

## MANAGEMENT OF BAHALA VARTMA - A CASE STUDY

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### ABSTRACT

*Acharya Susruta* has described 21 diseases afflicting the eyelids. One among them is *Bahala Vartma* characterized by multiple *pidakas* (swellings) filling the inner aspect of eyelids caused due to the vitiation of *tridosha*. This can be compared to multiple Chalazia afflicting the eyelids. *Bilwadi gutika* is a formulation mentioned in *Ashtanga Hrudaya uttarasthana* and can be used for *Pana* (internal administration), *anjana* (collyrium) and *nasya* (nasal instillation). In the present study *Bilwadi gutika* is used in the form of *anjana* in the management of a case of *Bahala Vartma*.

**Keywords:** *Vartma, Anjana, bahala Vartma, chalazion*

### INTRODUCTION

*Vartma rogas* (diseases of eyelids) are caused when aggravated *dosha* localize in *vartmagata siras* (blood vessels) and vitiate the *mamsa* and *rakta* portions of *vartma*.

*Bahala vartma* is one such *vartmagata roga* which presents with multiple *savarna pidakas* (same coloured swellings) producing heaviness of the lids<sup>1</sup>. According to ayurvedic classics it is grouped under *lekhana* (scraping) *sadhya vyadhi*.<sup>2</sup> Chalazion is a chronic granulomatous inflammation of the meibomian gland and is the commonest of all eyelid swellings. It is caused due to the retention of secretions of meibomian glands thereby resulting in enlargement of gland. The collected material acts like an irritant and excites a lipogranulomatous inflammation of the blocked meibomian glands<sup>3</sup>.

*Bahala vartma* can be compared with multiple

chalazia presenting with several non suppurative cystic lesions in the upper and lower lid producing heaviness of the lids.

A single case study was carried out in the department of Shalaky Tantra, SDMAH Udipi. Patient complained of watering, discomfort and marked swelling in left lower eyelid for 3 months. Treatment was tried with *mrudu swedana* (mild fomentation) followed by application of *Bilwadi gutika*<sup>4</sup> *anjana*.

### Materials and Methods

**Place of Study-** SDM Ayurveda Hospital, Udipi

**Case Study:** Management of a case of *Bahala vartma* by *Bilwadi gutika* in the form of *anjana* for a period of 1 month. A 50 yr old male patient presenting with swelling in the left lower eyelid and watering since 3 months was chosen for the study.

**History of present illness** – Patient was apparently normal before 3 months. Gradually patient noticed watering from left eye along with swelling in lower eyelid which was increasing in size. He also experienced mild heaviness of lower eyelid after a few days. He also complained of mild discomfort due to the swelling. For all the above complaints he visited *Shalakyta Tantra* OPD at SDM Hospital at Udupi.

**History of past illness:** No history of hypertension, Diabetes mellitus.

**On examination:**

**Left eye:**

Eyelids- 3 firm cystic non tender nodules were palpable in the lower eyelid

Palpebral conjunctiva- Reddish purple area in the lower palpebral conjunctiva over the swellings

Bulbar conjunctiva- appears normal

Cornea- clear

Pupil – round, regular, reactive

**Right eye:**

Eyelids – eyelashes and margins appear normal

Palpebral conjunctiva - no congestion

Bulbar conjunctiva- appears normal

Cornea- clear

Pupil – round, regular, reactive

**Assessment criteria**

The assessment was done before treatment and after treatment. The signs and symptoms were assessed by self-designed scoring system, described below.

**Scoring system for the assessment.**

**1. Discomfort or irritation**

**Absent (Grade 0)** - No discomfort or irritation

**Mild (Grade 1)** - Occasionally present and not disturbing daily routine

**Moderate (Grade 2)** -Frequently present and disturbing daily routine

**Severe (Grade 3)** - Present throughout the day and disturbing daily routine

**2. Lacrimation**

**Absent (Grade 0)** - No lacrimation

**Mild (Grade 1)**- Occasionally present

**Moderate (Grade 2)**- Frequently present, but not disturbing daily routine

**Severe (Grade 3)** -Present throughout the day and disturbing daily routine

**3. Swelling**

**Absent (Grade 0)** - No swelling

**Mild (Grade 1)** - 1-2 localized nodular swellings present in either upper or lower eyelid

**Moderate (Grade 2)** - 2-4 localized nodular swellings in either upper or lower eyelid

**Severe (Grade 3)** -2-4 nodular swellings in both the eyelids

**4. Congestion**

**Absent (Grade 0)** - No congestion

**Mild (Grade 1)** - Congestion over the swelling

**Moderate (Grade 2)** - Congestion over and nearby swelling

**Severe (Grade 3)** - Congestion involves whole palpebral conjunctiva

**Treatment Protocol-** *Bilwadi gutikanjana* in the dose of 1 *Harenu Matra*<sup>5</sup>(~40mg) applied in the lower fornix for 30 days.

