

APPLICATION OF *BIDALAKA* IN BACTERIAL CONJUNCTIVITIS: A CASE STUDY<sup>1</sup>\*Dr. Bhuwal Ramlal Gupta and <sup>2</sup>Dr. Nilakshi Shekhar Pradhan<sup>1</sup>P. G. Scholar, Dept. of Shalakyatantra, SSAM, Hadapsar, Pune.<sup>2</sup>Principal & H.O.D, Dept. of Shalakyatantra, SSAM, Hadapsar, Pune.

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## ABSTRACT

Conjunctivitis is a common eye disease seen worldwide. It may be due to allergy, micro-organisms, infectious or due to any other inflammatory process affecting the ocular tissues. If not treated on time, infections can spread all over the eye, affecting also the adjacent eye at the same time and can reach its sporadic or epidemic phase. Complications such as corneal involvement, sight threatening, severe pain in and around the eyes, etc. can occur over a period of time. Physical examination reveals eyelids swelling, redness, itching, sticky discharge pseudo-membrane formation. Here, local conjunctival tissues get inflamed as well as secondary infections take place. The most common causative organisms are *Staphylococcus aureus*, *Staphylococcus epidermidis*, *Haemophilus influenzae*, *Nisseria meningitidis*, *Corynebacterium diphtheriae*. An ocular therapeutic called *Bidalaka* is the one which consists of applying medicated paste over the eyelids except eyelashes. *Bidalaka* is indicated in inflammatory conditions of the eyes. A 60 years old male patient diagnosed with bacterial conjunctivitis on clinical presentation was advised *Bidalaka* for five days using *Yastimadhu*, *Haridra*, *Bilva*, *Manjistha* powders. The signs & symptoms were reduced to mild degree but the disease did not subside completely. The result proved to be effective on the basis of clinical assessment.

**KEYWORDS:** Bacterial Conjunctivitis, *Bidalaka*, *Kaphaja Abhishyanda*, *Kriyakalpa*.

## INTRODUCTION

In Ayurveda, it is said that many types of Netraroga is due to *Abhishyanda*.<sup>[1,2]</sup> There are various types of *Abhishyanda*, but in practice *Vataj* and *Kaphaj Abhishyanda* are more likely seen. As per signs & symptoms, *Kaphaj Abhishyanda* is more or less can be compared with bacterial conjunctivitis. It is characterized by intense *Shotha*, *Snigdha*, *Sweta*, *Pichila Ashrusrava*, *Alpa vedana*, *Nidra*, *Kandu*, etc.<sup>[3]</sup> *Acharya Charaka* has indicated *Bidalaka* in eye diseases with *Raga*, *Sopha*, *Daha*, *Upadeha*, *Asru*.<sup>[4]</sup> Hence, *Bidalaka* is line of treatment for *Kaphaj Abhishyanda*. In Modern texts, inflammations of the conjunctiva refer to as conjunctivitis.<sup>[5]</sup> Bacterial conjunctivitis is caused mainly by *Gonococcus* & *Corynebacterium Diphtheriae* in particular. However in developing countries, it still continues to be the commonest type of conjunctivitis.<sup>[5]</sup> Conjunctiva may get infected from three sources, viz. exogenous, local surrounding structures and endogenous source. Symptoms include discomfort & foreign body sensation, mild photophobia, muco-purulent discharge, sticking of lid margins, lid swellings.<sup>[6]</sup> Treatment of the bacterial conjunctivitis includes systemic & topical antibiotics to control the infection. Analgesic & anti-inflammatory drugs. Strictly no eye pads, no steroids, use of dark goggles.<sup>[7]</sup>

## AIM AND OBJECTIVE

1. To manage bacterial conjunctivitis with *Ayurvedic* ocular therapeutics (*Bidalaka*).
2. To evaluate the anti-inflammatory & analgesic effects of drugs which are used for *bidalaka*.

## MATERIALS AND METHODS

## Case history

A 60 years old male patient came to outpatient department (Registration Number 48651) of Shalakyatantra, SSAM, Hadapsar, Pune on 14<sup>th</sup> August, 2018 with complaints of swelling both eyes, redness, itching, discharge with mild to moderate pain. He had acute onset of the above symptoms since 4-5 days. On ocular examination, visual acuity for both eyes were found to be 6/6 & 6/6p, eye ball movements were normal, conjunctival congestions were observed, other all sclera, cornea, iris, pupil & anterior chamber were found to be normal.

On the basis of clinical signs & symptoms patient was diagnosed with bacterial conjunctivitis and advised *Bidalaka* for five days using *Yastimadhu*, *Haridra*, *Bilva*, *Manjistha* powders.

## OBSERVATION AND RESULT



On complete treatment of 5 days, it was noted that eyelid swellings were subside, redness were slightly reduced in both the eyes which were clearly seen in the photographs.

## DISCUSSION

Bacterial conjunctivitis is a serious infection of the conjunctiva. As per modern science, the treatments include local and systemic antibiotics, anti-inflammatory, analgesics with increased dosage if condition did not subside early. Whereas, in Ayurveda, Bidalaka is the line of treatment for Kaphaj Abhishyanda (bacterial conjunctivitis). So, the patient was included for Bidalaka for 5 days. No doubt the drugs which were used for Bidalaka in this case have anti-infective, anti-inflammatory properties and Bidalaka provides quick absorption of the drugs along with soothing effects, so it becomes very useful to overcome this clinical condition.



Since, the above drugs have anti-inflammatory with anti-infective properties, patient could get quick relief from the symptoms. *Bidalaka* mentioned by *Acharya Charaka* and *Acharya Vagbhata* as one of the seven *Kriyakalpa*. The skin of eyelids are thin also bulbar & palpebral conjunctiva both act as a safe route for the drugs to get absorbed fast into the eye. In *Bidalaka*, the paste of drugs is left till it gets completely dried which takes atleast 20-25 minutes & provides more tissue contact time that accelerates the absorption.

## CONCLUSION

Bacterial conjunctivitis is a very common infection of the eye. Source of infection can be local, systemic or external environment. Also, in *Ayurveda*, *Abhishyanda* is mentioned in *Sanshargaja Vyadhi*<sup>8</sup>. Clinical assessment and diagnosis of the same is very essential through history taking. In *Ayurveda*, *Bidalaka* with the selected drugs provide anti-infective, analgesics, anti-inflammatory and soothing effect to some extent which

## 1. Yastimadhu

Vatapitta shamaka dravya which helps in reducing vedana and raga. It has Glycyrrhizine, Kaempferol like anti-inflammatory contents.

## 2. Haridra

Curcuminoids, a key ingredient in Haridra, work against any type of inflammation in the body and also overcomes allergic/inflammatory skin conditions.

## 3. Bilva

Bilva is said to be Rakta-suddhikar plant. It cures various ailments where there is disorders related to skin and blood.

## 4. Manjistha

Drug for blood purification.

is similar to the line of management for topical drugs in modern science. The tissue contact time and bioavailability of the drugs used in procedure like *Bidalaka* is more, so large absorption of drugs take place therefore, it provides quick relief in subsiding the symptoms.

The study showed slight relief in the patient's symptoms therefore *Bidalaka* is one among the other *Kriyakalpa* for bacterial conjunctivitis as per *Ayurveda* science.

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