



**TO EVALUATE THE EFFICACY OF TRIPHALADI KWATH NETRA PARISHEK IN  
THE MANAGEMENT OF VATAJ ABHISHYAND(ALLERGIC CONJUNCTIVITIS) A  
SINGLE CLINICAL CASE STUDY**

**Dr. Dinesh Gurjar<sup>\*1</sup>, Dr. Rajendra Singh Patel<sup>2</sup> and Dr. Jagruti Richhariya<sup>3</sup>**

<sup>1</sup>P.G. Scholar, Dept. of Shalakya Tantra, Mansarovar Ayurvedic Medical College Hospital & Research Centre, Bhopal, (M.P.)

<sup>2</sup>Associate Professor, Dept. of Shalakya Tantra, Mansarovar Ayurvedic Medical College Hospital & Research Centre, Bhopal, (M.P.)

<sup>3</sup>Assistant Professor, Dept. of Shalakya Tantra, Mansarovar Ayurvedic Medical College Hospital & Research Centre, (M.P.)



**\*Corresponding Author: Dr. Dinesh Gurjar**

P.G. Scholar, Dept. of Shalakya Tantra, Mansarovar Ayurvedic Medical College Hospital & Research Centre, Bhopal, (M.P.)

Article Received on 29/07/2024

Article Revised on 18/08/2024

Article Accepted on 08/09/2024

**ABSTRACT**

*Abhishyanda* is one among the *Sarvagata Netra Rogas*, which affects all parts of the eye, having good prognosis. Signs and symptoms of allergic conjunctivitis like redness, itching, watering, burning, F.B. sensation, photophobia and discharge which simulates with signs and symptoms of *Abhishyanda* explained in our classics. It is of four types depending upon the predominant *Dosha* viz *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja Abhishyanda*. In each type of *Abhishyanda* nature of pain, discharge, congestion, edema, etc. varies. On analyzing the signs and symptoms predominant *Dosha* can be assessed. If these *Abhishyanda* are not treated in time it leads to a painful condition called *Adhimantha*. In *Sushruta Samhita* four separate chapters have been devoted to the treatment of *Abhishyanda* after explaining *Sarvagata Roga*. It should be treated as soon as possible otherwise complications due to *Abhishyanda* will be severe in nature and difficult to save eye sight. Present case study of 30 yr. old female Patient having symptoms of watery discharge foreign body sensation, burning, itching, and redness etc. Diagnosis done as a *Vataja Abhishyanda*, undergo the Ayurveda treatment as *Netra Parisheka* and Shaman treatment for 7 days. After 7 days Patients was much relieved. Present Case Study, the Effect of *Netra Parisheka* and Shaman treatment in *Vataja Abhishyanda*.

**KEYWORDS:** *vataja Abhishyanda*, allergic conjunctivitis, *parisheka*.

**INTRODUCTION**

*Abhishyanda* is a condition in which all *Netravaha Srotas* get *Shyandatva* and leads to condition like discharge from all parts of eye. *Abhishyanda* is one among the *Sarvagata Netra Rogas* and is considered as the root cause of all type of *Netra Rogas* by all the *Acharyas*. *Lakshana* of *Abhishyanda* like *Sangharsha*, *Srava*, *Toda*, *Daha*, *Ragata*, *Guruta*, *Kandu* etc are similar with modern aspect of symptoms of allergic conjunctivitis. foreign body sensation, burning, itching, discharge, and redness etc. Seperate *Nidanas* for *Abhishyanda* are not mentioned in any classical texts by our *Achyarya*, so general *Nidanas* of *Netra Rogas* can be considered as the *Nidanas* of *Abhishyanda*. These are sleeping during day time, awaking at night hours, excessive use of sour item, suppression of natural urges, intake of alcohol, working in polluted and smoky area etc. In modern ophthalmology also dust, smoke,

pollution, seasonal. *Vishishta Samprapti* of *Abhishyanda*, Like any other disease *Abhishyanda* can be divided into various stages on the concepts of *Kriya Kala* like *Sancaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyakti* and *Bheda*. *Parishek* is a *Kriyakalpa* which gives remarkable effect of the drugs locally and gives complete relief in the local signs and symptoms of eye disease. This study should be done in more number and more variety of signs and symptoms of eye patients to give proper management with *Parishek*. Furthermore, relevant studies regarding different modes of drug in the form of *Kshira*, *Kwatha*, *Mansarasa*, *Ghruta*, etc. should be done in the procedure of *Parisheka* which can open new horizons in the field of *Shalakya Tantra*.

**Aim Of The Study:** To Evaluate The Efficacy of *Parisheka* In The Management Of *Vataj Ahishyanda* (Allergic Conjunctivitis).

**MATERIALS AND METHODS**

The patients attending the EYE O.P.D. Dept. of *Shalakya tantra*, Mansarovar Ayurvedic Medical College Hospital And Research Centre, Bhopal (M.P.).