**Table 1:** list of ingredients and *rasapanchaka* (factors determining the function of this formulation) of *Bilwadi gulika*

Name of the drug	Rasa	Guna	Virya	Vipaka	Dosha karma	actions
<i>Bilwa</i>	<i>Kashaya, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata kaphahara</i>	<i>Shothahara, deepana, pachana</i>
<i>Surasa</i>	<i>Katu tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vatahara</i>	<i>Krimighna, vrana ropana</i>
<i>Karanja</i>	<i>Tikta katu kashaya</i>	<i>Laghu, teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vatahara</i>	<i>Shothahara, bhedana, vrana ropana</i>
<i>Tagara</i>	<i>Tikta katu</i>	<i>Laghu snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vatahara</i>	<i>Vishaghna</i>

<i>Devadaru</i>	<i>Tikta</i>	<i>Laghu snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vatahara</i>	<i>Amahara, shothahara</i>
<i>Haritaki</i>	<i>Kashaya pradhana lavana varjitaPancharasa</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>tridosahara</i>	<i>Chakshushya, Rasayana, vranaropana, shothahara, krimighna</i>
<i>Vibhitaki</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>kapha-pitta nashaka</i>	<i>Chakshushya, shothohara</i>
<i>Amalaki</i>	<i>Amla pradhana lavanavarjita Pancharasa</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>tridoshaghna</i>	<i>Chakshushya, rasayana,</i>
<i>Trikatu</i>	<i>Katu</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphahara</i>	<i>Amapachana, medoghna, lekhana, srotoshodhana</i>
<i>Haridra</i>	<i>Katu tikta</i>	<i>Laghu ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha pittahara</i>	<i>Lekhaniya, krimighna, shothahara. Vrana hara, vishaghna</i>
<i>Daruharidra</i>	<i>Tikta kashaya</i>	<i>Laghu ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha pittahara</i>	<i>Lekhana, shothahara netra rogahara</i>
<i>Aja mutra</i>	<i>Katu tikta</i>	<i>laghu</i>	<i>ushna</i>	<i>katu</i>	<i>kaphaghna</i>	<i>Shothahara, lekhana,</i>

## RESULT

**Table2:** Scoring before and after treatment

Symptoms	Before treatment	After treatment
Discomfort or irritation	Grade 1	Grade 0
Lacrimation	Grade 2	Grade 0
Swelling	Grade 2	Grade 0
Congestion	Grade 3	Grade 0

## DISCUSSION

*Bahala vartma* is categorized as *tridoshaja lekhana sadhya vyadhi*. *Bilwadi gutika anjana* has *ushna veerya* (hot potency), *laghu* (light), *ruksha* (dry), *teekshna guna* (penetrating) due to which it acts as a potent *lekhana anjana*. *Mrudu swedana* (fomentation) acts as *dosha vilayana* which relieves the blocked Meibomian glands. *Anjana* causes *amapachana* and *shaman* (pacification) of vitiated *doshas*.

*Bilwa*<sup>6</sup> (*Aegele marmelos*), *Devadaru* (*Cedrus deodara*), *pippali* (*Piper longum*) *maricha* (*Piper nigrum*) *Shunti* (*Zingiber officinale*), *Karanja* (*Pongamia pinnata*) are mainly *ushna veerya*, *kapha vatahara* and have *amapachana*, *Shothahara* (anti inflammatory) properties thereby reducing inflammation in the ducts of meibomian glands, relieving the blockage and reducing the swelling. *Haridra* (*Curcuma longum*), *Daruharidra* (*Berberis aristata*), *aja*

*mutra* are *ushna veerya*, have *lekhaniya* property (scraping action). *Surasa* (*Ocimum sanctum*), *Haritaki* (*Terminalia chebula*), *vibheetaki* (*Terminalia bellerica*), *Amalaki* (*Emblica officinalis*) *Karanja* (*Pongamia pinnata*), *Haridra* (*Curcuma longum*), *Daruharidra* (*Berberis aristata*) produce *vrana ropana* (wound healing) in the affected site. *Haridra* and *Surasa* possess *Krimighna* (anti infective) properties which prevent secondary infection and help in the quick resolution of the disease process. The highly vascular conjunctival surface also aids in easy and optimal absorption of drugs applied in the form of *anjana* which is further enhanced by application of local heat in the form of *mrudu svedana*

## CONCLUSION

*Bilvadi gulika* is a formulation mentioned in *Astanga hridaya visha chikitsa*. It can be used in the form of *anjana, pana and nasya*. Though it is popularly used to treat toxicity *its ushna veerya, teekshna guna, lek-hana karma* renders it beneficial in the management of inflammatory swellings of the lid as it brings about *amapachana* and *shaman* (pacification) of vitiated *doshas* in the *vartma*. In the present case study of *ba-hala vartma* consisting of *bahu savarna pidakas*, the application in the form of *anjana* resulted in disintegration of accumulated meibomian secretions and resolution of disease.

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