

ROLE OF CHANDRODYA VARTI IN THE MANAGEMENT OF KAPHAVIDAGDH DRISHTI WSR NIGHT BLINDNESS- A CONCEPTUAL STUDY

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ABSTRACT

The eye is the most important organ in the body, as said in *Chanakya Neeti*, which describes the eye (*Netra*) as "*Sarveindriya Nayanam Pradhanam*"—the foremost among all sense organs. *Kapha Vidagdha Drishti* characterized by impaired night vision, can be correlated to Nyctalopia or Night blindness. This condition primarily arises from *Kapha Dosha* imbalance, often linked to vitamin A deficiency and rod cell dystrophy. *Chandrodyia Varti*, an Ayurvedic formulation mentioned in ancient texts like *Bhaishajya Ratnavali*, *Chakradatta*, *Sharngadhara Samhita*, and *Yogaratanakara*, has been used in the management of *Timira* (blurring of vision), eye itching, extra mass growths, and night blindness. This article aims to highlight the role of *Chandrodyia Varti* in the prevention and management of night blindness, showcasing its

relevance in Ayurvedic ophthalmology.

KEYWORDS: *Kaphavidagdh Drishti*, *Chandrodyia varti*, night blindness, *Netra roga*.

INTRODUCTION

According to *Acharya Sushruta*, in *Kapha Vidagdha Drishti*, the *Kapha Dosha* affects all three layers (*Patalas*) of the eye, leading to visual disturbances. Patients perceive objects as white in color (*Shuklani Hi Manyathe*), and their vision becomes impaired during the night when *Kapha Dosha* is predominant. However, during the daytime, the heat (*Ushna Guna*) of

the sun helps pacify *Kapha* (*Kapha Alpa Bhaavath*), improving vision (*Diva Suryanugruhitha Chakshurishyathe*).^[1] Similarly, *Acharya Vagbhatta* describes this condition, referred to as *Doshandhya*, where the cold nature (*Sheeta Guna*) of night time aggravates *Kapha*, obstructing the *Drishti Mandala* and causing night blindness. In contrast, the warmth of the rising sun in the morning liquefies and reduces *Kapha*, restoring clear vision.^[2]

Rods are retinal photoreceptors vital for peripheral and dim-light vision, with about 90 million cells concentrated around the fovea.^[3] They contain rhodopsin, a pigment made of opsin and retinal, which absorbs green-blue light and is activated by light exposure.^[4] Night blindness (nyctalopia) can arise from vitamin A deficiency, eye or liver conditions, congenital disorders like CSNB, or inherited diseases like retinitis pigmentosa.^[5]

Its severity of outcomes has led to significant emphasis on this disease by the *Acharya*. Various treatment formulations are advocated for management of this problem. Here, *Chandrody Varti* (Ref. *Chakradatta*) is being studied from literary point of view.^[6]

METHODS AND MATERIALS

The study gathered information on *Chandrody Varti* and *Kaphavidagdha drishti* through classical Ayurvedic texts (*Bruhatrayi* and *Laghutrayi*)^[7], online searches (using PubMed and Google) and Night blindness through Modern texts and internet, ensuring a comprehensive data collection.

Table 1: List Of Drugs With Quantity.

S.no	Contents	Part Used	Rasa	Guna	Veerya	Vipaka	Ratio
1.	<i>Haritaki</i> (<i>Terminalia chebula</i>)	Fruit rind	<i>Kashaya Pradhan Panchrasa Lavan Varjit</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	1
2.	<i>Vacha</i> (<i>Acorus calamus</i>)	Roots and Rhizome	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	1
3.	<i>Kustha</i> (<i>Saussurea lappa</i>)	Root	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	1
4.	<i>Pippali</i> (<i>Piper longum</i>)	Fruit, Root	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Anusheena Sheet</i>	<i>Madhura</i>	1
5.	<i>Marich</i> (<i>Piper nigrum</i>)	Fruit	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	1

6.	<i>Vibhitaki</i> (<i>Terminalia bellerica</i>)	Fruit rind	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	1
7.	<i>Shankh</i> (<i>Tubinella pyrum</i>)	Conch shell	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna with Sheeta Sparsha</i>	<i>Katu</i>	1
8.	<i>Manashila</i> (<i>Arsenic rubrum</i>)	Metal	<i>Katu, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	1

BHAWANA DRAVYA – AJA KSHEERA (GOAT MILK)

METHOD OF PREPARATION

Raw materials are taken and identified based on their macroscopic and microscopic characteristics. “*Manahshila*” (Realgar) is triturated with “*Bijora Nimbu*” (Citrus limon) juice and dried, repeating the process seven times. “*Swedana*” of “*Shankha Nabhi*” is done by boiling it in lime juice for three hours, followed by washing and drying. All raw ingredients are powdered, sieved and mixed with goat milk for six hours. The paste formed is prepared in “*Yavakara Vartis*” shape and dried in sunlight.^[8]

HOW TO USE

This formulation can be applied as a paste on the inner side of the eye lids after grounding it with Honey.

Table 2: References Which Support Its Ocular Action.

