

MANAGEMENT OF NETRA ROGA: MODERN DIAGNOSTIC METHOD AND SPECIFIC AYURVEDA TREATMENT**Dr. Pratibha Nanasaheb Tekade***Associate Professor, HOD *Shalaky Tantra*, Seth Govindji Raoji Ayurved College, Solapur Maharashtra, India.***Corresponding Author: Dr. Pratibha Nanasaheb Tekade**Associate Professor, HOD *Shalaky Tantra*, Seth Govindji Raoji Ayurved College, Solapur Maharashtra, India.

Article Received on 04/01/2018

Article Revised on 25/01/2018

Article Accepted on 15/02/2018

ABSTRACT

Shalaky Tantra is one of the branches of Ayurveda which associated with disorders related to eye ear, nose and throat or disorders related to above clavicle region. The eye is very important and sensitive part of body and responsible for visibility therefore the disease related to eye must be handled carefully. The line of treatment for the management of eye diseases is very specific or selected due to the hypersensitive and delicate nature of eye. *Shalaky Tantra* emphasized management of eye related disorders using validated approaches with great expertise. The ayurveda and modern science described use of formulation, instruments and physical exercise, etc. for the treatment of eye disorder or to enhance vision. This article summarizes some ayurveda and modern approaches for the management of eye disorders.

KEYWORDS: Ayurveda, *Shalaky Tantra*, Eye, Netra Roga, Ocular Diseases.**INTRODUCTION**

Ayurveda is the science related to well being of human health. Ayurveda recommended use of herbs, formulation and balanced life style along with *Yogic* exercise for the maintenance of healthy living. Ayurveda dealt diseases in specific manner therefore different types of diseases or maintenance of various body parts done through specified branches; *Shalaky tantra* is one such branch which deals with diseases related to eye, ear, nose and throat. Ayurveda encompasses use of various para-surgical/surgical procedures in *shalaky tantra* for the management of *netra roga* such as; *pakshmakopa*, *puyalasa*, *abhisyanda* and *adhimanta* etc. Ayurveda described use of *yantra* in along with *upyantra* and *anushtastra* in *netra roga*. Ayurveda text also mentioned use of herbs and herbal formulation such as; *bilvadi yoga ashchyotana*, *keshanjana* and *rasanjana madhu ashchyotana*, etc. for the management of diseases related to eye.

The modern medical science also mentioned various approaches for the management of diseases of eye such as; use of medicine and surgical techniques (cataract surgery, corneal surgery, glaucoma surgery, retinal surgery, oculoplastic surgery and pediatric surgery). The instrumental techniques used in eye disorders are; ophthalmoscope, retinoscope, refractometer and perimetry, etc.

Modern Approaches**Ophthalmoscopy**

It used for the complete evaluation of posterior segment of eye.

Flourescien angiography

It is used for diagnosis of retinal and choroidal pathologic lesions. It also helps in monitoring of retinal and macular disorders treatment. It utilizes camera, digital imaging and high resolution photographic filters.

Gonioscopy

It eliminate problem of internal reflection therefore used to observe angle of anterior chamber using tear film goniolens interface.

Corneal topography

It is non invasive technique of imaging used for surface mapping of cornea curvature. It is also used to detect ectatic disorders, marginal degeneration, keratoconus and keratoglobus.

Tonometry

It is used for the assessment of intraocular pressure related to the glaucoma patients. It helps in early detection and treatment of glaucoma.

Perimetry

It uses for central 30 degree visual field examination for management of glaucoma.

Ultrasound biomicroscopy

It helps to visualize structures behind iris in plateau iris.

Optical coherence tomography

It is used to measure retinal thickness, volume of retina, retinal nerve fibre layer and help in detection of disease related to retina.

Ocular surface staining

It is used to measure basal secretion of tears and test related to epiphora.

Ayurveda Approaches

Ayurveda utilizes various *pakshmakopa*, *puyalasa*, *abhisyanada* and *adhimanta*, etc. in *Shalaky Tantra* for the management of *Netra roga*.

Agni Karma in Netra Roga

Agni Karma may be indicated in *Vartmagata roga* such as; *Krichronmila*, *lagana* and *Paksmoparodha*. It also used in *Sandhigata roga* of eye like; *Puyalsa* and *Alaji*. *Agni Karma* also play vital role in *Netra Roga* such as; *Abhisyanada* and painful condition of eyes. The wet gauze piece used to burn eye lashes in the lid margin for the treatment of eye lid diseases *Jambavosta* and *shalaka* may be used for *agnikarma*. The *shalaka* dipped in heated liquids such as; bee wax, honey or other oily substances then used. The treatment of *krichronmela* using *agnikarma* done by touching hot needle in a row so as to make *bindu* up to the skin level only. The hot needle may also be used in *Paksmoparodha*, *Puyalasa* & *Lagana* to burn *dosha*. In *Upapakma* paste of *laksha rasa* applied on eye lashes, lifted with *sandamsa yantra* then heated needle used to burn *romakupas*. Conjunctivitis and painful condition of eyes (*Abhisyanada* and *Adhimantha*) should be treated as last option by

Agnikarma which is to be done above the eyebrows. The mode of action of *agni karma* in eye problem may involve the concept of local thermo action which increases tissue metabolism and eliminate toxins.

