

OPHTHALMIA NEONATORUM & ITS AYURVEDIC TREATMENT**Dr. Vandita Shukla*, Dr. Nagendra Thakre**, Dr. Megha Agrawal*** and Dr. Ankita Agrawal******P. G. Schola (1st Year), ** Lecturer, ***P. G. Scholar (Final Year) Department of Kaumarbhritya,***Lecturer Department of Kayachikitsa, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, (M.P.)***Corresponding Author: Dr. Nagendra Thakre**

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ABSTRACT

It is a type of inflammatory disease usually seen up to the age of 1 year, i.e. Ksheerapa Avastha as described by Acharya Kashyap in the pretext of Vayavargikaran Adhyaya. It is caused due to vitiated breast milk as per Sushruta and Kashyapa but Vagbhata mentioned that it arises during the phase of dentition. Madhav Nidana, Yogaratnakara, Ravanakrita Kumar Tantra had considered it as Ksheer Dosh Janya Vyadhi. Sushruta mentioned it due to Stanyaprakopa including Vata, Pitta, Kapha, Rakta Dushti. Harita mentioned that due to intake of Kshara Dugdha, Netra Roga occurs. In modern, Kukulnaka is co-related with Ophthalmia Neonatorum which is also called as Neonatal Conjunctivitis. It usually affects new born babies following birth. Typically due to neonatal bacterial infection, Neisseria gonorrhoea or Chlamydia trachomatis this disease may occur during vaginal delivery from exposure to these bacteria from the birth canal. Symptoms include pain and tenderness in eyeball, purulent, mucoid or mucopurulent conjunctival discharge, conjunctival hyperaemia and chemosis.

KEYWORDS: Ksheerapa Avastha, Kukulnaka, Ophthalmia neonatorum.**INTRODUCTION**

It refers to any conjunctivitis occurring in the 1st 28 days of life. Most commonly infective in origin. Neisseria gonorrhoea was the most common cause of infective Ophthalmia neonatorum in the past; but now accounts for less than 1% of reported cases in UK. Chlamydia trachomatis took over the most common single cause of infective neonatal conjunctivitis. Non-sexually transmitted bacteria such as Staphylococcus aureus, Streptococcus pneumoniae, Pseudomonas and Hemophilus make most of the remaining Ophthalmia neonatorum cases. Viral infection is less common & can be caused by Herpes simplex, Adeno or Entero virus. It may also occur as a reaction to chemical irritants, particularly, silver nitrate. If gonococcal infection is left untreated, it can progress rapidly to corneal damage & permanent visual loss.^[1]

Kaumarbhritya is described as one of the most important branch of Ayurveda which deals with Kumar Bharan, Dhatri Ksheer Dosh Samsodhan, Grahottha Vyadhi shaman.^[2] Kukulnaka is described by Acharya Kashyapa as eye disorder due to intake of vitiated Dosh Yukta Aahara. It is an eye disease of disputed etiology. Vagbhata considers dentition as a cause for it while Sushruta & Kashyapa believe it to arise from Ksheera Dosh. It is an allergic manifestation and the child goes on rubbing the forehead, eye, nose and throat. There is photophobia with swelling in the eyelids, breast milk

gets vitiated leading to obstruction of Shrotas resulting in Kukulnaka Vyadhi which is a Vartamagata Vyadhi.^[3] Acharya Sushruta said that due to provoked Doshas including Rakta, breast milk gets vitiated leading to Kukulnaka.^[4]

Epidemiology

Prevalence depends on socio-economic status, standards of maternal health care & prevalence of sexually transmitted infection.^[5]

According to survey in England from 2000 to 2011, the incidence rate of ophthalmia neonatorum to be 257 per 100,000 live births in 2011.^[6] In 2003, incidence of Chlamydia induced ophthalmia neonatorum was 6.9 per 100,000 live births & of ophthalmia neonatorum caused by gonorrhoea 3.7 per 100,000 live births. Incidence of chemical conjunctivitis is higher in countries that uses silver nitrate as prophylaxis.

In past, Ophthalmia neonatorum has been one of the most common causes of visual loss accounting for 45% of blindness in Paris & 80% in Germany.^[7]

The main risk of ophthalmia neonatorum of gonococcal or chlamydial origin is the presence of sexually transmitted disease in mother. There is high rate of transmission (30-50%) from infected mother to infant.

Clinical Findings^[8]

Affected babies present with purulent, mucopurulent or mucoid discharge from one or both eyes within the 1st month of life. They typically shows infected conjunctiva & lid swelling.

1. Chemical conjunctivitis-Mild irritation, tearing, redness.
2. Bacterial conjunctivitis-usually has a longer incubation period than any other infective causes presenting with a sub-acute onset between the 4th & 28th day of life.
3. Gonorrhoeal infection-typically 2-5 days after birth but may occur later, hyper acute conjunctival infection & chemosis, lid edema & severe purulent discharge. May be associated with corneal ulceration & perforation.
4. Chlamydial infection-5-12 days after birth. Unilateral/bilateral watery discharge which become copious & purulent later. May be associated with preseptal cellulitis.
5. Viral conjunctivitis-onset acute, 1-14days after birth. Unilateral/bilateral sero-sanguinous discharge vesicular skin lesions. Other features may include keratitis, cataract, retinitis.
6. In Ayurveda

अभीक्षणमस्र स्रवते न च क्षीवति दुर्मनाः। नासिकां परिमृदुनाति कर्णं वाञ्छित दुःखितः ॥

ललाटमक्षिकूटं च नासां च परिमर्दति । नेत्रे कण्डूयतेअभीक्षणं पाणिना चाप्यतीव तु ॥

स प्रकाशं न सहते अश्रु चारय प्रवर्तते । वर्त्मनि श्वयथुश्चास्य जानियात्तं कुक्कूष्कम् ॥

(का. खि. 13:9-11)

Diagnosis^[9]

Taking swab from the infected conjunctiva.

Treatment^[10]

1. The breast milk is to be purified after induction of vomiting to both mother and the child.
2. Eye wash (parisechana) with the decoction made of Jambu, Aamra, Dhaatri, Aeranda, Varuna, Citra & Tvakshiri.
3. Aascyotana- Guduchi Ghruta or Ghee with honey.
4. Anjana Varti-paste made of Aindri, Chandana, Pippali, or seeds of Jayaphala & Maricha mixed with Rasanjana.

CONCLUSION

1. Kukulnaka is a particular type of inflammatory disease of eye seen in Ksheerapa Avastha, mostly these diseases are caused during the infancy period of around 8months of age.
2. It may occur as a secondary complication of dantotpatti.

3. Acharya Kashyap the pioneer in Kaumarbhritya opines these diseases as Ksheer Doshaja one.
4. The entire review of Ayurvedic as well as modern literature revealed the future of Kukulnaka & neonatal conjunctivitis are closely related to each other.

In Ayurveda, Kukulnaka can be managed with conservative line of treatment during its initial stages. Thus, can be practiced in present era with confidence.

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