

ROLE OF PARISHEK IN NETRASHLESHMAVRANASHOTHA

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ABSTRACT

Among the 5 *Kriyakalpa* procedures described by *Acharya Sushruta Parisheka* is one of the most simple and efficient procedures. This method of drug administration in ocular diseases is very well known and practiced all over India. But due to the controversies regarding the different dosage, duration, height of application, etc. till date no standard method of its performance has been decided. *Parishek* is practiced with closed as well as open eye in patients by physicians in India. Different modes of application for the procedure of *Parishek* have been used due to which a specific method of its application has not been mentioned thereby we need to standardize the dosage, duration, height at which application of the drug is devised and various modifications are essential for the desired results by these procedures. We here have tried to modify the instrument regarding *Parishek* and thereby tried to make the dose, duration and height of the *Dhara* as depicted in our classics. Moreover, *Parishek* is also a very easier method of *Kriyakalpa* to deal with the local pathologies in and around the eye. It has given good results in our clinical patients for different local inflammations, pain like conditions in eye. It gives instant and immediate effect in common symptoms of eye. It is an outpatient department level procedure which requires very less ingredients and gives better results instantly.

Keywords: *Parisheka, Netrashleshmavranashotha, Drug absorption, Eyes*

INTRODUCTION

Parishek is a *Kriyakalpa* in which medicated liquid is poured on closed eyelid continuously from 4" height for a specific time according to *doshas*. [1] It is a widely used method in eye diseases involving inflammation, pain, redness, burning like symptoms. Various modalities of application of *parishek* have been used according to the availability till date for

this *Kriyakalpa*, but a standard mode of application has not been devised which can maintain uniformity in this procedure. In our classics *pichu*(swab), *varti*(wick)[2], have been mentioned but practically a stainless steel glass, bowl, *kundi*, etc. are used for *Parishek*. These will somewhat differ in the duration, quantity, efficacy of the procedure. Hence, we have tried to devise an instrument for *Parishek* which can

maintain the duration, quantity, pressure from a height and efficacy of the drug to enhance the effects of the treatment. Application of *Parishek* in eye causes expulsion of *doshas* from *akshisandhistrotas* and also the *Urdhwajatruj* areas. [3] *Netra shleshmavranashotha* is a generalized term which indicates different types of conjunctivitis. The disease *Abhishyanda* wherein *Abhi* means sarvatva that indicates from all sides and *Syanda* means discharge, hence the *Sarvagata roga* which involves entire outer *Shleshmaavrana* of eye is called *Abhishyanda*. [4] It is very common and painful condition of eye which is also a cause and symptoms of many eye diseases. Use of *parisheka* in this condition of eye is like an emergency treatment for subsiding the acute symptoms and signs of conjunctivitis.

Case Report

A 35-year-old female having 50 kg body weight, housewife, residing in an urban area, suffering from recurrent pain and inflammation in Right eye visited the OPD department of ShalakyaTantra department of Government Ayurved College, Vadodara for Ayurvedic treatment. The patient was suffering from eye-ache, inflammation of lids and conjunctiva, redness, watering and burning in eye associated with dimness of vision recurrent conjunctivitis, for the past 1½ year. Though she had consulted many physicians and wore glasses for correction she could not get complete relief from the above-mentioned symptoms.

The patient had a past history of suffering from recurrent Stye and Conjunctivitis. She had consulted and ophthalmologist wherein she was suggested to wear glasses for myopia. But the symptoms did occur even after correction of

refractive error. The condition became aggravated in spring seasons and whenever she was exposed to excess wind. She had no other relevant operative or medicinal history.

The Patient was diagnosed with *Netrashleshma Avrana Shotha*. Based on the signs and symptoms. Initially local treatments and oral medications were prescribed to offer her relief but when it did not work completely we advised her for *Parishek* Treatment. That is the patient got relief but the congestion of conjunctiva persisted hence *Parishek* was advised. The patient was initially treated with *Nasya karma* for the purpose of *Shirovirechana* henceforth to rectify the *doshas* from the upper clavicular region. Then the patient was given *Parishek* on Right eye with eyes closed. The drug *Triphala* + *Yashtimadhu* decoction was used and classically mentioned parameters such as height of *Dhara* and duration of *Dhara* was maintained. This procedure was repeated daily for 3 days.

After the treatment, the patient got 70% relief in inflammation of the eye and almost complete relief in pain and burning in eye. The watering from eye and redness was relieved upto 80%. Here in this case study the assessment was totally based on the clinical signs and symptoms of the patient. During her next follow up after 1 month she was found having no such recurrence of symptoms and signs in her eye.

DISCUSSION

We have devised the instrument for *Parishek* which can provide a particular amount of medicinal drug (decoction/milk) to fall on the closed eyelids in a constant uniform stream (*Dhara*) for a specific time according to the *Doshik* involvement. As the local applica-

tion method *Parishek* is very effective in elimination of local *doshas* and the pathologies. Use of medicinal drug for a specific time and at desired temperature over the eyelids yields to reduction in local symptoms and signs of the disease.

In all the types of *Abhishyanda* the procedure of *Parisheka* has been advised in our classics. [5] And *Yashtimadhu* is the common drug indicated in all types of *Abhishyanda* for the purpose of *Parisheka*. Therefore, the use of this drug gives us immediate and longer effect due to the *kandughna*, *shothaghna*, *ropana*, *rasayana* properties of *Yashtimadhu*.

In this study the patient was recovered from the signs and symptoms completely. Also, she did not show recurrence after 1 month which indicates she showed local removal of *doshas* giving her relief from pain and inflammation.

Inflammation of Conjunctiva was seen in the form of hyperemia of right eye.

In conjunctivitis hyperemia is seen maximum at the fornices and minimum at the limbus due to congestion of conjunctival vessels. [6] Also according to Modern medicine cleanliness and control of infection plays the major role in its treatment. So, our use of *Parishek* procedure provides indirectly frequent cleaning of eye. Also in the chronic and recurrent cases, only antibiotics do not give results hence *Parishek* is a good supportive measure along with our *Dosha-Shamak* oral medications for the cure of the disease.

The mode of action of *Parishek* also is quick and efficient as the absorption through the thin layer of eyelid skin is enhanced by heat and continuous exposure to the liquid drug for a short period of time. Nowadays use of sterile cotton fibre pad is done to deliver medication trans dermally through the eyelids in certain

conditions of eye. [7] The skin thickness of eye is 0.05cm, which is the thinnest skin in our body. Increased temperature of skin increases the rate of penetration by direct effect on diffusion within the skin. The temperature affects stratum corneum structure causing higher permeability. Also, temperature increase improves blood flow locally henceforth enhancing the dermal absorption. [8] Thereby the use of *Parishek* drug at a specific temperature over the eyelids for a proper time of *Dhara* gives us good absorption of medicine and also reduces the local inflammations and pain like symptoms yielding success in our treatment of *Abhishyanda*.

CONCLUSION

Parishek is a *Kriyakalpa* which gives remarkable effect of the drugs locally and gives complete relief in the local signs and symptoms of eye disease. This study should be done in more number and more variety of signs and symptoms of eye patients to give proper management with *Parishek*. Furthermore, relevant studies regarding different modes of drug in the form of *Kshira*, *Kwatha*, *Mansarasa*, *Ghrita*, etc. should be done in the procedure of *Parisheka* which can open new horizons in the field of *Shalaky Tantra*.

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