helped in improving the levels of several powerful antioxidants such as vitamin C, vitamin E, glutathione and superoxide dismutase. These results suggest that haritaki may be helpful in protecting your body against conditions caused by oxidative stress such as aging and many diseases like cancer.

- **Haritaki may help in lowering cholesterol**

Several studies reveal that haritaki may have the ability to lower high cholesterol. A study published in the 2010 issue of the “Journal of Advanced Pharmaceutical Technology & Research” showed that this herb helped in reducing the total cholesterol levels in mice. It was also found that haritaki helped in lowering the levels of triglycerides. The cholesterol-lowering properties of haritaki makes it a potential remedy for lowering your risks of heart diseases, strokes and other diseases that may be brought about by the accumulation of cholesterol in the blood vessels.

- **Haritaki in dental care**

According to a study issued in the “Oral Health & Preventive Dentistry”, using a mouthwash containing haritaki may be helpful in preventing dental cavities. The study states that the cavity preventing effect can be attributed to haritaki’s ability to reduce the levels of bacteria in the mouth that are associated with the development of cavities.

- **Haritaki for treating metabolic syndrome**

Experiments conducted on rats having metabolic syndrome indicates that Haritaki may be helpful in treating the condition by lowering the levels of blood sugar. The study suggests that this herb may be beneficial in curing metabolic syndrome.

- **Haritaki has diuretic properties**

Haritaki has been found to have diuretic properties that help in increasing the formation and elimination of urine. This effect helps in preventing urinary tract infections and the formation of kidney stones. By preventing water retention, haritaki also contributes to weight loss.

- **Haritaki aids in weight loss**

Haritaki is believed to be a helpful remedy for people suffering from overweight or obesity. This herb has appetite controlling abilities. It promotes digestion, cleanses the stomach, improves the metabolism of food and its assimilation in the stomach and also helps in increasing the metabolic rate of the body. As the metabolic rate increases, the energy expenditure of the body also increases. Haritaki also helps in the improved utilization of the stored fat in the body by increasing the secretion of bile. All these properties not only help in promoting weight loss but also help in maintaining a healthy weight.

- **Haritaki can be used to cure ulcer**

The fruits of Haritaki tree are considered to be effective in healing chronic peptic ulcer. It stimulates the production of mucus and helps in reducing the growth of the ulcer lesions. Haritaki may be effective in curing ulcer caused by harmful bacteria in the stomach or by the long term use of non-steroidal anti-inflammatory drugs.

- **Haritaki has anti-fungal properties**

Studies reveal that an aqueous extract of Haritaki shows antifungal properties against a number of yeasts and dermatophytes. It has been found to fight against *Candida albicans*, which is a type of pathogenic yeast and *Epidermophyton floccosum*, a dermatophyte that is responsible for causing Athlete's foot, crotch itch and ringworm infection. It is also effective in preventing scalp infections or glabrous skin infections.

- **Haritaki for rheumatoid arthritis**

Haritaki has been found to be useful for reducing the symptoms associated with rheumatoid arthritis and lumbar spondylosis (Sciatica). Consuming a paste made by combining haritaki powder and castor oil helps in relieving inflammation and pain associated with these conditions.

- **Haritaki is anti-inflammatory**

Haritaki works as an effective anti-inflammatory agent, when made into a paste with water and applied topically. It also functions as a strong analgesic that helps in relieving pain. This herb is helpful in promoting the faster healing of wounds, cuts and injuries. Haritaki has astringent properties that help in treating disorders like hemorrhoids.

- **Haritaki for diabetes**

Based on animal studies, the extracts obtained from the fruits and seeds of haritaki contain anti-diabetic agents that may help in reducing blood glucose levels.

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- **Haritaki offers reliefs from asthma**

A mixture of haritaki powder and jaggery in equal proportions is found to be useful in

providing relief from the symptoms of asthma.

- **Anti-mutagenic effect of Haritaki**

Haritaki contains several antioxidant phenolic compounds including tannic acid, chebulinic acid, and ellagic acid that inhibit the growth and proliferation of cancer cells.

