

A CLINICAL STUDY ON EFFECT OF MADHU SHIGRU ASCHYOTANA IN THE MANAGEMENT OF KAPHAJA ABHISHYANDA W.S.R. TO ALLERGIC CONJUNCTIVITIS

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ABSTRACT

Kaphaja Abhishyanda have been explained under the heading ‘*Sarvagata Roga*’. *Abhishyanda* is considered as root cause of all most all the eye diseases. If it is not treated in time it leads to severe complication like *Adhimantha* and *Hatadhimantha*. The symptomatology of *Kaphaja Abhishyanda* can be correlated with allergic conjunctivitis. Allergic conjunctivitis is the most common type of eye allergy and is widely experienced by global population having a prevalence rate of 5-22%, in general population, and a recurrence rate of 41- 62%. *Acharya Sushruta* has recommended ‘*Kriya Kalpas*’ such as *Aschyotana*, *Anjana* etc. for the management of *Abhishyanda*, along with other therapeutic interventions. In the present study, total 15 patients were included and subjected to given *Madhu Shigru Aschyotana*. Clinical study carried out under designed protocol and results of study were assessed in terms of effect on various clinical feature of *Kaphaja Abhishyanda* (Allergic conjunctivitis). The present study shows highly significant reduction in clinical feature of *Kaphaja Abhishyanda* with local application of *Madhu Shigru Aschyotana*.

Key words: *Kaphaja Abhishyanda*, *Madhu Shigru Aschyotana*, allergic conjunctivitis

INTRODUCTION

The eye is the “window of soul” and holds special importance among all the sense organs. Without vision the day and night are same and this beautiful world is useless even if one possess plenty of wealth¹

Abhishyanda is one among the *Sarvagata Netra Rogas*, which affects all parts of the

eye, having good prognosis². It is of four types depending upon the predominant *dosha* viz- *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja Abhishyanda*. In each type of *Abhishyanda* nature of pain, discharge, congestion, oedema etc. varies. On analysing the signs and symptoms predominant *Dosha* can be assessed. If these *Abhishy-*

anda are not treated in time it leads to a hemi cranial painful condition of eye called *Adhimantha*³.

Description of four types of *Abhishyanda* is found amongst 76 diseases of eye in *Ayurveda* texts. Out of four *Abhishyanda*, *Kaphaja Abhishyanda* where itching and grittiness of the eye, foreign body sensation of eyes, watering, congestion, eye lid oedema, scanty & ropy discharge from eyes, heaviness of eyes, etc. are quite similar to allergic conjunctivitis is a common ocular ailment of childhood and adolescent age group as described in modern ophthalmology text.

Exposure to allergen like dust, smoke, pollens, dandruff, animal dander etc. gives immediate reaction. Avoidance of the allergen is quite difficult. So distressing signs and symptoms may cause extreme discomfort to the patient and it can disturb patient's routine life.

No such an effective drug is available in the modern ophthalmology which can cure the disease Allergic Conjunctivitis completely. Moreover after stopping the treatment symptoms of the disease re-occur.

Acharya Sushruta has recommended '*Kriya Kalpas*' such as *Aschyotana*, *Anjana* etc. for the management of *Abhishyanda*, along with other therapeutic interventions⁴.

Keeping all these points in mind it is decided to evaluate the effect of *Aschyotana* on *Kaphaja Abhishyanda*-Allergic Conjunctivitis. The present study entitled "A clinical study on effect of *Madhu Shigru Aschyotana* in the management of *Kaphaja Abhishyanda* w.s.r. to allergic conjunctivitis" was carried out with the aim of searching better remedy for the disease.

MATERIALS AND METHODS:

The study was carried out in these sections viz.

Selection of patients:-

Patients attending the O.P.D. and I.P.D. of department of *Shalakya*, eye unit N.I.A. Hospital with signs and symptoms of *Kaphaja Abhishyanda* – Allergic Conjunctivitis, between age of 15– 70 were selected for the present study. A total number of 15 patients were selected and studied randomly, irrespective of their sex, religion, occupation, education etc. the written consent of the patients were taken before starting the clinical study.

Criteria of Diagnosis: -

The diagnosis of *Kaphaja Abhishyanda* – Allergic Conjunctivitis was done on both the modern and *Ayurveda* basis. For this purpose a special research proforma was prepared as per the modern and *Ayurveda* view. After taking ophthalmic and systemic history, a detailed conjunctival examination was carried out by torch light and slit lamp examination before and after study. Routine blood investigations were done to rule out any systemic disease.

Inclusion Criteria:-

All patients in the age group of 15 to 70 years presenting with signs and symptoms of Allergic conjunctivitis and *Kaphaja Abhishyanda* as mentioned in classical text were taken into account.

