



## ABHISHYANDA IN AYURVEDA- A REVIEW

Pranjali Priya<sup>1</sup>, Ajay Kumar Singh<sup>2</sup>

1.P.G. Scholar, M.S. (Ayu). 2.Professor, Department of Shalakyatantra, Government Ayurvedic College & Hospital Patna

Corresponding Author: [pranjaliPriya93@gmail.com](mailto:pranjaliPriya93@gmail.com)

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## ABSTRACT

Our classical expertise has maintained *Shalakyatantra*, i.e. branch of ophthalmology, Otorhinolaryngology and Oral dentistry in *Ashtang Ayurveda*. *Sushruta* classified 76 Eye diseases based on different sites of eye parts. *Abhishyanda* is considered a causative factor for all eye diseases and affects many parts of the eye, so it is classified under *Sarvagata Netraroga*. The classical feature of *Abhishyanda* is that more discharge occurs often. Its clinical symptoms and signs resemble modern eye disease, i.e conjunctivitis. The inflammation of conjunctiva substantially occurs in *Abhishyanda* and can spread through *Rakta*. Ayurveda classics mentioned colourful types of *Abhishyanda*, including *Vataja Abhishyanda*, *Pittaja Abhishyanda*, *Kaphaja Abhishyanda* and *Raktaja Abhishyanda*. The complaint involves *kledana* in *Doshas* and *Dhatu*, due to which gushing discharge emerges from the eye

**Keywords-** *Ayurveda, Netraroga, Abhishyanda, Shushruta sanhita.*

## INTRODUCTION

निरुक्ति - अभि- स्यन्द- स्यन्दनात् स्रावणात्। (अ.स.उ. 19/41)

सर्व ऊर्ध्वजगृत स्रोत स्यन्दनात् स्यन्द उच्यते। (अ.स.उ. 19/41)

अभिष्यन्द - अभिसमन्तात् स्यन्दति अश्रुदलानि च्यावयति ।

*Abhishyanda* is characterised by discharge from all sides of the eye. It is one of the *Sarvagata Netra Rogas* mentioned in *Ayurvedic classics*, involving all parts of the eye in excessive discharge. *Abhishyanda* is the fundamental cause of all *Netra rogas*. If not

treated properly, it can lead to *Adhimantha*, which is associated with severe pain and complications. Therefore, *Acharya Sushruta* emphasised the importance of early treatment for *Abhishyanda*. The clinical features depend on the type of *Dosha* involved. It is classified as *Vyadhana Sadhya Vyadhi*, with management options including *raktamokshana*, *Virechana*, and *Sekadi Kriyakalpas*. *Abhishyanda* is compared to conjunctivitis, which is characterised by conjunctival inflammation and secretions, usually of infectious or allergic origin. When the causative organism is highly toxic, complications such as keratitis, marginal corneal ulcers, dacryocystitis, and sometimes uveitis can occur. Management of conjunctivitis includes topical treatments with antibiotics (both antibacterial and antiviral) and anti-allergic drugs.

### SIGNIFICANCY OF ABHISHYANDA

\* वृद्धैरेतेरभिष्यन्दैर्नराणामक्रियावताम्। तानन्तस्त्वधिमन्थस्युर्नयने तीव्रवेदनाः ॥<sup>1</sup>

*Abhishyanda* if not treated leads to *Adhimantha* with severe pain.

प्रायेण सर्वे नयनामयस्तु भवन्त्याभिष्यन्द निमित्त मूलाः। तस्मात्

अभिष्यन्दमुदीर्यमाणं उपाचरेदाशु हिताय धीमान् ॥<sup>2</sup>

*Abhishyanda* is considered as a causative factor for all the eye diseases which indicates importance of *abhishyanda* which must be organized in its *purvrupa* awashtha otherwise leads to severe eye diseases.

सर्वेऽक्षिरोगाः प्रायेण जायन्ते स्यन्दपूर्वकाः। यतश्च रक्तं संदूष्य तानतस्त्वरया जयेत् ॥<sup>3</sup>

Many ophthalmic diseases are caused by *abhishyanda*, which is precipitated by vitiated *rakta*. Hence, it is necessary to treat the patient immediately to prevent further aggravation of the disease.

