

**AYURVEDIC PERSPECTIVES ON ABHISHYANDA: A COMPREHENSIVE REVIEW  
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**ABSTRACT**

Abhishyanda, a severe eye disorder, is equivalent to conjunctivitis in modern medicine. Characterized by conjunctival inflammation, it can spread through the bloodstream (Rakta) and lead to complications like Adhimanth (acute pain) and other ocular diseases. If left untreated, Abhishyanda can cause Sandhigat roga (joint disorders), Shuklagat roga (reproductive issues), Krishnagat roga (skin diseases), Vartmagat roga (skin lesions). So Ayurvedic classics categorize Abhishyanda into four types is Vataja Abhishyanda, Pittaja Abhishyanda, Kaphaja Abhishyanda and Raktaja Abhishyanda. Excessive eye discharge is a hallmark symptom of Abhishyanda, resulting from Kledana (imbalance) in Doshas and Dhatus. Ayurvedic management approaches for Abhishyanda include Anjana (collyrium), Pariseka (liquid pouring), Pralepa (paste application), Aschyotana (eye drops), Tarpana (nourishment), Sweda (sweating), Putpaka (fumigation) and specific Ayurvedic formulations and herbs offer relief from Abhishyanda symptoms.

**KEYWORDS:** Ayurveda, Netraroga, Abhishyanda, Shalakya Tantra"**INTRODUCTION**

Conjunctivitis, known as Abhishyanda in Ayurveda, is an eye condition characterized by conjunctival inflammation, typically caused by membrane infection. This condition leads to irritation, discomfort, and pathological changes in the eye's micro-channels (Strotas), causing vascular congestion.

The symptoms of Abhishyanda include As per ayurveda:

- Redness and inflammation (Rag and Lohit Netrata)
- Burning sensation (Daha)
- Itching (Sangharsh)
- Excessive discharge (Nistoda)
- Suppuration (Paka)

The term Abhishyanda literally means "profuse discharge," which is the primary characteristic of this condition. As a Sarvagata Netra Roga, Abhishyanda affects all parts of the eye, making it a comprehensive eye disorder."

Conjunctivitis, a common eye condition, exhibits symptoms such as conjunctival congestion, pricking sensation, burning sensation, and inflammation, particularly during the summer season. Modern medical

treatment approaches include eye drops, lubrication, ointments, and antibiotics.

Symptoms of conjunctivitis As per modern science:

- Redness and itchiness in the eyes
- Irritation and discharge
- Difficulty opening the eye in the morning
- Tearing and burning sensation

Causes

- Viral and bacterial infections
- Allergens and chemical splashes
- Foreign objects and tear duct blockage

In Ayurveda, conjunctivitis is classified into four types:

- Vataja Abhishyanda
- Pittaja Abhishyanda
- Kaphaja Abhishyanda
- Raktaja Abhishyanda

The etiopathogenesis of Abhishyanda involves:

- Dominant dosha: Kapha
- Affected dhatus: Rasa and Rakta
- Impaired strotas: Rasavaha and Raktavaha

- Srotodushti: Sanga and Atipravriti

Etiological factors lead to Sarva deha syandana, causing Siro-abhishyanda, which eventually results in NetraAbhishyanda, involving Khavaigunya and Acaksusya sevana.

Abhishyanda, an eye disorder, primarily involves the Kapha dosha. The condition arises from an imbalance in Rasa Dhatu and Rasavaha Strota, leading to Sanga and Atipravriti.

### TREATMENT APPROACHES

- Vataj Abhishyanda: Snigdha or ushna drugs
- Pittaja Abhishyanda: Mrudu and shitala therapy
- Kaphaja Abhishyanda: Tikshna, Ruksha, and Vishada drugs

Therapeutic Measures for Kaphaj Abhishyanda

- Snehan (oleation)
- Swedana (sweating)
- Anjana (collyrium)
- Seka (pouring)
- Ruksha Aschyotan (dry eye drops)
- Ruksha Putpaka (dry fumigation)

Local Application

- Paste of Rasanjan, Shunthi, Vacha, Haridra, and Murung on eyelids

Additional Therapies

- Tikshna gandusha (strong gargling)
- Nasya (nasal administration)
- Snehana with Ghee (oleation with ghee)
- Sneha virechana (purgation with ghee)
- Sirobasti (head bath)

Oral Administration

- Sahacharadi ghruta or Taila
- Sneha Virechana with Tilwak ghruta and Tilwak kashay

Other Remedies

- Sneha basti or Anuvasana basti
- Nasya with Shatavari, Dashmula, Balamula, and Siddha Tail
- Tarpana with Shriparni, Erand, and Nagarmotha
- Snehik putpaka
- Aschyotana with goat's milk and herbs
- Anjana with Haridra, Jeshtamadha, and Haritaki
- Aanupves varena shiro vadana lepa
- Saktu pindika for Vataj Abhishyanda
- Granny leaf paste for pain and swelling relief
- Chirchite paste for inflammation reduction
- Prajmoda juice: External application helps alleviate conjunctivitis symptoms.
- Chandi milk: Provides soothing relief.
- Rose-paste with butter: Reduces symptoms.

- Tulsi leaves: Decreases inflammation.
- Triphala Churna: Effective against allergic inflammation and burning sensation.
- Chandroyati Vati: Enhances allergy resistance.

### CONCLUSION

Abhishyanda, a comprehensive eye disorder, exhibits conjunctivitis-like symptoms, including conjunctival inflammation, profuse discharge, and associated symptoms. Ayurveda categorizes Abhishyanda into four types: Vataja, Pittaja, Kaphaja, and Raktaja. Various Ayurvedic approaches, such as Anjana, Pralepa, and Aschyotana, offer benefits in managing Abhishyanda. Kaphaghna Dravyas play a crucial role in treatment, as Abhishyanda is a Kapha-dominant condition. Modern medicine also provides therapeutic approaches, including eye drops, lubrication, ointments, and antibiotics, to manage conjunctivitis symptoms.

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