

ROLE OF HARIDRA KWATH PARISEKA IN SIMPLE BLEPHRITIS**Dr. Shamali Vishwas Kamble^{1*}, Dr. Jayvant Vasant Kharat² and Dr. Sujata Deepak Kate³**¹PG Scholar, (Shalakyatantra), Final Year, Hon Shri Annasaheb Dange Ayurved Medical College, Ashta, Sangli.²M.S (Shalakyatantra), Guide (Associate Professor), Associate Professor, Shalakyatantra Department Hon Shri Annasaheb Dange Ayurved Medical College, Ashta, Sangli.³M.S, Ph.D (Shalakyatantra) HOD (Professor), Hon Shri Annasaheb Dange Ayurved Medical College, Ashta, Sangli.***Corresponding Author: Dr. Shamali Vishwas Kamble**

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ABSTRACT

The Ayurvedic management of Krimigranthi, commonly known as Blepharitis, through the utilization of Haridra Kwath Pariseka, a traditional herbal remedy. Krimigranthi is a chronic inflammatory disorder of the eyelid margins, causing discomfort and aesthetic concerns. Haridra (*Curcuma longa*), well-known for its anti-inflammatory, antimicrobial, and immunomodulatory properties, is formulated into a decoction known as Haridra Kwath. The therapeutic application of Haridra Kwath through Pariseka aims to alleviate the symptoms of Krimigranthi and address its underlying causes. The clinical features of Shyavavartma, klinnavartma, and Krimigranthi is described by the Sushruta, Vagbhata, Yogratanakar, Madhavnidan. resembled with clinical features of blepharitis. Numerous use of drugs and attempt have been tried to treat this disease, but it still having recurrence is also major fact regarding the disease. Clinical studies exploring the efficacy of Haridra Kwath Pariseka in Blephritis management are reviewed, highlighting its potential to alleviate symptoms such as redness, itching, and swelling. Furthermore, the holistic approach of Ayurveda in addressing individual constitution (Prakriti) and potential root causes of Krimigranthi is underlined. Possible mechanisms of action, including inhibition of pro-inflammatory cytokines and modulation of immune responses, are hypothesized based on existing research on Haridra. Hence I took Haridra Kwath Pariseka to treat Blepharitis. It shows better result on itching, burning sensation, irritation and watering. It is safe and cost effective treatment for management of Blepharitis.

KEYWORDS: Blepharitis, Haridra Kwath Pariseka, Shyavavartma, Klinnavartma, Krimigranthi.**INTRODUCTION**

अपाङ्गे वा कनीने वो कण्डमपोटवान् !

पूयखावी कृमिग्रन्थिग्रन्थि कृतियुतो धर्तिमान !! va.ut s no.: 8-9, chp no.-10,

According to Vagbhata, it is a painful condition caused by infection and is associated with development of a tumor in the canthus area, itching, burning sensation, falling of eyelashes.

Blepharitis is sub acute or chronic inflammation of the lid margins, it is extremely common disease. Chronic blepharitis is very common cause of ocular discomfort and irritation. Involvement is usually bilateral and symmetrical. Blepharitis may be sub divided into anterior and posterior although there is often considerable overlap in symptoms. Features of both are often present the poor correlation between symptoms and signs, the uncertain etiology and mechanism of disease process, conspire to make management difficult. Blepharitis affects the area surrounding bases of lashes,

staphylococcal or seborrheic. Seborrheic generalized seborrhea that may involve the scalp.

Etiology**A) Predisposing factor**

- Age- Above 18 years.
- Patient with seborrheic as well as blepharo-conjunctivitis.

B) Causative organism: – Stapylococal Bacteria**Signs &Symptoms**

1. Burning sensation, itching, irritation, grittiness
2. Photophobia
3. Redness of lid margin and conjunctival hyperaemia
4. Watering.
5. Crusting
6. Redness& Dry Eyes
7. Madarosis
8. Oily tear film

AIM: To study the role of Haridra Kwath Pariseka in Blepharitis.

METHODS AND MATERIALS

Review regarding blepharitis was done from ayurvedic and modern text books, journals, Internet sources. Collected data compiled and classified as mention in text.