**PREDISPOSING FACTOR** Viral infections, Bacterial infections, Effects of allergens, Chemical splash of the eye, foreign bodies, etc.

### A/C TO AYURVEDA PREADIPOSING FACTOR

प्रसंगाद् गात्रसंस्पर्शान्निश्चासात् सहभोजनात् । सहशय्यासनाच्चापि वस्त्रमाल्यानुलेपनात् ॥ नेत्राभिष्यन्द एव च ॥ औपसर्गिकरोगाश्च संक्रामन्ति नरान्तरम् ॥<sup>4</sup>

Classification of *Abhishyanda*

1. *Vataj Abhishyanda*
2. *Pittaj Abhishyanda*
3. *Kaphaj Abhishyanda*
4. *Raktaj Abhishyanda*

Signs and Symptoms –

Conjunctival sensation, poking sensation, burning sensation, inflammation, etc., are common symptoms of conjunctivitis, as per the ultramodern wisdom. Conjunctiva becomes sanguine and inflamed in con-

conjunctivitis, which is substantially seen in summer. Eye drops, lubrication, ointment, antibiotics, etc, are major remedial approaches for managing symptoms of conjunctivitis.

According to Ayurveda –

Pre symptoms of *Abhiysanda* –

तत्राविलं ससंरम्भं अश्रु कण्डूपदेहवत् । गुरुषा तोदरागाद्दैः जुष्टं चाव्यक्त लक्षणैः ॥<sup>5</sup>

Eye appears to be filled with tears, mild swelling, Itching sensation, increase of excretory discharges, redness, heaviness, burning sensation and pain in the eye.

स शूलं वर्मकोषेषु शूकपूर्णाभिमेव चा<sup>5</sup>

Slight pain in the lids, foreign body sensation.

Symptoms according to classification –

### *Vataj Abhishyand*

निस्तोदनस्तम्भन रोमहर्षसंघर्षपारुष्य शिरोभितापाः। विशुष्कभावः शिशिराश्रुता च वाताभिपन्ने नयने भवति<sup>6</sup>

eye ache that prickles. eyeball fixity. widespread horror. The eye feels like a foreign body. Eyeball hardness. headache. a sense of dry eyes. The eye discharges cold.

### *Pittaj Abhishyand*

दाह प्रपाको शिशिराभिनन्दा धूमायनं बाष्प समुच्छ्रयाश्च ।

उष्णता पीतकनेत्रता च पित्ताभिपन्ने नयने भवन्ति<sup>7</sup>

Burning feeling and ocular suppuration, aiming for the cold, smoke-like taste in the tongue, Lacrimation, warm tears being released, and discolouration of the eye in yellow. The outer surface of the lids turns black, and the inside gets slimy. Redness in the eyes, swelling in the eye.

According to Vagbhata (A.S.U.18/7) –

शोफः श्यावता वर्मतोर्बहिः (Eye lids become swollen and

blackish externally) अन्तःक्लेद (Mucopurulent discharge)

, रागः, क्षारोक्षित क्षत अक्षित्वं (Feeling of alkali burnt wound in eye) .

### *Kaphaj Abhishyand*

उष्णाभिनन्दा गुरुताऽक्षिशोफः कण्डूपदेहोसितताऽति शैत्यम् ।

स्नावो मुहुः पिच्छिल एव चापि कफाभिपन्ने नयने भवन्ति ॥ (सु.उ. 6/8) 8

Yearning for heat, Swelling, itching, and a sensation of weight in the eye, The eye is linked with dushika (mucous discharge), Increased whiteness of the eyeball, Increased coldness of the eyeball, Frequent slimy discharge from the eye.

According to Vagbhata (A.S.U.18/7) –

शोफः श्यावता वर्मतोर्बहिः (Eye lids become swollen and

blackish externally) , अन्तःक्लेद (Mucopurulent discharge) , रागः, क्षारोक्षित क्षत अक्षित्वं (Feeling of alkali burnt

wound in eye)

### **Raktaj Abhisyand**

तामाश्रुता लोहितनेत्रता च राज्यः समन्तात् अति लोहिताश्च ।

पित्तस्य लिङ्गानि च यानि तानि रक्ताभिपन्ने नयने भवन्ति ॥9

Coppery fluid coming from the eye, Reddish-brown staining of the eye, Development of widespread red vascular patterns on the eyeball, Traits of Pittaj abhishyanda.