Traditional uses

- Vrana – it helps to improve skin complexion
- Ushna – hot in nature
- Sara – promotes bowel movement
- Medhya – improves intelligence.
- Doshaghna – natural detoxifying
- Shothanut – relieves inflammation
- Kushtanut – useful in skin diseases
- Deepana – improves digestion strength
- Chakshushya – good for eyes, improves vision power
- Rasayana – anti aging, rejuvenative
- Ayushya – improves life expectancy
- Bruhmani – nourishing, improves body weight
- Anulomani – helps in normalising bowel movements
- Shwasahara – useful in Asthma, COPD, wheezing, breathing difficulty
- Kasahara – relieves cold and cough
- Pramehahara – Useful in diabetes and urinary tract disorders
- Arshahara – useful in piles

DEV DARU

Devadaru consists of dried heart wood of *Cedrus deodara* (Roxb.) Loud. (Fam. Pinaceae), a very large and tall ever green tree, upto 75m in height and ranging from 2.4 to 3.6 m in girth, occasionally even upto 13.5 m in girth, found in North Western Himalayas from Kashmir to Garhwal, between 1200 to 3000 m and also cultivated in Kumaon.

SYNONYMS

Sanskrit: Bhadradar, Surabhuruha, Amaradar, Devakastha, Daru, Suradar, Amarataru
Assamese : Shajar Tuljeen

Bengali : Devdaroo

English : Deodar, Himalayan Cedar

Gujrati : Devdar, Teliyo Devdar

Hindi : Devdar, Devdaroo

Kannada : Deevdar

Malayalam : Devtaram

Marathi : Devdar, Telya Dedaroo

Punjabi : Diyar, Dewdar

Tamil : Devdaroo

Telugu : Devdari Chettu, DevdareeUrdu : Deodar

CONSTITUENTS - Terpenoids, Flavonoids and Glycosides.

PROPERTIES AND ACTION

Rasa : Tikta

Guna : Laghu, Snigdha

Virya : Usna

Vipaka : Katu

Karma : Kaphahara, Vatahara, Dustavrana Sodhaka

IMPORTANT FORMULATIONS - Khadirarista, Dasamularista, Devadarvarista, Mrtasanjivanisura, Karpuradyarka, Pramehamihira Taila, Candanadi Curna, Sudarsana Curna, Narayana Taila, Pradarantaka Lauha, Vataraktanaka Lauha, Mahavisagarbha Taila.

THERAPEUTIC USES - Sotha, Jvara, Krmi, Kandu, Pinasa, Vibandha, Adhmana, Tandra, Hikka, Prameha, Kasa, Kustha, Amavata, Raktavikara, Sutikaroga.

DOSE - 3-6 g of the drug in powder form.

AJA DUGDHA

COMPOSITION OF GOAT MILK

Goat milk contains fat in the form of triglycerides, phospholipids and free fatty acids. The main characteristic of goat milk fat is the high content of short and medium chain fatty acids and small size of fat globules which are easily digested and provide excellent source of energy. The protein portion has fundamental role on nutritional value of milk. Casein is the main protein and whey is the secondary protein present in goat's milk. Casein is of four sub

types out of which alpha S casein is intolerable and it is fortunate that goat milk contains its low percentage and thus it is suitable for children and people who cannot tolerate milk. The carbohydrate present in milk is lactose and oligosaccharides. It is carrying lower level of lactose than cow's milk and higher level of oligosaccharides. The level of lactose becomes even lower when cultured into yogurt. Thus, it can be consumed by people having lactose intolerance. In the context of minerals, it is high in potassium than sodium. It also has high level of calcium and nucleotides but low level of iron, zinc and copper. It is also a good source of vitamin A.

HEALTH BENEFITS OF GOAT MILK HYPOTENSIVE EFFECT

The protein in goat milk possesses hypotensive action due to its peptide form which possesses hypotensive effect. The bioactivity of goat milk protein releases angiotensin converting enzyme inhibitory peptides from hydrolyzed goat milk which acts as anti-hypertensive.

PROVIDES INTESTINAL HEALTH

Oligosaccharides present in goat milk are partially digested in small intestines and pass to the large intestine where they stimulate the growth of beneficial gut bacteria. These are able to reduce the pathogen binding to the intestinal mucosa and prevent the infections.