Exclusion Criteria:-

- Patients not willing for trial.
- *Abhishyanda* associated with infections and Corneal Ulcers.
- *Abhishyanda* associated with Trachoma.
- Allergic conjunctivitis with other forms of allergy like skin rash and allergic Asthma.

Investigations:

For the purpose of assessing the general condition of the patient and to exclude other pathologies, the following investigations were performed in all the selected patients.

Routine Examination:

- Complete blood count.

- Erythrocyte Sedimentation Rate.

Method of study:

All patients selected for clinical trial were explained the nature of the study and their consent was obtained on the proforma before inclusion in the study.

In total 15 patients were selected for present study who fulfilled the criteria of diagnosis and consented for study. They all were treated with *Madhu Shigru Aschyotana* for local application.

Madhu Shigru Aschyotana⁵ Eye Drops:

Preparation of Madhu Shigru Aschyotana Eye Drops:

According to *Ayurveda* classics if quantity of a drug is not mentioned in a combination then it should be taken in equal amount but in this formulation *Shigru Patra* and *Madhu (Honey)* were used in the ratio of 1:8 instead of 1:1 because in 1:1 ratio the drug was intolerable for the patients due to its *Tikshana* property.

Drug: *Madhu Shigru Aschyotana* Eye Drops

Dose: 2 drops four times daily for local application in lower *Cul - de-sac*.

Duration: 15 days

Follow Up: A minimum period of one month was planned for the follow up study.

Criteria for Assessment:

In this study, the results were assessed with regards to the clinical sign and symptoms (on the basis of grading and scoring system) and overall improvement.

Clinical Assessment:

The signs and symptoms were assessed on these parameters:-

- 1) *Kandu* (itching):
- 2) *Guruta* (heaviness in eyes)
- 3) *Muhurmuhursrawa* (lacrimation)
- 4) Foreign body sensation
- 5) *Akshishopha* (swelling of eye lids)
- 6) *Raga* (congestion of conjunctiva)

OBSERVATIONS AND RESULTS:

In the present study maximum numbers of patients were between 15-30 years age group

Table 1: Showing effect of therapy on clinical features

S. No.	Clinical Features	Mean Score			% Of Relief	S.D.	S.E.	P	Results
		BT	AT	Diff.					
1	<i>Kandu</i>	2.800	.133	2.667	95.25%	0.607	0.111	<0.0001	ES
2	<i>Guruta</i>	1.733	0.200	1.533	88.45%	0.819	0.150	<0.0001	ES
3	<i>Muhurmuhur Srawa</i>	1.333	0.133	1.200	90.02%	0.407	0.074	<0.0001	ES
4	Foreign body sensation	1.533	0.333	1.200	78.28%	0.664	0.121	<0.0001	ES
5	<i>Akshishopha</i>	0.467	0.133	0.333	71.30%	0.480	0.088	<0.0020	VS
6	<i>Raga</i>	1.600	0.333	1.267	79.19%	0.583	0.107	<0.0001	ES

The effect of drug reveals that maximum percentage of relief was observed in the parameter of *Kandu* (95.25%) followed by *Muhurmuhur Srawa* (90.02%), *Guruta* (88.45%), *Raga* (79.19%), Foreign body sensation (78.28%), *Akshishopha* (71.30%), relief. Percentage of Relief is statistically highly significant in *Kandu*, *Guruta*, *Muhurmuhur Srawa*, *Raga*, Foreign

body sensation and it is very significant in case of *Akshishopha*.

DISCUSSION

There is some relation between *Vyadhis* and occupation; here the students, housewives are more prone to *Atapa Sevana*, *Raja Nishevana*, *Dhuma Nishevana*, *Suksma Nirk-*

ishana etc. causative factors cannot be avoided. *Suksma Nirikshana, Raja Nishevana, Dhuma Nishevana*, is very common for the students as their routine work is generally concerned with studies, computer work and outdoor activity. As these factors have the direct effect on the eyes and cause comparatively more eye-strain and lacrimation.

PROBABLE MECHANISM OF DRUG ACTION:

Table 2: Showing Ras Panchaka of Madhu Shigru Aschyotana:

Name	Rasa	Guna	Veerya	Vipaka	Part Used	Dosha Karma
Madhu	Madhura, Kashaya	Laghu, Ruksha, Shlakshna, Vishada	Sheet	Madhura		Tridosha shamaka
Shigru	Katu, Tikta	Laghu, Ruksha, Tiktsna	Ushna	Katu	Leaves	Kapha Vata shamaka

Madhu Shigru Aschyotana contains *Shigru* having *Katu, Tikta Rasa, Laghu Ruksha Teekshna Guna, Ushna Veerya, Katu Vipaka* and *Kapha Vata Shamaka* property.

