

ARJUNA (SUBCONJUNCTIVAL HEMORRHAGE): A REVIEW ARTICLE**Dr. Ritesh Madhukar Wakade^{*1}, Dr. Swati Sarwade²**^{*1}PG Scholar Department of Shalakyatantra PMT's Ayurvedic College Shevgaon.²Professor and HOD Department of Shalakyatantra PMT's Ayurvedic College Shevgaon.***Corresponding Author: Dr. Ritesh Madhukar Wakade**

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ABSTRACT

Arjuna is a condition described in Ayurvedic literature under the category of Netra Rogas (eye diseases). It is characterized by the appearance of a bright red patch on the white part of the eye, which closely resembles the modern ophthalmological condition known as Subconjunctival Hemorrhage (SCH). This condition occurs due to the rupture of small blood vessels beneath the conjunctiva and is usually harmless and self-limiting. However, its sudden appearance often causes concern among patients. According to Ayurveda, Arjuna is primarily associated with the vitiation of Rakta and Pitta Dosha affecting the Shukla Bhaga (sclera) of the eye. This review article aims to explore the Ayurvedic understanding of Arjuna and correlate it with the modern concept of subconjunctival hemorrhage, including its causes, clinical features, diagnosis, and management.

KEYWORDS: Arjuna, Subconjunctival Hemorrhage, Netra Roga, Rakta Dushti, Ayurveda, Eye Disorders.**INTRODUCTION**

The eyes are regarded as one of the most valuable sensory organs in Ayurveda. Ancient Ayurvedic scholars have described numerous eye diseases under the branch of Shalakyatantra, which deals with disorders occurring above the clavicle. Among these diseases, Arjuna is mentioned as a condition affecting the Shukla Bhaga, or the white portion of the eye.

In contemporary medicine, a similar condition is recognized as Subconjunctival Hemorrhage (SCH), which occurs when tiny blood vessels beneath the conjunctiva rupture and bleed. Although the condition is generally painless and resolves on its own within one to two weeks, its striking red appearance can be alarming to patients. Studying Arjuna in relation to SCH provides valuable insights into both traditional and modern approaches to ocular health.

Ayurvedic Concept of Arjuna**Definition**

एको यः शशरुधिरोपमस्तु बिन्दुः शुक्लस्थो भवति समर्जुनं वदन्ति (सु.उ. 4/7)

The term "Arjuna" refers to the appearance of a reddish discoloration on the white part of the eye. Classical Ayurvedic texts describe it as a localized red patch resulting from the vitiation of Rakta (blood) and Pitta Dosha.

Classical References

Acharya Sushruta and Acharya Vagbhata have described Arjuna among the Shuklagata Netra Rogas. They considered it a disease predominantly involving Rakta and Pitta, leading to discoloration of the scleral region.

Etiological Factors (Nidana)

Several factors are believed to contribute to the development of Arjuna, including:

- Excessive exposure to sunlight and heat
- Emotional stress and anger
- Excessive crying
- Trauma or injury to the eye
- Heavy physical exertion
- Consumption of spicy, sour, and Pitta-aggravating foods
- Vitiation of Rakta Dhatu

Pathogenesis (Samprapti)

According to Ayurveda, repeated exposure to causative factors leads to aggravation of Pitta Dosha and vitiation of Rakta. The affected Rakta localizes in the blood vessels of the Shukla Bhaga, resulting in rupture of minute vessels and accumulation of blood. This process manifests clinically as a bright red patch over the sclera.

Modern Perspective: Subconjunctival Hemorrhage Definition

Subconjunctival hemorrhage is defined as bleeding beneath the conjunctiva caused by rupture of small conjunctival capillaries. The blood becomes trapped under the transparent conjunctival membrane, creating a sharply defined red area on the sclera.