S.no.	CONTENT	ACTION
1	<i>Haritaki</i>	<i>Chakushya</i> (Su. Su. 46) <i>Rasyana, Chakushya</i> (Bha. Pra.) <i>Yogavaahi</i> (Raj. Ni.)
2	<i>Vacha</i>	<i>Kapha Vatahar</i> (Dhan. Nigh.)
3	<i>Kustha</i>	<i>Vata Kaphahar</i> (Raj. Night.)
4	<i>Pippali</i>	<i>Vata Sleshmahari</i> (Bhav Prakash) <i>Kapha Vataghni</i> (Ch. Su. 27) <i>Yogavaahi</i> (Ch. Vi. 1)
5	<i>Maricha</i>	<i>Kapha Vatajita</i> (Bhav Prakash) <i>Chakshusya ch visheshta</i> (Su. Su. 46)
6	<i>Vibhitaki</i>	<i>Netra Hitam, Kapha Pittaghnam, Kapha Vatahar</i> (Bhav Prakash) <i>Chakshushya</i> (Su. Su. 46)
7	<i>Shankh nabhi</i>	<i>Netra Pushpahar</i> (Bhav Prakash)
8	<i>Mana shila</i>	<i>Kaphahar</i>

Table 3: Active Ingredients of Each Individual Drug.^[9]

S.no.	CONTENT	Active Ingredients
1	<i>Haritaki</i>	Chebolic Acid, Gallic Acid, Corilagin, Chebulagic Acid, Ellagic Acid, Chebulinic Acid, Triterpenoids And Anthraquinones.
2	<i>Vacha</i>	Choline, Flavone, Acoradin, Galangin, Acolamone, Isocolamone
3	<i>Kustha</i>	Monoterpenes, Rich Source Of Sesquiterpenoids Specially Sesquiterpene Lactones, Flavonoids, Lignans, Triterpenes, Steroids, Glycosides Etc.
4	<i>Pippali</i>	Piperine, Pippalartine, Piper Longuminine, Dihydro-Stigmasterol, Etc.
5	<i>Maricha</i>	Piperine, Piperethine, Dihydroferuperine, Cryptone, B-Alanine,
6	<i>Vibhitaki</i>	Tannins, Gallic Acid, Ellagic Acid, Chebulagic Acid, And Chebulinic Acid
7	<i>Shankh</i>	Calcium carbonate
8	<i>Mana shila</i>	Arsenic

MODE OF ACTION OF INGREDIENTS OF CHANDRODYA VARTI**1. Haritaki (*Terminalia chebula*)**

Haritaki supports vision health by providing pro-vitamin A compounds essential for rhodopsin synthesis, aiding in dim-light vision. Its antioxidants protect rod cells from oxidative damage, while its *Rasayana* properties promote cellular repair and regeneration. It enhances the absorption of vitamin A through improved digestion and detoxifies the body, improving nutrient delivery to retinal tissues.^[10]

2. Vacha (*Acorus calamus*)

Vacha enhances the absorption of vitamin A, essential for rhodopsin synthesis in rod cells. Its neuroprotective properties help safeguard retinal photoreceptors, reducing damage in rod cell dystrophy. Rich in antioxidants, it mitigates oxidative stress, a major cause of retinal degeneration. It also improves retinal blood flow and reduces inflammation, promoting cellular repair and maintenance.^[11]

3. Kustha (*Saussurea lappa*)

Kustha contains active compounds like Saussureamine, flavonoids, and alkaloids. These compounds exhibit potent antioxidant and anti-inflammatory effects, which help reduce oxidative stress in the body, including the eyes. It's ability to support digestion enhances

nutrient absorption, ensuring the effective use of vitamin A, which is crucial for maintaining the health of rod cells in the retina. Additionally, its detoxifying properties may help eliminate toxins that contribute to retinal damage, making it beneficial for managing rod cell dystrophy and preventing vitamin A deficiency.^[12]

4. Pippali (*Piper longum*)

Pippali is rich in piperine, a compound that enhances the bioavailability of nutrients by increasing the absorption of fat-soluble vitamins like vitamin A. Piperine works by stimulating digestive enzymes and improving the gastrointestinal tract's ability to absorb essential nutrients. This ensures that vitamin A, vital for the synthesis of rhodopsin in rod cells, is better utilized. It also supports circulation, improving blood flow to the eyes, which helps deliver the nutrients necessary for rod cell repair and regeneration.^[13]

5. Maricha (*Piper nigrum*)

Marich contains piperine which shares similar properties to pippali. It enhances the bioavailability of nutrients by improving nutrient absorption in the digestive system. This helps the body better absorb and utilize vitamin A, supporting its role in retinal health. Piperine's antioxidant properties also protect retinal cells from oxidative damage.^[14]

6. Vibhitaki (*Terminalia bellerica*)

Vibhitaki is rich in antioxidants, including tannins, flavonoids, and phenolic compounds. These antioxidants help neutralize free radicals and reduce oxidative stress, which is essential for maintaining the health of retinal cells. It supports the absorption and metabolism of vitamin A by improving digestive function. It also promotes liver health, which is necessary for the storage and conversion of vitamin A into active form, retinal.^[15]

7. Shankhnabhi (Conch Shell)

Shankhnabhi is often used for its detoxifying properties. It contains calcium carbonate, which can help promote bone health and support cellular regeneration. Though not directly linked to vitamin A, it aids in purifying the body, enhancing digestive efficiency, and supporting nutrient absorption.^[16]

8. Manashila (Realgar)

Manashila contains arsenic, which in controlled doses, acts as a potent detoxifier. It helps eliminate heavy metals and toxins from the body, including the eyes. By reducing oxidative

stress and inflammation, supports the health of retinal cells, including rods. While not directly providing vitamin A, its detoxifying properties enhances the body's ability to metabolize and utilize the nutrients it consumes, including vitamin A. This can support rod cell repair and regeneration, improving vision, especially in low-light conditions associated with rod cell dystrophy.^[17]

DISCUSSION

Each of these herbs contains active compounds that support vitamin A absorption, protect retinal cells from oxidative damage, and promote the regeneration of damaged rod cells, helping in the management of night blindness and rod cell dystrophy. Whereas from ayurvedic point of view, each of these drugs possess *Kaphahar* action and hot potency which eliminates aggravated *Doshas* of *Kapha Vidagdha Drishti* i.e., Night blindness.¹⁸

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