

A REVIEW ON KAPHAJA ABHISHYANDHA W.S.R. ALLERGIC CONJUNCTIVITIS

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ABSTRACT

Allergic conjunctivitis is a common ocular disorder characterized by itching, redness, watering, and mucous discharge of the eyes. It occurs due to hypersensitivity reactions to allergens such as pollen, dust, and environmental irritants. In Ayurveda, a condition resembling allergic conjunctivitis can be correlated with Kaphaja Abhishyanda, which is described under Sarvagata Netra Rogas in classical Ayurvedic texts. Abhishyanda is considered the root cause of several ocular diseases and manifests with symptoms such as inflammation, discharge, and redness of the eye. Kaphaja Abhishyanda specifically presents with features such as Kandu (itching), Guru Gaurava (heaviness), Picchila Srava (mucoid discharge), and Shopha (swelling). These clinical features closely resemble

allergic conjunctivitis described in modern ophthalmology. Ayurveda recommends several therapeutic modalities such as Ashchyotana, Anjana, Parisheka, Tarpana, and Nasya for the management of ocular disorders. Recent clinical and systematic studies have reported that Ayurvedic therapies may reduce symptoms such as itching, discharge, and conjunctival congestion in conjunctivitis. This review article explores classical Ayurvedic concepts of Kaphaja Abhishyanda and correlates them with allergic conjunctivitis in modern medicine.

KEYWORDS: Abhishyanda, Kaphaja Abhishyanda, Allergic Conjunctivitis, Netra Roga, Ayurveda.

INTRODUCTION

The eye is an important sense organ responsible for perception of visual stimuli. Ayurveda emphasizes the protection and preservation of vision through preventive and therapeutic

measures. Numerous ocular disorders are described in classical Ayurvedic literature under the heading of Netra Roga.

Among these diseases, Abhishyanda is considered one of the most important ocular disorders and is regarded as the root cause of several other eye diseases if left untreated.^[1]

In modern ophthalmology, conjunctivitis refers to inflammation of the conjunctiva. Allergic conjunctivitis is one of the most common ocular allergic diseases and is caused by hypersensitivity reactions to environmental allergens such as pollen, dust, and animal dander.^[2]

Symptoms such as itching, redness, lacrimation, and mucous discharge are characteristic features of allergic conjunctivitis.^[3] These symptoms resemble those described in Kaphaja Abhishyanda in Ayurvedic literature.^[4]

MATERIALS AND METHODS

This review article is based on classical Ayurvedic literature and modern scientific research.

Ayurvedic Sources

- Sushruta Samhita
- Ashtanga Hridaya
- Bhaishajya Ratnavali
- Ayurvedic ophthalmology textbooks

Modern Sources

- PubMed database
- Research articles on conjunctivitis
- Systematic reviews on Ayurvedic therapies

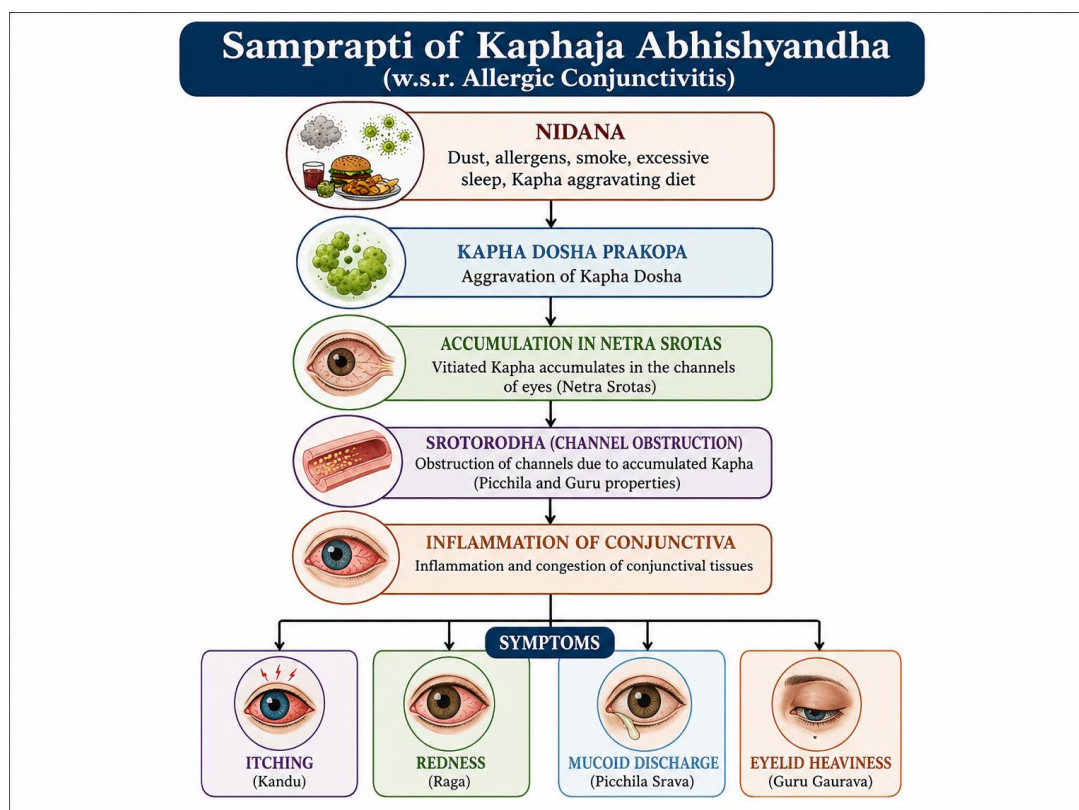
Relevant keywords used for literature search included.