The study was clinical trial. The diagnosis of *Vataja Abhishyanda* (Allergic Conjunctivitis) was done on the basis of clinical picture as per the Modern and Ayurvedic texts. For this purpose a special research proforma was prepared as per the modern and Ayurvedic view. After taking ophthalmic and systemic history, a detailed eye examination was carried out by slit lamp examination before and after study. The Clinical trial study was registered on 21/06/2024.

**CASE STUDY**

A 30 Year Old female Patient Came To The Shalakya Tantra, Eye OPD Of Mansarovar Ayurvedic Medical College Hospital & Research Centre Bhopal (M.P.) On 21/06/2024 With Complaints Watering of Both Eye, Itching, F. B. Sensation, Congestion, Since 2 Days.

**Personal History**

Diet- vegetarian  
Appetite-Normal  
Bowel-Regular  
Micturition - 4-5 times/day  
Habits-No

**ASHTAVIDHA PARIKSHA**

*Nadi- Pittapradhan vata*  
*Mala- Prakruta*  
*Mutra- Prakruta*  
*Jivha- Nirama*  
*Shabda- Spashta*  
*Druka- Prakruta*  
*Akruti- Madhyama*

**Vitals examination**

*B.P. – 120/80 mmHg*  
*Pulse rate -76/min.*  
*Respiratory rate - 22/min.*  
*Temperature- 97.40 F*

**Visual Examination****Table No. 1: Visual Examination.**

Visual Examination	Right Eye	Left Eye
Distant vision	6/12 p	6/9 p
Near vision	N/6	N/6

**Ocular examination:** Slit lamp examination explained in Table no.2

**Table No 2: ocular examination of both eyes.**

Ocular examination	Right eye	Left eye
Eyelid	Mild upper and lower lid swelling	Mild upper and lower lid swelling
Eyeball movements	Normal	Normal
Conjunctiva	Congestion at Bulbar conjunctiva ++, Palpebral conjunctiva ++, Lower fornix +++	Congestion at Bulbar conjunctiva ++, Palpebral conjunctiva ++, Lower fornix +++
Cornea	Clear	Clear
Anterior chamber	NAD	NAD
Pupils	Normal in shape and reactive to light	Normal in shape and reactive to light
Lens	Within normal limits.	Within normal limits.

**Patient examination:** Patient pictures during slit lamp examination-



### Investigations

Complete blood count was done, where Hemoglobin, WBC, ESR were in normal range; Lymphocytes, Eosinophil count were higher than normal range but there was mild decrease in Neutrophil, Monocyte count. Absolute Eosinophil count was highly increased (800cells/mm). Sac patency test, Tear break up test (TBUT) and Schirmer's Test was also done.

### CLINICAL ASSESSMENT

Patient was assessed using subjective characteristics (*lakshanas*) of *vataja abhishyanda*. And also the signs of allergic conjunctivitis observed which were as follows – Sign & Symptoms Ayurvedic correlation:

- *Nishtoda* – foreign body Sensation
- *Shishirabh Ashruta* – lacrimation

### Treatment

**Procedure done: Table No. 3: Netra Parisheka With Triphala, Yashtimadhu And Daruharidra Kwath.**

Procedure name	Medicine used in <i>parisheka</i>	Procedure Duration
<i>Netra parisheka</i>	<i>Triphala, Yashtimadhu and Daruharidra kwath</i>	7 days

*Kwatha* made from *Triphala, Yashtimadhu* and *Daruharidra* was used as *Netra parisheka*.

5 gm of each was taken, 800 ml of water pour into it and boiled until it remains 1/8th of total volume to remain 100 ml. All aseptic precautions were taken while preparing *Kwatha*.

- *Triphala* pacifies the *Tridoshas* and is a potent astringent with Anti Inflammatory, Homeostatic and Wound healing properties. It is beneficial in the disease of eye, due to properties of *Chakshushya, Rasayana, Shothahara* and *Deepana*. *Triphala* decoction is easy to made and cost effective drug in Ayurvedic management.
- *Yashtimadhu: Vatapitta Shamaka Dravya* which helps in reducing *Vedana and Raga*. It has Glycyrrhizine, Kaempferol like anti-inflammatory contents.
- *Daruharidra: Daruharidra is Kaphapitta Shamaka Dravya* which helps in reducing *Shotha and Vedana* It contains Berberin which is anti-inflammatory.

*Netra Parisheka* which is externally application of medicine on the eye, due to Contact with *Bhrajaka Pitta* (the pitta which is seated in the skin), it will Absorbed through local tissue with the help of *Ushna Ruksha Gunas*. Due to *Pachana* and *Bahirparimarjana* properties of the procedures. *Ama Pachana* will occur and further removes *Srotorodha* (Normalization of *Sthanika Dhatwagni*) finally it converted to *Amavastha* to *Niramavastha* of eye. Hence, this formulation was used which can save the time and cost of medicine.