According to Vagbhata (A.H.U. 18/12) -

रक्ताश्रुराजी दूषिका (blood vessels, Tears, exudates become red). रक्तमण्डलदर्शनम् (Objects seem reddish).

### **Samanya Samprapti -**

सिरानुसारिभिर्दोषैर्विगुणैरुर्ध्वमागतैः ।जायन्ते नेत्रभागेषु रोगाः परमदारुणाः

॥<sup>10</sup>

The impaired doshas will travel through the circulatory system and ascend, leading to diseases in various regions of the eye.

### **SAMPRAPTI GHATAK**

*Dosha: Kapha Pradhana Tridosha*

*Dushya: Rasa and Rakta*

*Srotasa: Rasavaha and Rakravaha Strota*

*Dushti: Sanga and Atipravriti.*

*Sthan :Different Netra avayava(Mandal, Sandhi, Patal)*

The etiological factors cause *Sarva deha Syandana*, leading to the *Siro-abhishyanda*, which in a later stage causes *Netra Abhishyanda* involving *Khavaigunya* associated with *Achakshusya sevana*. The major *Dosha* involved in condition is *Kapha*, while *Rasa Dhatu* along with *Rasavaha Strotah* produce

### **Abhishyanda Chikitsa**

प्राग्रूप एव स्यन्देषु तीक्ष्णं गण्डूष नावनम् । कारयेदुपवासं च कोपादन्यत्र वातजात्

॥11

Management during purvarupa avastha by-  
Tikshna gandusha (Except Vata roga) , Tikshna navana (Except Vata roga) , Upawasa (Except Vata roga)

लङ्घन आलेपन स्वेद सिराव्यध विरेचनैः । उपाचरेत् अभिष्यन्दानञ्जन

आश्च्योतनादिभिः ॥ (चक्रदत्त ने.रो.५९/१)

*Snigdha* or *ushna* medicines, *Sneh paan* with puran ghrita, *Siramokshan*, *Putpak*, *Dhoompan*, *Pindi* etc. used for *Vataj abhishyanda*, *Mrudu* and *shitala* remedy, *Sharkara mixed ghrita paan*, *Nasya*, *Anjan*, *Aschyotan* etc. recommended for *Pittaja abhishyanda*. In contrast, *Tikshna*, *Ruksha* and *Vishada* medicines advised for *Kaphaja abhishyanda*. *Snehan*, *Swedana*, *Anjana*, *Seka*, *Putpaka*, etc., are helpful for *Kaphaj Abhishyanda*. *Raktaj abhisyand* should be managed as *Pittaj abhisyand* and some other medicines such as *Sneh paan* with *Kaumbh sarpi*, *Pralep*, *Rakatkokshan*, followed by *virechan* and *Shiro-virechan*.

## **CONCLUSION**

*Abhishyanda* is *Sarvagata Netraroga*, which affects the *Mandal*, *Sandhi*, and *Patal* of the eye. Comparative clinical features of *Abhishyanda* are similar to *Conjunctivitis*. The inflammation of the conjunctiva leads to gushing discharge from the eye, which is associated with other symptoms like *Lohit Netrata*, *Sangharsh*, *Nistoda*, *Daha*, *Paka*, etc. Ayurveda mentioned four types of *Abhishyanda* according to *doshas*. Ayurveda described different management approaches and used many of the drugs in different administrative forms, such as *Anjana*, *Pralepa*, *Aschyotana*, *Pariseka*, *Tarpana*, *Sweda Putpaka*, etc. These *Kriyakalpas* offer several health benefits in the case of *Abhishyanda*, and *Kaphaghna Dravyas* play an essential part in *Abhishyanda Chikitsa* since it's *Kapha's* dominant condition. Eye drops, lubrication, ointments, antibiotics, etc., are major remedial approaches for managing symptoms of *conjunctivitis*, as per ultramodern wisdom.

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