PREBIOTIC ACTIVITY

The gut bacteria viz. bifido bacteria and lactobacilli play a very important role in keeping the digestion healthy and strengthening the immune system. These bacteria present saccharolytic activity. These are developed in the gut due to the presence of oligosaccharides in goat milk which act as prebiotic and constitute substrate for these desirable bacteria.

PREVENTS GASTRIC ULCERS

Goat's milk alkalizes the digestive system and helps to increase the pH level in the gut so also prevents gastric ulcers.

Ayurvedic Science emphasizes on maintaining the health of human beings and treating the diseased individuals with the herbs, minerals, medicated ghee, oil, milk and yogic kriyas. In Ayurveda, there is a descriptive mention of milk and its benefits from different species of animals and plants. Among the animals, the goat milk is considered very beneficial and is very much similar to cow's milk in health properties. Different authors have given the

qualities of goat's milk as under.

Acharaya Sushruta

- The qualities of Aja Dugdha (goat milk) are similar to Godugdha. Especially it is used in Rajyakshma (emaciation/tuberculosis).
- It is Hitkarak, Agnideepak (appetizer), Laghu (light – easy to digest) and Sangrahi (absorbent).
- It cures Shwasa (dyspnoea), Kasa (cough) and Raktapitta (bleeding). Aja Ksheer is Sarva Roghara.^[8]

Acharya Charak

The Aja Dugdha (goat milk) is Kashaya (astringent) and Madhura (sweet) in taste, Sheeta (cold) in potency. It is Malasangraha (binds the faeces), Laghu (light), cures Raktapitta (bleeding), Atisara (diarrhoea), Kshaya (emaciation), Kasa (cough) and Jwara (fever).^[9]

Acharaya Vagbhatta

The Aja Dugdha is Laghu (light). It cures Shosha (emaciation), Jwara (fever), Shwasa (dyspnea), Raktapitta (bleeding) and Atisara (diarrhoea).^[10]

Acharya Bhavmishra

The Aja Dugdha is Kashaya (astringent), Madhura (sweet), Laghu (light), Sheeta Virya (cold potency), Balya (tonic) and Sangrahi (absorbent).

It cures Raktapitta (bleeding), Atisara (diarrhoea), Kasa (cough), Shosha (Emaciation), Kshaya (tuberculosis/emaciation) & Jwara (fever).^[11]

Acharya Kaydev

The Aja Dugdha is Deepana (appetizer) and Madhu (sweet) in taste, Laghu (light), Sangrahi (absorbent), Sheetal (cold), Snigdha (demulcent), Kashaya (astringent), Mradu (soft), Shukrala (increases semen) and Balya (tonic).

It cures Kasa (cough), Arsha (haemorrhoids), Atisara (diarrhoea), Shwasa (dyspnea), Trishna (excess thirst), Khshaya (emaciation), Vatarakta (gouty arthritis), Kshataksheen (injured), Raktapitta (bleeding) Pradar (leucorrhoea) and Jwara (fever) K. Nighantu sholaka 33-135 Dugdha varga.

Raj Nighantu

Aja Dugdha (goat milk) is capable of destroying all types of diseases as Aja consumes various types of herbs and little quantity of water and does excess walking.

