

GLAUCOMA – CONCEPT OF ADHIMANTHA**Dr. Shrikant Patel¹, Dr. Sucheta Ray² and Dr. Anil Kumar*³**¹Reader, Dept. of Shalya Tantra, Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya evam Chikitsalaya, Bhopal (M.P.).²Reader, Dept. of Gynecology, Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya evam Chikitsalaya, Bhopal (M.P.).³M.S. Scholar 1st year, Dept. of Shalya Tantra, Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya evam Chikitsalaya, Bhopal (M.P.).***Corresponding Author: Dr. Shrikant Patel**

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ABSTRACT

When the (four kinds of) abhisyantha are not treated quickly, then the four kinds of adhimantha develop in the eye having severe pain, the person feels as though the eye is being plucked out, as though churned (twisted), so also half of the head are general symptoms of Adhimantha. Glaucoma prompts visual impairment however there are indicative and helpful advancements that guide Ophthalmologists in the enhanced management of the ailment contrasted with the past. Realize chance elements expert age, nearsightedness dim pigmented skin, hereditary qualities, and raised intraocular weight assume in an imperative job for individual patient's visualization, and may yet obscure or not adequately examined hazard factors go along. The organized examination of the optic nerve head is vital for the clinical determination by ophthalmologist. In any event photograph documentation – better imaging of the optic nerve head and its retinal nerve filaments – ought to be performed in recently analyzed speculate glaucoma or visual hypertension.

KEYWORDS: Adhimantha, Glaucoma, ophthalmologist, optic nerve.**INTRODUCTION**

Glaucoma is a disease of the eye in which fluid pressure within the eye rises; if left untreated, the patient may lose vision and even become blind.

Glaucoma is relatively common, especially in older adults and can cause damage to the optic nerve if left untreated.

In short, glaucoma is a build up of pressure within the eye that causes damage to the optic nerve.

There is a small space in the front of the eye called the anterior chamber. Clear liquid flows in and out of the anterior chamber, this fluid nourishes and bathes nearby tissues. If a patient has glaucoma, the fluid drains too slowly out of the eye. This leads to fluid build-up, and pressure inside the eye rises.

Unless this pressure is brought down and controlled, the optic nerve and other parts of the eye may become damaged, leading to loss of vision.

The disease usually affects both eyes, although one may be more severely affected than the other

Ayurved view of Glaucoma

Adhimantha produced by vata, the symptoms are feeling as though eye in being plucked out, churned like the arani (wooden faggot used for producing fire by churning), has friction, pricking and spilling pain, swelling of the muscles, turbidity of the eye (presence of more of excretions). Contraction. cracks on the body parts, flatulence, shivering, discomfort in half of the head (side of the affected eye) are present.

The to the eye is full of red lines, exudes fluid, feels as though being burnt by fire, appears like a piece of liver (brownish in colour) has severe burning sensation and ulceration as though smeared with caustic alkalies eyelids are greatly ulcerated with swollen edges, person has more of sweating, yellow vision fainting and burning sensation in the head.

The to the eye is swollen, but not greatly, has exudation, itching, feeling of coldness heaviness, sliminess more of excretions and tingling sensation person sees with difficulty objects appear as though full of sand turbid (unclear) has swelling of the nose and pain in the head.

The to rakta (blood) the eye resembles bandhujiva (whose flowers are bright red in colour) is inactive, does not bear touching (tenderness) has bleeding accompanied with pain the person sees the quarters (surrounding space) like fire (flame) the black portion (cornea) is red like flames or arista (round soapnut) bright (glistening) and red at the edges.

With improper activities adhimantha produced by kapha destroys vision in seven days that by rakta (round soapnut) bright (glistening) and red.

Important facts on glaucoma

- Glaucoma has been called the silent thief of sight.
- The main types of glaucoma are open-angle and closed-angle.
- Age and thyroid problems increase the risk of glaucoma.
- Symptoms can include severe eye pain.
- Treatment includes surgery and medications.

Causes of glaucoma

Experts are unsure of the precise causes of glaucoma, but cases are divided into two categories:

- **Primary glaucoma** - this means that the cause is unknown.
- **Secondary glaucoma** - the condition has a known cause, such as a tumor, diabetes, an advanced cataract, or inflammation.

