

## A SINGLE CASE STUDY TO EVALUATE THE EFFECTIVENESS OF AYURVEDA TREATMENT PROTOCOL USING EUPHORBIA LATEX IN UTSANGINI W.S.R TO CHALAZION

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### ABSTRACT

**Introduction:** - Chalazion is also known as a tarsal ‘cyst’ or meibomian ‘cyst’. This is not a cyst but a chronic inflammatory granuloma of a meibomian gland. Chalazia are often multiple, occurring in crops. The contemporary treatment modalities include eyelid hygiene with hot compresses, topical antibiotic ointment and also steroid injections. Most lesions usually necessitate more invasive procedures. If the chalazion does not resolve, it should be incised and curetted. its management is difficult, due to its high recurrence rate and chronicity. It is correlated to *Utsangini* in Ayurveda. Ayurveda can provide safe and cost-effective results in *Utsangini* with both *Shodhana* and *Shamana Chikitsa*. **Materials and Methods:** -A case of Chalazion successfully treated with local application of *dugdhika ksheera* and *bidalaka* with *mukkadi churna* along with a few internal medicines is recorded here. **Result:** The subject had shown good improvement  
**Conclusion:** Latex of euphorbia latex has a good effect on the management of *Utsangini*.

**Keywords:** Chalazion, *Utsangini Bidalaka*, *Dugdhika Ksheera*, *Mukkadi Churna*.

### INTRODUCTION

Chalazion is a chronic lipo-granulomatous inflammation of the meibomian or Zeis glands, caused by cystic retention of material in the sebaceous glands. It is one of the commonest eyelid disorders of all age groups, and usually, presents with inflammation and

irritation of the eyelid and ocular surface. Although it may be a self-limited disease, its management can be difficult for both the ophthalmologists and the patients, due to its high recurrence rate and chronicity. The treatment modalities include eyelid hygiene

with hot compresses, topical antibiotic ointment, and systemic tetracycline in cases with acne rosacea. However, most lesions usually necessitate more invasive procedures like steroid injections or incision and curettage surgery.

A chalazion, or meibomian cyst, is a focus of granulomatous inflammation within the eyelid. It arises from retained meibomian secretions. It is benign and often self-limiting. It can occur in all age groups and is common in primary care.

Patients report a slowly enlarging lump with some variability in size on a day-to-day basis. Ask about skin conditions that predispose to meibomian gland dysfunction—acne rosacea and seborrheic dermatitis. Larger chalazions may be associated with visual symptoms. Ask about blurry vision from induced astigmatism or awareness of visual field obstruction from mechanical ptosis.

It is correlated to *Utsangini* in *Ayurveda*. *Utsangini* is explained under *Vartmagatha Rogas* by both *Sushruta* and *Vagbhata*. It is a *Tridoshaja Sadhya Vyadhi* according to *Sushruta*.<sup>1</sup> But according to *Vagbhata* it is a *Raktaja Sadhya Vyadhi*. Both *Shodhana* and *Shamana Chikitsa* is mentioned in the treatment of *Utsangini*. In contemporary science, treatments are intralesional corticosteroid injection and surgical drainage. Ayurveda can provide safe and cost-effective results in Chalazion. Here a case of Chalazion successfully treated with Ayurvedic management is recorded.

### Local Examination

Eyelid	NAD	Marked swelling in the left lower lid
Palpebral conjunctiva	NAD	Congestion marked swelling with minute opening
Bulbar conjunctiva	NAD	NAD
Cornea	Clear	Clear
Pupil	RRR	RRR
Lens	Phakic	Phakic

### Treatment

#### 1<sup>st</sup> sitting

*Dugdhika ksheera* (Euphorbia hirta)- applied over *utsangini*- 1 week

*Triphala guggulu*-2 bd. After food -2 weeks

*Avipattikara churna*-1tsp at night with milk - 2 weeks

#### 2<sup>nd</sup> sitting

*Mukkadi churna bidalaka*-1week

### CASE STUDY

A normal man of 32 years of age noticed an Itching sensation in the right lower lid of the eye associated with small swelling and redness, swelling gradually increased in size. And later suffered from watering from the eye, hence he consulted Government Ayurveda Medical College Outpatient Department for the same and started Treatment.

#### Hetu

The patient used to consume very spicy and deep-fried food and used to work more in front of computers and mobile screens. These factors might have influenced the pathology.

#### General Examination

1. Condition - General
2. RS - NAD
3. CVS - S1S2 - NAD. No added Sound
4. CNS - NAD
5. P/A - SOFT
6. BP - 120/80 mmHg
7. Pulse - 72/min

**Prakruti** – vata pitta

**Saara** – Mamsa

#### Darshana

- Agni - Sama
- Srotas – Raktavaha
- Nidana - Ushna Ahara, ati Sookshma darshana, prabhavatam darshana.

*Dhanyaka Hima Seka*-1week

Mahamanjisthadi Kashaya-20ml-0-20ml before food

### DISCUSSION

The present case was acute so only *nitya virechana* with *avipattikara churna* was given. Symptoms and *Prakruthi* of the patient were more of *Pitta* so both

*Pithahara* and *Raktha Prasadhaka* line of treatment was adopted.

The stem sap of *dugdhika* is used in sty, the latex of *dugdhika* is applied on lower eyelids to cure eye-sores. Its *rasa* is *tikta* and *katu*, *vipaka* is *katu*, and *veerya* is *ushna*. Mainly because of its Kshara property it's useful in the removal of Chalazion.<sup>2</sup> *Netra Parisheka* is done with *Dhanyaka hima*.<sup>3</sup> *Netra Parisheka* is one among the *Kriya Kalpas* mentioned for *Netra Roga*. This local therapy acts by resolving the obstruction of channels, removing micro-organisms and enhancing local blood circulation which is helpful for quick and easy absorption of drugs. Moreover, these drugs have *Chakshushya*, anti-inflammatory and antimicrobial properties. Its *rasa* is *kashaya*, *tikta*. It is *laghu* and *snigdha guna yukta* and is *ushna virya* but *vipaka* is *madhura*. It acts as *tridosahara Samana*. *Mukkadi churna* mentioned in *sahasrayoga* is used for *bidalaka* which is composed of many sheethaveerya drugs including *Chandana*, *Usheera*, *Sariva* etc. helps to reduce the local heat and inflammatory reactions.<sup>4</sup> Internal *Oushadhi* selected was *Triphala Guggulu* is an Ayurvedic formulation that provides the combined effects of *Triphala* and *Guggulu*. *Triphala* brings detoxifying and laxative properties, while *Guggulu* provides anti-inflammatory properties. Based on these properties, it helped in relieving symptoms of Chalazion.

## CONCLUSION

This case study reveals that patients with chalazion can gain significant results through *Ayurveda* management. *Nityavirechana* helps in clearing the *Sroto Avarodha*. *Dhanyaka Hima Seka* helps to relieve congestion and itching sensation and *Bidalaka* with *Mukkadi churna* reduces the local inflammation. Internal medications like *Triphala Guggulu* also help to subside inflammatory changes.

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