HARIDRA

DRUG:-Haridra.^[4]

LATIN NAME - Curcuma Longa

LOCAL NAME - Halad,Haldi

FAMILY - Zingiberaceae

GUNA - Laghu ,Ruksha

RASA - Tikta, Madhura

VIPAK - Katu

VIRYA - Ushna

KARMA

Kandughna,Shothahara,Chakshushya,Shulprashaman, Vedanasthapana,Tridoshhara,Kaphagna
PRAYOJYAANGA -Kand

ETYMOLOGY

सेवस्तु सूक्ष्मधारिभिः सर्वमिन्नयने हितः।

मीलिताक्षस्य मर्त्यस्य प्रदेयश्चतुर्गुलः ॥ यो.र.उ.पान. ३८४

The etymology of Pariseka is sechanam means sprinkling or watering.^[5]

Pariseka is one of the procedures performed for eyes. Netra seka is a procedure where medicated liquids are poured on the closed eyes from a height of 4 Angulas (4 Inches) in a thin and continuous stream for prescribed time which is helpful in initial stages of netrarogas where doshbala is less.

**Pariseka Kala**

Pariseka can be done either in forenoon or afternoon, but should be done in day time only.^[6]

Dosha	Type of SEKA	Duration
In disorders of vata	Snehana seka	600 matrakala
In disorders of raktha and pitta	Ropana seka	400 matrakala
In disorders of kapha	Lekhana seka	300 matrakala

Exceptionally, when the disease is severe can do at night times.^[7]

• SYNONYMS: Seka, sechana

It is bahirparimarjana chikitsa done in aamavastha of netraroga for pachana of doshas.

IMPORTANCE OF PARISEKA

• The doshas gets subsided by Pariseka, which is similar to the fire extinguished by water.^[8]

INDICATIONS OF PARISEKA

If redness, too much lacrimation, irritation, pain, burning sensation, pricking and tearing pains, ulcerations, swelling and itching of eyes are present then Pariseka is indicated.^[9]

Indications of Pariseka are in purvarupa state of netrarogas. So Pariseka Is advised in prodromal state of Netravikaras.

PROCEDURE OF PARISEKA

• First Dipana and pachana drugs are given prior to treatment.

- Acharyadalhana has mentioned laghubhojana/ abhojana prior to Pariseka.
- Pariseka medicine (decoction) is prepared.
- The person is made to lie down - face and eyes are cleaned with cotton dipped in warm water.
- The medicated decoction is poured on eyes from a height of 4 anguli.(stream should be thin and continuous).
- Cleaning of eyes with soft cotton cloth and rest the eyes.

MODE OF ACTION

- It is the virya, karma and prabhava of drugs which acts, when comes in to contact with skin of eyelids, netrasandhi and siras of netra. By these quality of drugs pachana and shamana of netragatadosha can be attained.
- Principally corneal epithelium which is **lyophilic** and stroma is **hydrophilic**, when poured in thin stream provides more drug delivery to cornea and also reduces the surface tension. It is performed on closed eyes.
- Absorption through conjunctiva also occurs when the drug is hydrophilic. The corneal layer that is stroma allows rapid passage of drug through endothelium into anterior chamber, so it is advised in all inflammatory diseases of eye pertaining to Anterior segment.
- Haridra is **Kandughna, Shothahara, Chakshushya, Shulprashaman, Vedanasthapan, Tridoshara, Kaphagna** properties which reduce signs and symptoms of Blepharitis.

DISCUSSION

Clinical studies exploring the efficacy of Haridra Kwath Pariseka in Blephritis management are reviewed, highlighting its potential to alleviate symptoms such as redness, itching, and swelling. Furthermore, the holistic approach of Ayurveda in addressing individual constitution (Prakriti) and potential root causes of Krimigranthi is underlined. Possible mechanisms of action, including inhibition of pro-inflammatory cytokines and modulation of immune responses, are hypothesized based on existing research on Haridra.

CONCLUSION

Blephritis is common lid margin disorder caused by over use of cosmetic, unhygienic conditions & secondary to staphylococcal & parasitic agent.

Application of Haridra Kwath Pariseka with maintenance of hygiene relieves various symptoms of blepharitis, i.e. burning sensation, itching, grittiness, photophobia, redness and watering.

Haridra has **chakshushya, vedanasthapan, Shothhera** and **Kandughna** properties which reduce signs and symptoms of Blepharitis.

The study concludes that by using ayurvedic drug we can overcome Blepharitis.

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