On The Basis of Rasa

Function of *Katu Rasa* is *Kapha Shamak, Agni Deepaka, Krimigna, Kandu Nasak, Chakshu Virechana, Abhishyanda Nasak, Sroto Vishodhana* which alleviates itching, lid and conjunctival swelling and *Guruta*.⁷

Tikta Rasa is also present in *Shigru*. *Tikta rasa* has *Vishagna, Krimigna* and *Kandu Dahashamaka, Lekhana* properties, alleviates *Abhishyanda* and itching.⁸

On The Basis of Guna

Laghu Guna is *Langana* and *Shroto-shodhaka*, which is present in *Shigru* which alleviates *Kapha*. *Ruksha Guna* is also having *Kapha Shamaka* property.^{9,10} *Teekshana Guna* having *Kapha-Vatahara, Lekhana*, and *Shod-*

Relief in the clinical features of the disease was caused by reduction in inflammation. *Madhu Shigru Aschyotana* was effective in controlling the clinical features. The study of literature reveals that there can be many possible mechanisms working individually or in combination to affect the inflammatory process directly or indirectly.

Probable mode of action of Madhu Shigru Aschyotana:

hana property which alleviates the *Kaphaja Abhishyanda*.⁶

On The Basis of Veerya:

Ushna Veerya, drug acts as *Agnideepana, Pachana* and *Kaphagna karma*.

On The Basis Of Vipaka

Regarding *Vipaka*, *Shigru* has *Katu Vipaka* which is *Kapha Shamaka*.

In *Madhu Shigru Aschyotana*, *Madhu* is used as maximum quantity *Dravya* of this formulation, *Madhu* is said best *Kapha Shamaka Dravya*⁷, *Madhu* is having *Lekhana* property⁸ and it acts as a *Yogavahi Dravya*⁹ which helps and improves the actions of the *Shigru*.

Modern properties:

From modern point of view the probable mechanism of action can be as follow:-

The *Moringa oleifera* dichloromethane extract shows high antioxidant activity¹⁰

It is also reported as an anti-inflammatory, antimicrobial, antioxidant, anticancer, cardiovas-

cular, hepatoprotective, anti-ulcer, diuretic, anti-rolithiatic, and antihelminthic¹¹

It was observed that both drugs were effective in treating or controlling the clinical features of disease although *Madhu Shigru Aschyotana* showed better efficacy than *Pathyadi Anjana Varti*, possible reasons regarding that may be-

All *Acharyas* have given due importance while *Acharya Vagbhatta* quoted it as an *Aadya Upakrama* – foremost procedure in treatment of all the eye diseases¹². It is safe as well as most economical procedure. It eliminates the *Doshas* from all parts of eyes effectively.

In *Madhu Shigru Aschyotana Swarasa Kalpana* is used in formulation of drug which is more potent than other *Kalpanas* example- *Kwath, Gutika* etc.

Shigru Patra is having high anti-oxidant properties along with anti-inflammatory, antimicrobial and anthelmintic properties.

It was also seen the presence of more acceptability of *Aschyotana* than *Anjana* in patients.

CONCLUSION

After scrutinizing the study regarding *Kaphaja Abhishyanda* and its management following conclusions can be drawn:

- ☞ *Kaphaja Abhishyanda* is one of the most common disease affecting man is facing in present days.
- ☞ On the basis of signs and symptoms *Kaphaja Abhishyanda* can be correlated with allergic conjunctivitis.
- ☞ Management of the Allergic Conjunctivitis in modern ophthalmology has considerable side effects and also is not cost effective.
- ☞ Eye Drops is the preferred mode of application when considering the dose maintenance, easy and safe administration.

- ☞ *Madhu Shigru Aschyotana* formulation gave better results in the clinical features like *Kandu* (Itching), *Guruta* (Heaviness in eyes), *Akshishopha* (Swelling of eye lids), *Muhurmuhur Srawa* (Lacrimation), *Raga* (Congestion of conjunctiva), *Pichchil Srawa* (Ropy discharge), Foreign body sensation.
- ☞ Out of 15 patients in Over All Therapy, 08 patients showed complete cure. Marked improvement was observed in 04 Patients. Moderate improvement was observed in 03 patients.
- ☞ No adverse effects were observed during the study in *Madhu Shigru Aschyotana* application.
- ☞ No recurrence during follow up was observed after completion of trial.
- ☞ These are safe, economical and procedure is easy to perform.
- ☞ Thus, it can be concluded that *Madhu Shigru Aschyotana* showed better results in the clinical symptoms of *Kaphaja Abhishyanda*.

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