*Triphala* pacifies the *Tridoshas* and is a potent astringent with Anti Inflammatory, Homeostatic and Wound healing properties. It is beneficial in the disease of eye,

- *Chala*- Unsteady
- *Alpashopha* -Oedema
- *Nasanaha* - Nasal Congestion
- *Sphutana* - Tearing Pain
- *Bhedana* - Breaking Pain
- *Kandu* - Itching
- *Raga*- Congestion

**INTERVENTION GIVEN:** *Acharyas* have mentioned *Shodhana Vidhi* (drug with *shodhana guna* helps in removing toxins inside the body) followed by *Sthanik chikitsa* such as *Nasya, Aschyotana, Netra Seka, Parisheka, Pindi*. In this case, a combination of herbal preparation was administered to provide therapeutic effects.

due to properties of *Chakshushya, Rasayana, Shothahara* and *Deepana*. *Triphala* decoction is easy to made and cost effective drug in Ayurvedic management.

### Mode of Action Of *Netra Parisheka*

The mode of action of *Parisheka* is quick and efficient as the absorption through the thin layer of eyelid skin is enhanced by heat and continuous exposure to the liquid drug for a short period of time. The skin thickness of eye is 0.05cm, which is the thinnest skin in our body. Increased temperature of skin increases the rate of penetration by direct effect on diffusion within the skin. The temperature affects stratum corneum structure causing higher permeability. Also, temperature increase improves blood flow locally henceforth enhancing the dermal absorption. Thereby the use of *Parisheka* drug at a specific temperature over the eyelids for a proper time of *Dhara* gives us good absorption of medicine and also reduces the local inflammations and pain of *vataj Abhishyanda*.

According to Modern medicine cleanliness and control of infection plays the major role in its treatment. So, our use of *Parisheka* procedure provides indirectly frequent cleaning of eye. Also in the chronic and recurrent cases, only antibiotics do not give results hence *Parisheka* is a good supportive measure along with our *Dosha-Shamak* oral medications for the cure of the disease.

**Upashaya and Anupashaya:** While explaining the disease *Acharya Vagbhata* quoted that *Snigdha* and *Ushna Upachara* relieves the signs and symptoms of the *Vataja Abhishyanda*. *Netra parisheka* is the most common form in ophthalmic practice, because the standard dose of the eye drops is maintained and patients can easily carry it with them and instill it whenever

required. Considering this, eye drop formulation has been chosen as an alternative to *Kriya Kalpa*.

Timeline Total Study Period- 15 days

Treatment period-7 days Follow up- 7<sup>th</sup> and 15<sup>th</sup> day

Outcome During course of OPD admission Reduction in lacrimation and foreign body sensation reduced completely No Itching and congestion of conjunctiva waking up. Follow up on 15 day, all symptoms are reduced & Bowels are regular Overall health status maintained.

**Follow up:** After completion of treatment, the patient was followed up for 7 days. Patient was completely free from the previous signs and symptoms and no any new complaints were found during the 7<sup>th</sup> day of follow up.

**Results:** After 7<sup>th</sup> day of assessments, she got complete relief from on each symptom associated with *vataj Abhishyanda*. Results of the treatment were tabulated and analyzed in table no-4,5.- Before and after Treatment symptoms-

**Table No. 4: Observation of assessment criteria (Subjective Criteria) of analysis before treatment, during treatment & After treatment.**

Subjective Criteria	0 day (before treatment)	5 <sup>th</sup> (day after treatment)	7 <sup>th</sup> day
<i>Nistoda</i> (Pricking Sensation)	+++	+	-
<i>Shishiraashru</i> (lacrimation)	++	-	-
<i>Alpashopha</i> (Oedema)	+	-	-
<i>Kandu</i> (Itching)	++	+	-

**Table No. 5: Objective Criteria, before treatment, during treatment & After treatment.**

Objective Criteria	0 day (before treatment)	5 <sup>th</sup> (day after treatment)	7 <sup>th</sup> day
<i>Raga</i> (congestion of cornea)	++	-	-

#### Clinical Images before and after Treatment



Image: Before Treatment.



Image: After Treatment.

#### OBSERVATION

It was observed that the patient got complete relief from *vataj Abhishyanda* in 5<sup>th</sup> days. She was asked to come for follow-up after 7 days, Patient was not on any medication at that time. There was no recurrence during the time of follow up.

