

## CASE STUDY- MANAGEMENT OF SUSHKAKSHIPAKA (DRY EYE SYNDROME) THROUGH AYURVEDA

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### ABSTRACT

Dry eye disease is a symptom complex occurring as a sequela to deficiency or abnormalities of the tear film. In Ayurveda, there are two diseases comparable with dry eye syndrome, *Krichronmilana*, in initial stage & *Shushkakshipaka*, in advanced stage. *Krichronmilana* is a *Vataja Vartmagata Roga* & *Sushkakshipaka* is a *Sarvagata roga*. The management consists of both local & internal measures. In Ayurveda local therapeutic procedures for eye grouped under “*Kriyakalpa*” have been mentioned by *Acharyas*. The word “*Kriya*” means therapeutic action & “*Kalpa*” means specific formulations. *Kriyakalpa* comprises of *Tarpana*, *Putapaka*, *Anjana*, *Ashchyotana*, *Seka*, *Pindi* & *Vidalaka*.

**Keywords:** Dry eye disease, *Sushkakshipaka*, *Aschyotana*, *Seka*.

### INTRODUCTION

Dry eye disease (DED) is a growing public health concern affecting quality of life and visual function, with a significant socio-economic impact.<sup>1</sup> Since the disease tends to be progressive with age, once corneal damage becomes irreversible it can lead to visual impairment and even blindness. Early diagnosis and

treatment are therefore important. The disease is hugely underdiagnosed in India<sup>2</sup> Dry eye is a multifactorial disease of the ocular surface characterized by a loss of homeostasis of the tear film, and accompanied by ocular symptoms, in which tear film instability, and hyperosmolarity, ocular surface inflammation and

damage and neurosensory abnormalities play etiological roles<sup>3</sup>. Symptoms of dry eye disease can be equated with *Lakshanas* (symptoms) of *Krichronmilana*, in which there is difficulty opening eye with gritty sensation, slight pain & small amount of pain. DED can also be equated with *Sushkaksipaka* which produces too much dryness of lids. The management of this disease includes systemic use of drugs as well as localized ocular therapies known as “*Kriyakalpa*”. *Kriyakalpa* is the treatment that refers to the procedures in which medications/drugs are applied in or around the eyeball as a method of treatment.

<i>Sushkakshipaka</i>	Dry eye syndrome
<i>Vishushkta</i>	Dryness
<i>Aavila Darshanam</i>	Blurred vision
<i>Koonitam</i>	Narrowing of Palpebral aperture
<i>Daruna Ruksha Vartma</i>	Hardness & Roughness of eyelids
<i>Sudaruna Vata Pratibodhanam</i>	Difficulty in opening & closing of eye.
<i>Garshana</i>	Gritty sensation
<i>Paka</i>	Inflammation
<i>Updeavata</i>	Stickiness
<i>Toda, Bheda</i>	Pain
<i>Sheetecha</i>	Liking for cold
<i>Sandahayante</i>	Burning sensation

## SAMPRAPTI GHATAK

*Dosha – Vata and Pitta*

*Dhatu - Rasa, Meda, and Majja dhatus*

*Dushya – Rakta, Ashru (tear film)*

*Strotas – Ashruvaha Strotas Sadhyasadhyatwa – Sadhya Upashaya – Shita upachar*

### AIM AND OBJECTIVES:

**AIM:** - To study the efficacy of Ayurvedic management in *Shushkakshipaka* with reference to Dry Eye Syndrome.

### OBJECTIVE:

Detail study of *Shushkakshipaka*.

Detailed study of Dry Eye Syndrome.

Detailed study of Ayurvedic management in *Shushkakshipaka* with reference to Dry Eye Syndrome.

### MATERIALS & METHODS:

**CASE REPORT:** A female patient aged 28-year-old consulted Shalaky Tantra OPD of Northeastern institute of Ayurveda & Homeopathy, Shillong on 06

## *Sushkakshipaka*-

*Shushkakshipaka* is one of the seventeen *Sarvagata Netra Roga* mentioned by Acharya Sushruta in *Sarvagatarogavigyaniyeadhyaya* of *Uttara tantra*. It is also included in sixteen *Sarvagata Netra Vikara* by Acharya Vagbhatta. It is an *Aushadha Sadhya Vyadhi*<sup>4</sup> due to affliction of *Vata dosha* (*Sushruta*)<sup>5</sup>, *Vata-pitta* (*Vagbhatta*)<sup>6</sup>, *Vata-rakta* (*Madhava, Karala*)<sup>7</sup>. The Disease is characterized by following features-

/05/2023 complaining of foreign body sensation, burning sensation and reddish discoloration in both eye lid margins, occasional sticky discharge from bilateral eyes for 1 year. History of present illness: The subject was apparently normal 1 year ago. She gradually experienced dryness of eyes, sticky discharge in both eyes and burning sensation in both the eyes. For these complaints she approached an ophthalmologist where she was diagnosed as having Dry Eye Disease. She was prescribed artificial tear drops. She experienced difficulty in blinking and irritation in his eyes whenever she stopped using the eye drops. With all these complaints she approached the Shalaky Tantra OPD, NEIAH to get Ayurvedic treatment.

History of past illness: No past history of any systemic diseases like Asthma, Hypertension or Diabetes. No Surgical history.

Family History: Nothing Significant.

Personal History:

Appetite: Good

Sleep: Sound  
 Bowel: Once a day  
 Micturition: 4-5 times/ day  
 Habits: None

Occupation: Engineer  
**Systemic Examination:** All systemic examinations were within normal limits.

