

ROLE OF MATRUSTANYA ASCHYOTANA IN NEONATAL CONJUNCTIVITIS
(NETRA ABHISHYANDA) –A CASE STUDY

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ABSTRACT

Acharya Vagbhat describes that Aschyotana is the first and best line of treatment for all type of eye disease.^[1] It relieves congestion/redness of eye pain, itching, watering and burning sensation. In modern practice various medicine and wide range of antibiotics are used for treatment of conjunctivitis having some toxic effect on eye. In Ayurveda ancient Acharya described Matrustanya (mother milk) Aschyotana as a remedy for the treatment of Abhishyanda i.e Conjunctivitis, mother milk is easily available uncontaminated, sterile, fresh, pure, economic and having lots of factor like immunoglobins, anti-infective factors which are helpful in the treatment of neonatal conjunctivitis with no side effects. A full term 5 days male baby having complaints of right eye discharge watery and intermittent mild sticky discharge, lid edema, conjunctival congestion, unable to open eye properly treated with matrustanya aschyotana. Changes were noted in redness, congestion and mucopurulent discharge of eye. The details of the findings are presented in this case study report.

KEYWORDS: Abhishyanda, Aschyotana, Matrustanya, Neonatal Conjunctivitis.

INTRODUCTION

Neonatal Conjunctivitis is one of the common infection encountered in the Newborn. Its incidence occurs mostly in a people with low economic strata of family with poor hygienic condition of the mother with number of other factor. *Ayurveda* has described *Abhishyanda* which is similar to conjunctivitis the word *Abhishyanda* is derived from to word: ABHI + SHYANDAN Abhi means to profuse or more and shyandan means discharge or secretion its combined meaning is profuse discharge from the eyes.

In *Ayurveda* Acharya Sushrut had described that the disease of the eye called *Abhishyanda*.^[3]

As per *Ayurveda*, conjunctivitis is classified into different categories on the basis of *doshas*:

1. *Vataja abhishyanda*: -Pricking pain, rigidity, foreign body sensation, roughness, headache, dryness, cold tears.
2. *Pittaja abhishyanda*: -Heat, suppuration, fuming, excessive lacrimation, warm tears, yellow eyes, liking of cold.
3. *Kaphaja abhishyanda*: -Heaviness, swelling, itching, excessive suppuration, whiteness, excessive coldness, frequent lacrimation, liking of warm.
4. *Raktaja abhishyanda*: -coppery tears, redness in eyes, red streaks, all symptoms seen in *pittaja abhishyanda*.

Abhishyanda has similar feature like Neonatal Conjunctivitis. Current estimates of prevalence of neonatal conjunctivitis in developed countries are typically < 0.5%. However, a higher incidence of neonatal conjunctivitis is still found certain regions of the world, particularly in developing countries.^[4] A recent study found an estimated prevalence of 17% among nearly 1000 newborn infants in Pakistan. Incidence of neonatal conjunctivitis remains high in Africa.^[5] Newborn period is the crucial period where these are prone to various vulnerable diseases in this stage. To grow as a healthy child and an healthy individual newborns must be provided careful attention.

Similarly Eyes are the most precious and beautiful gift of the nature which plays a vital role in every individual, social development and progress. Hencen, in this case study *matrustanya aschyotana* is selected for study.

A 5days male baby complaints with right eye discharge watery (*Ashru Strava*) and intermittent mild sticky discharge (*Pischil Strava*), lid edema (*Shotha*), conjunctival congestion (*Raktata*), unable to open eye properly on fifth day of life.

Birth History – Full term normal delivered at hospital. No history of birth asphyxia and NICU admission.

Maternal History- No history of any major illness during antenatal period, No history of any sexually transmitted disease and any medication during antenatal period.

Local examination-E/o mild sticky discharge (*Pischil strava*), lid edema(*Shoatha*), congestion (*Raktata*).

Type of study: Case Study.

Center of study: M.A.Podar Hospital Worli Mumbai.

Material and methods: *Matrustanya* (breast milk).

Before *aschyotyana vidhi matrustanyapariksha* was done and it was confirmed free from any vitiated *doshas*.

Methods of application

Poorva karma

- Patient suffering from neonatal conjunctivitis kept at Place where there is no direct flow off air.
- Clean eyes with lukewarm water.

Observation of assessment criteria.