#### DISCUSSION

*Vataja abhishyanda* is one among them that can be contemplated as allergic conjunctivitis. Varieties of therapeutic procedures including *Aushada dravyas*, *pathya* and *apathya* have been described in detail in the science. Incorporating the same would help the patient in providing the relief from its root and in turn the recurrence. *Parisheka* is a *Kriyakalpa* which gives remarkable effect of the drugs locally and gives complete relief in the local signs and symptoms of eye disease. This study should be done in more number and more variety of signs and symptoms of eye patients to give proper management with *Parisheka*. Furthermore,

relevant studies regarding different modes of drug in the form of *Kshira*, *Kwatha*, *Mansarasa*, *Ghrita*, etc. should be done in the procedure of *Parisheka* which can open new horizons in the field of *Shalaky Tantra*.

#### CONCLUSION

The present study provides the complete comprehension about the disease named *Vataja Abhishyanda*, the Allergic conjunctivitis including its etiology, signs, symptoms and management that are explained in Ayurveda system of medicine. The detailed in-depth knowledge of *Vataja Abhishyanda* and its management helps in providing an alternative, safe and an affordable treatment to the modern conventional management of Allergic conjunctivitis with no adverse effects. So on the basis of overall effect of results it can be concluded, that among the above mentioned line of treatment *Triphala*, *Yashtimadhu* and *Daruharidra Parisheka* is ideal remedy for the management of *Vataja abhishyanda*. Because it completely cure almost all sign and symptoms without

any adverse effects during the study, no significant adverse effects were observed.

According to Modern medicine cleanliness and control of infection plays the major role in its treatment. So, our use of *Parisheka* procedure provides indirectly frequent cleaning of eye. Also in the chronic and recurrent cases, only antibiotics do not give results hence *Netra Parisheka* is a good supportive measure along with our *Dosha-Shamak* oral medications for the cure of the disease.

## REFERENCES

1. Sushruta Samhita, Uttara Tantra By Ambikadatta Shastri Edition Reprint 2020 Chap-6/6 Page No.34.
2. Sushruta Samhita Utaratantra 6th Chap.6-46 By Ambikadatta Shastri Edition Reprint 2020, 6th Chap.6/46 Page No. 97.
3. Kaviraj Ambikadatta Shastri, Sushruta Samhita Of Sushruta, Uttartantra, Chapter 6, Edition: Reprint 2017, Varanasi, Chaukhambha Sanskrit Sansthan, 2017.
4. Ashtanga Samgraha Chaukhambha Sanskrita Pratishthana, Delhi Shareeri Sthana 2/43 Pg.283.
5. Ch. Su.13/13, Charaka Samhita With Vidyotini Hindi Commentary By Pt. Kashinath Shastri And Dr.Gorakhnath Chaturvedi, Reprint 1998. Chaukhamba Bharati Academy Publication, Varanasi, Volume 1. Sutra Sthana 17/12 Pg.99.
6. Ch. Su.13/14, Charaka Samhita With Vidyotini Hindi Commentary By Pt. Kashinath Shastri And Dr. Gorakhnath Chaturvedi, Reprint 1998. Chaukhamba Bharati Academy Publication, Varanasi, Volume 2.
7. Sha. Sa. U. 13/26, Sharagdharsamhita, With Hindi Commentary By Kaviraj Atridev Gupta, Published By Krishnada Academy, Varanasi.
8. Yogaratnakara, Vodyotinintikka, By Dr.Indradeva Tripathi, Chaukhamba Sanskrit Series Office 7th Edition 2002, Chap 10.
9. A K Khurana, Comprehensive Ophthalmology, 7th Edition, New Age International (P) Ltd., Publishers, New Delhi, Reprint, 2019.
10. Bhaisajya Ratnavali: Eighteen Revised Edition Of Sri Govinda Das. (2005) Edited By Shri Rajeshwardatta Shastri, Chaukhambha Sanskrit Sansthana, Varanasi.
11. Yog Ratnakar With Commentary By Vaidya Lakshmipati Shastri; LIndedi. (1973), Chaukhambha Sanskrit Series, Varanasi.
12. Prof. Siddhinanan Mishra Bhesajya Ratnawali, Chaukhamba Surbharti Prakashan, Varanasi Edition – 2005. BH.R.Netrarogadhikar 64 / 20. Page No-983.
13. Prof. Siddhinanan Mishra Bhesajya Ratnawali, Chaukhamba Surbharti Prakashan, Varanasi. Edition – 2005, BH.R.Nasarogadhikar 63 /10.
14. Prof. Udaya Shankar-A textbook of Salakya Tantra, Chaukhamba Visvabharati, Reprint 2022, 138.
15. Dravyaguna Vigyan, Vol II, Prof. Priyavrat Sharma, Chaukhambha Bharati Academy, Reprint 2013.
16. Prof. Narayan J. Vidwansa, Textbook of Salakya Tantra, Chaukhamba Surbharati Prakashan, Third edition, Reprint 2021.
17. Abhinava shalakya vijnana reviesed & enlarged edition by Dr.aparna Sharma, new edition, reprint 2021 chap.8.