Kshara Karma in Netra Roga

Kshara karma is able to pacify *tridoshaja* disorders. It also offer beneficial effects in eye lid diseases such as; *lagana*, *arsho vartma*, *shushka arshas* and *pakshmakopa*. The *Kshara* recommended for specific eye disease as follows:

- *Kshara* used in *Lagana* (Cyst): *Tuttha*, *Yavakshar*, *Gorochana* and *Pippali* with honey.
- *Kshara* used in *Arsho vartma* & *Shuskarsha* (Trachoma): *Eranda bija majja* or *vibhitaki kshara* with honey.
- *Kshara* used in *Pakshmakopa*: *Gunja kshara* with honey.

The *shodhana*, *ropana*, *shoshana* and *lekhana* properties of *Kshara* offer beneficial effects in diseases related to eye. It helps in elimination or expulsion of harmful substance from the wound around eye area. The *shodhana* property of *Kshara* also helps in removal of sloughs and pus. Antiseptic action of *kshara* due to *ropana* property helps in wound healing.

Raktamoksana

Raktamoksana recommended in *Puyalasa*, *Arma*, *Savarna sukla*, Hemorrhagic retinopathy, *Kaphaja timira*, conjunctivitis and congestive glaucoma. However *Raktamoksana* in eye problem should not be performed in person who is old, exhausted, diseased, unconscious, anemic and pregnant woman. *Raktamokshan* in eye diseases should be performed in frontal eye area and in outer canthus.

Table 1: Raktamokshan recommended in various eye problem.

S. No.	Disease	Recommended procedure
1	<i>Puyalasa</i>	<i>Siromoksana</i> followed by <i>upnaha</i>
2	<i>Vataja abhishyand</i>	<i>Sira mokhan</i>
3	<i>Pittaja timira</i>	<i>Sarpipana</i> & <i>sira vyadhan</i>
	<i>Savarna sukla</i>	<i>Sarpipana</i> , <i>siromoksana</i> followed by <i>jaloukavcharana</i>
4	<i>Kaphaja timira</i>	<i>Sarpipana</i> & <i>sira vyadhan</i>
5	<i>Pittaja and Kaphaja abhishyand</i>	<i>Ghritpan</i> than <i>Sira vyadha</i>
6	<i>Pothaki</i>	<i>Jaloukavcharan</i>
7	<i>Raktaja abhishyand</i>	<i>Shiravyadha</i> & <i>Jaloukavcharan</i>

Raktamokshana help to removes vitiated *doshas* which are responsible for alimant. It is purification approach which removes toxins, purify blood and help to heal wound around the eye.

Ayurveda Formulation for Netra Roga➤ **Bilvadi Yoga**

Bilvadi Yoga offer benefits in *Vataja Abhishyanda*. It consisted of *Bilva*, *Agnimantha*, *Aralu*, *Patala*, *Gambhari*, *Eranda*, *Brihati* and *Madhu Shigru*. These all ingredient offer *Vata Shamaka*, anti-inflammatory and

antibacterial effect. The drug pacifies *dosha* by penetrating into *Akshikoshha Srotas*, *Ghrana Srotas* and *Shira Srotas*. *Ushna Virya* of formulation possess *Vata Shamaka*, *Vedana Sthapana* and *Vrana Ropana* properties which help in eye disease such as; *Vataja Abhishyanda*.

➤ **Madhu Anupana (oral) and Go-Ghrita (Tarpana Karma)**

Oral use of *Madhu Anupana* and *Tarpana Karma* with *Go-Ghrita* offer beneficial effects in dry eye, eye strain,

burning sensation and Vataja, Ppittaja Raktaja Abhishyanda. This combination also relief eye strain, blurred vision, slow refocusing and eye fatigue. The oral use of Madhu Anupana and Tarpana Karma with Go-Ghrita pacify Vata dominating Pittaja vitiation in eye, thus offer relief in Vataja, Ppittaja Raktaja Abhishyanda and Shushkakshipaka. The cooling, calming and Dosha pacifying effect of Madhu Anupana and Go-Ghrita offer relief in symptoms of various eye problems.

➤ **Rasanjana Madhu Ashchyotana**

Rasanjana Madhu Ashchyotana is *Rasanjana* (extract of *Berberis aristata*) in honey base offer beneficial effects in *Abhishyanda* or *Netra Abhishyanda* disease. It improves eye symptoms such as; redness, burning sensation, lacrimation, lid edema and headache. The *Rasanjana Madhu Ashchyotana* pacify vitiated *dosha*, remove toxins, offer cooling/calming effect, possess antiseptic and antibacterial action therefore offer relief in *Netra Abhishyanda*. However literature suggests careful use of formulation due to the hypersensitivity of eye.

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