Causes

Several factors can lead to subconjunctival hemorrhage, such as:

- Direct trauma to the eye
- Sudden increases in venous pressure caused by coughing, sneezing, vomiting, or straining
- Hypertension
- Diabetes mellitus
- Use of anticoagulant medications
- Bleeding disorders
- Vigorous eye rubbing

- Post-surgical complications
- Idiopathic causes, where no specific cause can be identified

Clinical Features

Patients with SCH commonly present with:

- A bright red patch on the white part of the eye
- Sudden onset of symptoms
- Absence of significant pain
- Normal vision
- Mild irritation or foreign-body sensation in some cases
- Cosmetic concern due to the appearance of the eye

Diagnosis

Diagnosis is usually straightforward and based on clinical examination. Important components include:

- Detailed medical history
- Visual acuity assessment
- Slit-lamp examination
- Blood pressure measurement
- Coagulation studies in recurrent or unexplained cases

Correlation Between Arjuna and Subconjunctival Hemorrhage

Many of the clinical features described for Arjuna closely resemble those of subconjunctival hemorrhage.

Ayurvedic Concept	Modern Correlation
Rakta Dushti	Vascular bleeding
Pitta Prakopa	Increased vascular fragility
Involvement of Shukla Bhaga	Conjunctival and scleral involvement
Red discoloration (Rakta Varna)	Bright red subconjunctival patch
Self-limiting nature	Spontaneous recovery

These similarities strongly support the correlation between Arjuna and subconjunctival hemorrhage.

Nidana Parivarjana

The first step in treatment involves avoiding factors responsible for aggravating the condition. Patients are advised to:

- Avoid excessive exposure to heat and sunlight
- Reduce eye strain
- Manage stress and anger
- Avoid spicy, sour, and fermented foods

Local Therapies

Various ocular therapies may be employed depending on the patient's condition:

- Seka (medicated ocular irrigation)
- Aschyotana (eye drop therapy)
- Netra Parisheka (eye washing)
- Anjana (application of medicated collyrium where indicated)

Shamana Chikitsa

Ayurveda recommends several medications that help pacify Pitta and purify Rakta, including:

- Amalaki
- Yashtimadhu
- Guduchi
- Sariva
- Chandanasava
- Usheerasava

Diet and Lifestyle

A cooling and Pitta-pacifying lifestyle is encouraged. Patients should:

- Maintain adequate hydration
- Consume fresh fruits and green vegetables
- Ensure proper sleep
- Avoid rubbing the eyes

Modern Management

Most cases of subconjunctival hemorrhage require only reassurance, as the condition usually resolves naturally.

Treatment

Supportive measures include

- Artificial tears for symptomatic relief
- Cold compresses
- Monitoring and treatment of underlying systemic conditions such as hypertension and diabetes
- Careful review of anticoagulant therapy when necessary

Prognosis

The prognosis is generally excellent. In most individuals, the hemorrhage resolves completely within one to two weeks without affecting vision or causing long-term complications.

DISCUSSION

Arjuna represents a Rakta-Pitta predominant disorder affecting the ocular tissues. The Ayurvedic description of the disease shows remarkable similarity to the modern understanding of subconjunctival hemorrhage. While modern medicine focuses primarily on reassurance and identification of underlying systemic causes, Ayurveda provides a broader perspective by addressing the root causes through Dosha balance, Rakta purification, dietary regulation, and lifestyle modifications.

The correlation between the two conditions highlights the relevance of classical Ayurvedic knowledge in understanding ocular diseases. An integrative approach that combines modern diagnostic methods with Ayurvedic preventive and supportive measures may offer better overall patient care.

CONCLUSION

Arjuna is a classical Ayurvedic eye disorder that closely resembles subconjunctival hemorrhage described in modern ophthalmology. Both conditions present with a localized red patch on the sclera resulting from involvement of superficial blood vessels. Although generally benign and self-limiting, careful evaluation is necessary to rule out associated systemic disorders. Ayurvedic principles of Pitta-Rakta pacification, along with appropriate lifestyle modifications and ocular therapies, can complement modern management strategies and contribute to comprehensive patient care.

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