**Ophthalmic Examination:**

**Table.1** Clinical findings on examination

Ocular structures	Right Eye	Left Eye
Adnexa	No abnormalities	No abnormalities
Conjunctiva	Congested	Congested
Sclera	No abnormalities	No abnormalities
Cornea	No abnormalities	No abnormalities
Anterior chamber	Normal depth	Normal depth
Pupil	Round, regular, reactive to light	Round, regular, reactive to light
Lens	Greyish black	Greyish black
IOP	Normal	Normal

**Diagnostic Test:**

**Table 2:** Findings of Diagnostic Test

Test Name	Right Eye	Left Eye
Schirmer, I Test	2 mm	3 mm
TBUT	3 sec	4 sec
Fluorescein stain	Conjunctival epithelial defect seen	Conjunctival epithelial defect seen
Visual acuity	6/9P	6/9
NV	N6	N6

**TREATMENT PROTOCOL:**

Table 3: The patient was treated with the following medicines.

Sr. No.	Procedure	Dravya	Dose	Duration
1	Ghritapana	Triphala ghrit	15 ml (shaman matra)	1 month
2	Netra Seka	Triphala ,Mulethi Kwath	600 Vakmatra	7 days
3	Aschyotana	Go ghrita	2 bindu in each eye	21 days

**RESULT:**

**Table 4: Subjective parameters**

Sr. No.	Subjective parameters	Before treatment	After treatment
1	Gharsha (gritty feeling)	Frequently present with lacrimation	Occasionally present
2	Avila Darshana (blurring of vision)	Intermittently present	Absent
3	Upadeha (excessive stringy mucus/filmy feeling in the eyes)	Frequently present and patient is able to open the eyes easily	Absent
4	Daha (burning sensation in the eye)	Regular burning sensation in eyes	No burning sensation in eyes

5	<i>Kunita</i> (photophobia)	Sensitivity to mild sunlight but comfortable in dim lights	Absent
6	<i>Toda</i> (pricking type of pain in the eyes)	Mild - tolerable and negligible pricking pain	Absent
7	<i>Raktaraji</i> (congestion)	Discrete, thin vessels vascular network limited to palpebral conjunctiva and fornix	Absent

**Table 5 : Objective Parameters**

Sr. No.	Objective parameters	Before treatment	After treatment
1	Schirmer's test	Level of wetting of tear strip in 5 min RE- 6mm and LE- 5mm	Level of wetting of tear strip in 5 min RE- 10mm and LE- 11mm
2	Tear break-up time	The appearance of dry spots in RE- 7 sec and LE-5 sec	The appearance of dry spots in RE-13 sec and LE-15 sec
3	<b>Fluorescein stain</b>	Conjunctival epithelial defect seen	Absent

## DISCUSSION

*Rasa dhatu* contributes to the aqueous part of tear film whereas the non-aqueous part is contributed by *Mamsa* and *Medho Dhatu*. Any factor which destabilizes the *Vatapitta* and *Dhatu*s will lead to the instability of the tear film resulting in *Shushkakshipaka*. The symptoms of *Shushkshipaka* are irritation, pricking pain, sticky

eyes, difficulty blinking, craving for cold items and suppuration<sup>8</sup>. The line of treatment of *Shushkakshipaka* includes *Snehapana*, *Akshi Tarpana*, *Nasya* and *Netra Parisheka*<sup>9</sup>. The rationality behind signs and symptoms of the patient after the treatment as shown in table no. 4 & 5. There was no recurrence in signs and symptoms at the selection of medicines mentioned in table no. 6.

**Table 6:** Rationality behind the selection of medicines for the treatment.

Medicine	Properties
<i>Triphala</i> , <i>Mulethi Kwath</i> for <i>Netra seka</i>	<i>Rasayana</i> , <i>Chakshushya</i> , <i>Tridosha Shamak</i>
<i>Triphala ghritapana</i>	<i>Chakshushya</i> , <i>Rasayana</i> , <i>Balya</i>
<i>Go-ghrita Ashotana</i>	<i>Balya</i> , <i>Rasayana</i> , <i>Drishtivardhaka</i>

*Seka* with *Triphala Mulethi Kwath* helps in reducing the inflammation thereby does the healing of conjunctival and corneal epithelial defects. The internal administration of *Triphala ghrita* will help in nourishment of depleted *Dhatu*s. *Aschyotana* with *Go-ghrita* will help in proper movements of the eyelids, reduces burning sensation, discoloration and eye irritation caused due to the dry ocular surface. Most of the medicines used in the treatment of *Shushkakshipaka* have *Rasayana* property, which increases *Deha* and *Indriya*

*Bala*; thus, it normalizes the *Dhatu*s which in turn results in the normalization in functions of tear film.

## CONCLUSION

*Aschyotana* should be adopted for preventive and therapeutic purposes. *Aschyotana* is the foremost procedure indicated in all ocular ailments in the prodromal stage of *Netraroga*. *Aschyotana* of *Go Ghrita* is definitely effective in *Shushkakshipaka w.s.r* dry eye syndrome. Dry eye syndrome can be successfully treated with *Ayurveda* recurrence can be avoided or its intensity can be reduced. A more case series should be

conducted in similar cases for the further scope of the study.

In this study oleation is provided to the body both internally and externally. Internally in the form of *Snehapana* & Externally, through *Aschyotana*. Ultimately the aim of the treatment was to provide oleation to the body which is antagonist to *Vata dosha*.

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