There are several risk factors for glaucoma

1. Old age.
2. Ethnic background-East Asians, African Americans, and those of Hispanic descent have a higher risk of developing glaucoma, compared with Caucasians.
3. Some illnesses and conditions - like diabetes or hypothyroidism.
4. Eye injuries or conditions.
5. Eye surgery.
6. Myopia (nearsightedness).
7. Corticosteroids-Patients on long-term corticosteroids have a raised risk of developing several different conditions, including glaucoma. The risk is even greater with eye drops containing corticosteroids.

Types of glaucoma

Glaucoma is one of the most common eye diseases.

There are two main types: open-angle and closed-angle glaucoma.

Closed-angle glaucoma (acute angle-closure glaucoma)

This can come on suddenly; the patient commonly experiences pain and rapid vision loss.

Fortunately, the symptoms of pain and discomfort make the sufferer seek medical help, resulting in prompt treatment, which usually prevents any permanent damage from occurring.

Primary open-angle glaucoma (chronic glaucoma)

This type progresses very slowly. The patient may not feel any symptoms; even slight loss of vision may go unnoticed. In this type of glaucoma, many people do not get medical help until permanent damage has already occurred.

Low-tension glaucoma

This is a rarer form of glaucoma that experts do not fully understand. Even though eye pressure is normal, optic nerve damage still occurs. It might be due to reduced blood supply to the optic nerve.

Pigmentary glaucoma

This is a type of open angle glaucoma and typically develops during early or middle adulthood. Pigment cells, which arise from the iris, are dispersed within the eye. If these cells build up in the channels that drain fluid from the eye, they can upset the normal flow of fluids in the eye, leading to a rise in eye pressure.

Symptoms of glaucoma-

The signs and symptoms of primary open-angle glaucoma and acute angle-closure glaucoma are quite different:

Symptoms of primary open-angle glaucoma

- Peripheral vision is gradually lost. This nearly always affects both eyes.
- In advanced stages, the patient has tunnel vision.

Symptoms of closed angle glaucoma

- Eye pain, usually severe.
- Blurred vision.
- Eye pain is often accompanied by nausea and sometimes vomiting.
- Lights appear to have extra halo-like glows around them.
- Red eyes.
- Sudden, unexpected vision problems, especially when lighting is poor.

Treatments for glaucoma

Treatments involve either improving the flow of fluid from the eye, reducing its production, or both:

Eyedrops for glaucoma

In the majority of cases, initial treatment for glaucoma includes eye drops.

Examples of eyedrops include

- Prostaglandin analogues
- Carbonic anhydrase inhibitors
- Cholinergic agent

Side effects of eyedrops can include stinging, redness, eyelash growth, change in eye color and occasionally retinal detachments and difficulty breathing. If eyedrops are not effective enough, the doctor may prescribe an oral carbonic anhydrase inhibitor.

Side effects are less if they are taken during meals. Initial side effects can include tingling in the fingers and toes and frequent urination - however, after a few days, they usually resolve.

Ayurvedic treatment - Adhimantha produced by kapha he are severe should be treated with therapies such as venipuncture, sudation, avapida, anjana, dhuma, pariseka, lepa, kavala graha, ascyotana, and putapakawich are dry (devoid of fats) apatarpana (purgation) after every third day and then use Tiktaka grihrta in the morning daily are best suited foods and drinks which do not cause increase of kapha should be used

Surgery for glaucoma

If drugs don't work, or if the patient cannot tolerate them, surgical intervention may be an option. The aim of surgery is usually to bring down the pressure inside the eye. Examples of surgery include:

- **Trabeculoplasty** - a laser beam is used to unblock clogged drainage canals, making it easier for the fluid inside the eye to drain out.
- **Filtering surgery (viscocanalostomy)** - this may be carried out if nothing else works, including laser surgery. Channels within the eye are opened up to improve fluid drainage.
- **Drainage implant (aqueous shunt implant)** - this option is sometimes used for children or those with secondary glaucoma. A small silicone tube is inserted into the eye to help it drain out fluids better.

Acute angle-closure glaucoma

Acute angle-closure glaucoma is treated as a medical emergency. Pressure-reducing medications are administered immediately. A laser procedure is usually carried out that creates a tiny hole in the iris, allowing fluids to pass into the trabecular meshwork (the drainage system of the eye) - this procedure is called an iridotomy.

Even if only one eye is affected, both the eyes are treated because this type of glaucoma often affects the other eye, too.

Prevention

There is no known way to prevent glaucoma, but catching it early means it can be treated more effectively and vision loss can be minimized. Because, often, there are no symptoms, getting your eyes regularly checked is important; especially for people with a greater risk.

So, older adults, people of African descent, and individuals with diabetes should be tested every year or 2 after the age of 35.

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