

## IMPORTANCE OF ANJANA KARMAS IN SHALAKYATANTRA

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### ABSTRACT

Eye is the most important organ of the body which serves the purpose of vision, where a person will be able to see the objects. In *Ayurveda* there is a detail description of eye and its disorders, where separate chapters are found in relation to different parts of the eye with their common problems. Some of the eye problems are minor and they don't last long, but some can lead to a permanent loss of vision. Treatment of eye diseases consist specific and important drug administrative procedures which are called as "*kriyikalpa*". Various types of *Kriyikalpas* are mentioned based on the *Doshas* responsible for the causation of the disease and also based on the signs and symptoms related with the specific parts of the eye viz., *vartma*, *sandhi*, *krishna* etc. An attempt has been made to review in detail on one of the therapy, which is widely employed in the management of eye disorders, *Anjana*. Among the many contributions of *Ayurveda Kriyikalpa Netra Anjana* is one of the special treatments done for eye disorders. It is the procedure in which medical Collyrium (*Anjanas*) is applied with the help of applicator for specified time by the *Samhitas*. This applicators means *Shalaka* which are 5 types described in *Ashtang Sangraha* such as *Suwarna Shalaka*, *Raupya Shalaka*, *Tamra Shalaka*, *Loha Shalaka* and *Anguli*. According to various diseases typical type of *Shalaka* can apply.

**Keywords:** *Kriyikalpa*, Drug administration (*Anjana*), Eyes, Ocular Pharmacology.

### INTRODUCTION

*Netrakriyikalpa* are various methods of application of medicines in the eyes<sup>1</sup>. *Aacharya Sushruta* explains 5 types of *Kriyikalpa*<sup>2</sup>. 1. *Tarpana*, 2. *Putpaka*, 3. *Ashchyotana*, 4. *Parisheka*, 5. *Anjana*. Because of easy administration, af-

fordable price availability, *Anjana* is the best option when a long term therapy is needed. *Anjana* is popular method of application of medicine inside the eyes. *Aacharya* explain varieties of *Anjana* for the management of *Drishtiga-*

*tarogas*<sup>3</sup>. *Anjana* may be due to the fact that compared to other methods it can be advised for long period and *Drishtigatarogas* needs prolonged therapy either in term of care, prevention or for treatment.

**Aim:** To emphasis of the *Anjana Karma* in daily *Shalakyatantra* OPD.

**Indications for Anjana:**

According to *Aacharya* after the *shodhana* therapy and when the *doshas* localise only in the eye and the *Aamavastha* is totally eliminated from the eyes and the eye starts to exhibits *paka lakshana* like reduced oedema, severe itching, lack of discharge etc.<sup>4</sup>

**Types of Anjana:**

According to *Sushrut Anjana* are of 3 types according to *Karma*<sup>5</sup>.

1. *Lekhana Anjanas* mentions in *Kapha* dominant *rogas*.

e.g. *Lagan, Pothki, Pishtak, Abhishyand, Adhimanth* etc.

2. *Ropan Anjana* for *Pitta* related diseases.

e.g. *Aamladhyushit, Pittawidagdha drishti* etc.

3. *Prasadanjan* for *Vata* related *vyadhies*.

e.g. *Shushkakshipaka, Vataparyay, Anyatovata* etc.

The *Lekhana Anjana* are made of *dravyas* having *Kashaya, Amla, Lavana* and *Katu* in *Rasa*. The *Prasadanjan* with *Madhur, Sheet dravyas*<sup>6</sup>.

According to *Sushrut*, 3 types of *Anjana* according to *Swarupa*<sup>7</sup>.

1. *Gutika*- Mention in strong *Doshabala*.

2. *Rasa (Rasakriya)*- Mention in medium *Doshabala*.

3. *Churna*- Mention in low *doshabala*.

**Anjana Matra:**

*Anjana matra* depends on the quality of the *Anjana Dravyas*. There are two *Anjanas*. 1. *Tik-*

*shna* and 2. *Mrudu*. The dose of *Anjana* depends on this two qualities<sup>8</sup>.

The dose of *Gutika Anjana* of *Tikshna* variety is *Harenu Matra* and of *Mrudu* variety is double the dose of it. The dose of *Rasakriya* is *Vella matra* for *Tikshna* variety and in *Mrudu* variety it's twice the dose of above and amount of *Churna Anjana* to be applied in the eyes is around two *shalaka* in *Tikshna* variety and three in the other.

Last quantity of *Anjana* when it is applied for the first time, especially *Tikshna Anjana* and gradually the amount can be increased to a maximum for e.g. of *Gutika Anjana*.

**Time of Application of Anjana<sup>9</sup>:**

There are different options and opinions regarding the timing of *Anjana*. During night due to sleep and in the day time because of hot rays of sun the eye become weak, so it is advised to do *Anjana* both morning and evening.

*Aacharya Sushruta* advised to do *Anjana* in morning for *Kapha* predominant eye diseases during evening for *Vata* related eye diseases and in *Raktapittaj* diseases it is advised to do in night.

**Methods of application<sup>10</sup>:**

After deciding the type and dose of *Anjana* the desired amount of it can be applied in the eye using the different *Shalakas* mentioned for the particular purpose.

For *Lekhana Anjana Shalaka* made up of the *Tambra* (copper), for *Ropan Anjana Kalalohaj* (iron), and for the *Prasadanjan Roopya* (silver), *Suvarna* (gold), and *Anguli* (finger) is also used.

After applying *Anjana* patient is asked to move eyeball after closing the eyes.

Just after application of *Anjana* avoid the washing and rubbing of the eyes.

In conditions like severe vitiations of *Kapha*, *Dhoomapana* can be advised after *Anjana*<sup>11</sup>.

## DISCUSSION

Most of *Anjana* contains Arsenic and Antimony compounds of which molecular size of these compounds is very big. *Anjana* form increases the bioavailability of drug by increasing the eye which are highly inefficient and there is a need for controlled, sustained release, particularly for condition that fact the posterior segment. The various Implantable and non-implantable drug delivery devices have been developed which are far from satisfactory and result in more adverse effect which is driving scientists to research more and more into safe and effective drug delivery for all parts of the eyes.

## CONCLUSION

In *Ayurveda*, we are applying Ophthalmic therapeutic either in the form of local therapy. In practice, therapeutic effect is found in all type of *Kriyakalpas*.

Various drugs can be selected according to the stage and type of disease and can be used in various *kriyakalpas* procedure according to need. In the light of above fundamentals of modern pharmacology, all the *Ayurvedic* ocular therapeutic procedures are relevant as such.

The main aim of any pharmaco therapeutics is the attainment of the effective concentration at the site of action for a sufficient period of time to elicit the response. So due to easy to available and easy to apply and very affordable price the *Anjana karma* is the best *Kriyakalpa*.

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