MEDICINAL USES OF AJA DUGDHA IN SUSHRUTA SAMHITA

- Aja Ksheer is mentioned under Ksheervarga.^[12]
- If there is unavailability of Matri Dughda for Balak, he can be fed with Aja Dugdha.^[13]
- In the Chikitsa of Vrana, when it is not healed properly, it turns Krishna and then, Pandu Karma is beneficial in these Vranas. For that Rohini phal (Haritki Bheda) is made into paste with Aja Dugdha and applied on Vrana.^[14]
- In Vataj Vatrakta, Tail, Mulethi or Prishanparni are heated with Aja Dugdha and given to the patient with Madhu and Sharkara.^[15]
- Aja Dugdha is mixed with Gokshura Beej Churan and Madhu and is consumed for 7 days to remove the Ashmari.^[16]
- Aja Dugdha in Vataj Abhishyanda – Mix the fine powder of Mulethi, Haridra, Harad and Devdaru in equal quantity with Chaag Dugdha (Goat milk) and use as an Anjana (collyrium) in Vataj Abhishyanda.^[17]
- Suvarna Gairik (1 part), Saindhav Lavan (2 parts), Pippali (4 parts), Sunthi (8 parts) are mixed with Aja Dugdha and used as Anjana.^[18]
- In Praklinna Vartma Roga (Vrtamgata Roga) Kansya Malla is burnt with Karpas vastra and then made into fine powder. This fine powder is mixed with Aja Dugdha and is used as Anjana (collyrium).^[19]
- In Naktandhya (Drishtigata Roga) fine powder of Mainsheela, Harad, Sounth, Marich, Pippali, Bala mool, Sariva, Samudrafena is mixed with Aja Dugdha and made into Varti for use as Anjana (collyrium).^[20]
- In Netravedna and Lalima (Ocular pain, Hyperemia) fine powder of Ksheerkakoli, Sariva, Tejpattra, Manjith and Mulethi in equal quantity is mixed with Aja Dugdha and made to warm in low heat. Then applied as a lepa in eyes.^[21]
- In Prasadanjana (Applied After Shalya Karma of Lingnasha) – Equal quantity of Meshshringa Pushpa, Shirish Pushpa, Dhava Pushpa, Chameli Pushpa, Muktapisht and Vaidoorya are taken and made into fine powder. Then this powder is mixed with Aja Dugdha. All the material is kept in Tamrapattra for 7 days. On 8th day, Yavakar Varti is prepared and used in operated eyes with Gulab Jala.^[22]
- Bilwadi Taila in Badhirya - The kalka of Bilwa, Gomutra, Til Taila and Aja Dugdha is

heated till only oil is left. It is used as Karnapurna in Badhirya.^[23]

- Powder of Mulethi, Sharkara, Lodhra, Paysya and Sariva is taken with Aja Dugdha and Madhu in Rakta Atisara.^[24]
- Krishna Tila, Mochras, Lodhra, Mulethi and Utpala in equal quantity are taken with Aja Dugdha and Madhu in Rakta Atisara.^[25]
- Administration of Aja Dugdha on daily basis is indicated in the patients of Rajyakshma.^[26]

MATERIALS AND METHODS

Literary Source: Anjana is derived from the root 'Anakta Anena Anjanam' that which spreads in the eye is Anjana.

DISCUSSION

Madhukadi Anjana, as described in the Sushrut Samhita, is a traditional Ayurvedic formulation aimed at treating Vataja Abhishyanda, characterized by excessive moisture in the eyes. Its key ingredients include Yashtimadhu (liquorice), Haridra (turmeric), Haritaki (myrobalan), Deodar (cedar), and Aja Dugdha (goat milk), each contributing unique therapeutic properties. Liquorice and turmeric are particularly noted for their anti-inflammatory and antioxidant effects, while Haritaki aids digestion and detoxification. The combination is believed to enhance skin health and alleviate ocular discomfort. Typically prepared as a paste with goat milk, it is applied as an anjana to the eyes or for skin issues. With its holistic benefits, Madhukadi Anjana serves as an important remedy in Ayurvedic practice, promoting overall well-being and eye health.

CONCLUSION

Anjana involves applying different medicinal formulations to the eyes, crucial for preventing damage from excess Kapha dosha and maintaining eye health. Madhukadi Anjana is a significant Ayurvedic formulation derived from the Sushrut Samhita, specifically designed to address Vataja Abhishyanda. By harnessing the combined properties of its key ingredients—liquorice, turmeric, myrobalan, cedar, and goat milk—it offers multifaceted benefits, particularly for eye health and skin conditions. The formulation's anti-inflammatory and antioxidant effects, alongside digestive support from Haritaki, make it a holistic remedy. Typically used as a collyrium, Madhukadi Anjana not only alleviates discomfort but also enhances overall well-being. Its integration of traditional knowledge with natural ingredients underscores its relevance in contemporary Ayurvedic practice.

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