Sr.no	symptoms	Before treatment	Review	After treatment
1	Redness (<i>Raktata</i>)	++	+	No redness
2	Lacrimation (<i>Ashru Strava</i>)	++	+	No lacrimation
3	Lid edema (<i>Shoatha</i>)	+	+	No edema
4	Mucopurulent discharge (<i>Pischil Strava</i>)	+	+	No discharge
5	Conjunctival congestion	++	+	No congestion

DISCUSSION

In this present case study, watery eye discharge (*Ashru Strava*) with intermittent mild sticky eye discharge (*Pischil Strava*) lid edema (*Shoath*), eye congestion (*Raktata*) unable to open eyes properly this case was diagnosed as *navjat pittaj abhishayand* (neonatal conjunctivitis). In *Ayurveda*, *Acharyas* described various line of treatment for ocular disease, *kriyakalpa* is one of them. *Acharya Vagbhat* stated that *sarvesham akshi roganam Ashchyotanam hitam* means *aschyotana* is one of the best treatment among all *kriyakalpas*. According to *acharya sharangdhara*, *matrustanya aschyotana* is used for *rakt-pittaj netra roga* also *Acharya Sharangdhara* stated that in *pittaj netra roga madhur* and *sheetal dravays* used for *aschyotan kriya kalpa*. *Matrustanya* has the properties of *madhur*, *sheet*, *chakshushya*. Hence, *Matrustanya* was selected for study.

On the basis of clinical examinations and maternal history there is less chances of infective pathology so, *matrustanya aschyotyana* was selected for study. In *Ayurveda* ancient *Acharyas* described *matrustanya* (breast milk) *aschyotyana* as a remedy for the treatment of *abhishandya* (neonatal conjunctivitis).^[6] Mother milk is easily available, uncontaminated, sterile, fresh, pure, economic, and having lots of factors like immunoglobulins, anti-infective factors which are

- Nasolacrimal massage for removal of any discharge.

Aschyotanvidhi

Matrustanya drops 10 to 12 drops at inner canthus at a level of 2 *angul* (approximately).

Note: practically at a time 10 to 12 drops was not possible at a time so, insert 10 to 12 drops over 10 to 15 min Slowly.

Paschayt karma: Eyes Clean with lukewarm water.

Treatment schedule

- Duration of treatment 10 days.
- Review after every 3 days.

Assessment criteria for evaluation of the patient

- Redness (*raktata*)
- Lacrimation (*ashru strava*)
- Mucopurulent discharge (*pischil strava*)
- Lid edema (*shoatha*)
- Conjunctival congestion

helpful in the treatment of neonatal conjunctivitis. *matrustanya* has the properties of *rasa madhur*, *anuras kashaya*, *sheet* in *veerya*, *madhur* in *vipaka*, *satmya laghu*, *shehan brihan* and *pittshamak*.^[7]

Aschyotana- aschyotana is *adya upkarma* in which medicated drops are instilled into open eye from *dvayangula* (approximately 2 inch) height in *kananikasandhi*. indicated in initial stages of eye diseases when *doshas* are not severely vitiated specially *pitta dosha*.^[8] it is used in eye condition like mild pain, redness, watering, foreign body sensation, itching, burning sensation, congestion of vessels etc. it is contraindicated in night.

Probable mode of action of *aschyotana*

Acharya Vagbhata stated the mode of action of *Aschyotan* as the *Aschyotan* drug goes in *Urdhwajatru* i.e. in region above the collar bone, spreads and brings *Dosha* outside by its *Veerya*.^[7] *Aschyotan* is a *Shodhana* process [*Bahyaparimarjana Chikitsa*] *matrustanya* has the properties of *madhur rasa*, *sheet veerya*, *chakshushya properties*, *laghu*, *pittashamana* it relieves the symptoms of *strava* and gives the *bala* or strength of the eyes. *Matrustanya aschyotan* procedure which allows more absorption of *stanya* through vessels and decreases the congestion of conjunctiva as the decrease in symptoms of irritation and pain.

According to modern view breast milk contains protein lactose, fat, electrolytes, immunoglobulins (IgA,IgM,IgG) lysosomes,cellular elements ,probiotics, lactoferrin, growth factors,^[9] which help to fight against microorganisms.in this present case study, it was observed that due to *matrustanya aschytana* pacifies the *doshas* and leads to breaking of *samprapti* and which helps in reducing the symptoms like *ashru strava,pischil strava,raktata and shotha*.in this case study it was observed that due to decreased in the symptoms of *ashru strava,raktata,shotha* patient was more comfortable and relaxes to mother which help for improvement in lactation.

CONCLUSION

The results suggested that *matrustanya aschytana* showed significant result after treatment in *ashrustrava ,pischil strava,raktata,and shotha*.in this present case study patient completed the full course of treatment without any adverse reaction.hence, it can be suggested that *matrustanya aschytana* can be used in the patient suffering from *navjat abhishand* (neonatal conjunctivitis).

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