- Abhishyanda
- Kaphaja Abhishyanda
- Allergic conjunctivitis
- Ayurvedic management of conjunctivitis.

- Dust and smoke
- Poor eye hygiene

These factors lead to aggravation of Kapha Dosha.

SAMPRAPTI



ALLERGIC CONJUNCTIVITIS

Allergic conjunctivitis is a hypersensitivity reaction of the conjunctiva triggered by allergens such as pollen, dust mites, and animal dander.

Allergic conjunctivitis is an IgE-mediated hypersensitivity reaction of the conjunctiva triggered by allergens such as pollen, dust mites, and environmental pollutants.^[13]

Common symptoms include.^[14]

- Itching
- Redness
- Watery
- Mucoid discharge
- Photophobia

Approximately 5–22% of the population may suffer from allergic ocular diseases.^[15]

AYURVEDIC MANAGEMENT

Ayurveda describes several Kriyakalpa procedures for the treatment of ocular disorders such as Abhishyanda.^[16]

These include

1. Ashchyotana (eye drops)
2. Anjana (collyrium application)
3. Parisheka (eye irrigation)
4. Tarpana (retention of medicated ghee)
5. Nasya (nasal therapy)

These therapies help remove accumulated Kapha from ocular tissues and reduce inflammation.^[17]

Clinical studies have reported improvement in symptoms of conjunctivitis with Ayurvedic therapies such as Triyushnadi Anjana and Rasanjana Madhu Ashchyotana.^[18]

DISCUSSION

Allergic conjunctivitis is increasingly common due to environmental pollution, allergens, and lifestyle factors.

Modern medicine provides symptomatic treatment using antihistamines, mast cell stabilizers, and corticosteroids.^[19] However long-term steroid use may cause complications such as glaucoma and cataract.^[20]

Ayurveda offers a holistic approach including.^[21]

- Dosha pacification
- Local therapies
- Herbal medicines
- Lifestyle modification.

Clinical studies have demonstrated promising results of Ayurvedic therapies such as Triyushnadi Anjana in the management of Kaphaja Abhishyanda.

CONCLUSION

Kaphaja Abhishyanda described in classical Ayurvedic literature exhibits remarkable similarity with allergic conjunctivitis explained in modern ophthalmology. The clinical

manifestations such as Kandu (itching), Picchila Srava (mucoïd discharge), Raga (redness), Shopha (swelling), and Guru Gaurava (heaviness of eyelids) closely resemble the signs and symptoms observed in allergic conjunctivitis. This strong symptomatic resemblance supports the correlation between Kaphaja Abhishyanda and allergic conjunctivitis.

In Ayurveda, Abhishyanda is considered the root cause of many ocular disorders, emphasizing the importance of early diagnosis and proper management. The etiological factors described in Ayurvedic texts, including exposure to dust, smoke, environmental irritants, improper dietary habits, and Kapha aggravating factors, are also comparable to modern allergic triggers responsible for conjunctival inflammation.

Modern treatment primarily focuses on symptomatic relief through antihistamines, mast cell stabilizers, and corticosteroids. Although these therapies provide temporary relief, prolonged use of corticosteroids may lead to complications such as glaucoma, cataract formation, and ocular surface changes. In contrast, Ayurveda provides a holistic and individualized approach aimed at correcting the underlying Dosha imbalance, especially aggravated Kapha Dosha, while improving ocular health and preventing recurrence.

Ayurvedic therapeutic modalities such as Ashchyotana, Anjana, Parisheka, Tarpana, and Nasya have been described as important Kriyakalpa procedures for the management of ocular diseases. These therapies help in reducing inflammation, clearing excessive secretions, improving ocular nourishment, and restoring normal physiological function of the eye. Along with local therapies, dietary regulation, lifestyle modification, and internal medications play a significant role in comprehensive management.

Several recent studies and clinical observations have indicated encouraging results of Ayurvedic interventions in reducing symptoms like itching, redness, watering, and mucous discharge in allergic conjunctivitis. However, most available studies are limited by small sample size and shorter duration of follow-up. Therefore, further well-designed randomized clinical trials, experimental studies, and evidence-based research on larger populations are required to scientifically validate the safety and efficacy of Ayurvedic therapies.

Thus, Ayurveda offers a promising, cost-effective, and holistic approach in the management of allergic conjunctivitis through the concept of Kaphaja Abhishyanda, and integration of

classical Ayurvedic principles with modern ophthalmic research may contribute significantly toward better ocular healthcare in the future.

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