

EFFICACY OF KRIYAKALPA BIDALAKA IN BLEPHARITIS (KRIMIGRANTHI): A CASE STUDY

Dhakate V.G¹, Ratnaparakhi Vishal B²

¹Guide and Associate Professor, ²PG Scholar,
Dept of Shalakra Tantra, Government Ayurved college, Nagpur, Maharashtra, India

Email: vishalratnaparkhi59@gmail.com

ABSTRACT

Introduction: Blepharitis (*Krimigranthi*) is a chronic inflammatory disease of the eyelids that is frequently seen in ophthalmic practice. It cannot be cured but fortunately it can be controlled. The use of therapeutic agents that reduce infection and inflammation is beneficial in blepharitis. According to *Sushrut krimigranthi* is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching and inflammation in those part. These different forms of organism move along the junction of eyelid and penetrate into *shukalamandal*. *Acharya Charaka, Acharya Sharangdhara and Acharya Vagabhata* have mentioned about *Bidalaka*. It is one of the *kriyakalpa* mentioned in *Ayurveda* in which drugs are made into paste form and applied to the outer surface of the eyelids leaving the eye lashes⁵. In *Bidalaka* tissue contact is more and helps in large absorption of drugs. The drugs having anti-infective and anti-inflammatory properties, patient could get quick relief from the symptoms. **Aim:** To study role of *Bidalaka* in Blepharitis with special reference to *krimigranthi*. **Objective:** To study role of *Bidalaka* to reduce sign and symptoms of Blepharitis with special reference to *krimigranthi*. **Methodology:** *Nidanparivarjana Aahara Vihar – Tratak, Yoga* etc Procedure- *Bidalaka*. **Results:** *Bidalaka* with *Nimba, Vidanga Palashabeeja churna* used to reduce the sign and symptoms of Blepharitis (*Krimigranthi*). **Discussion:** *Kriyakalpa Bidalaka* has significant effect in Blepharitis (*Krimigranthi*).

Keywords: Blepharitis, *Bidalaka, Kriyakalpa, Krimigranthi*.

INTRODUCTION

Blepharitis (*Krimigranthi*) is a chronic inflammatory disease of the lid margin that is frequently seen in ophthalmic practice¹. In modern medicine it is cured but there is chance of recurrence is more. The Prevalence of blepharitis is 37% to 47% by recent survey conduct in United State of America (USA). Symptoms associated with blepharitis are burning sensation, irritation,

tearing, photophobia, blurred vision and red eyes. It has mainly two types Bacterial blepharitis (Ulcerative) and Squamous blepharitis². The use of therapeutic agents that reduce infection and inflammation is beneficial in blepharitis. The uncertain aetiology and mechanisms of the disease process make management difficult and recurrence is more. Hence to invent one of the lines of

management for Blepharitis as per Ayurvedic science and for better management to avoid the recurrence of disease so topic had been selected for this study.

Correlation with Ayurvedic disease- Krimigranthi – Tridoshaja Vyadhi

According to *Sushrutkrimigranthi* is *Pakshma-Vartmagata Sandhi Vyadhi* and according to *Vagbhata Apang-*

*Kaninika Sandhi*³. A swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching and inflammation in those part. These different forms of organism move along the junction of eyelid and penetrate into *Shukalamandal* as like Blepharitis so *Krimigranthi* is correlated with this disease⁴.

Table 1:

Signs of blepharitis	<i>Rupa of krimigranthi</i> ⁵
Itching	<i>Kandukuryuh</i>
F.B sensation and eyelid swelling	<i>Sandhijatakrimayah</i>
Plugging of Meibomian	<i>Vartmashuklyasyasandahau</i>
Erythema	<i>Nanarupa</i>
Redness of eyelid and eye	<i>Charanteantarnyamdushyanti</i>

Case Report

Name of patient- xyz

Age / sex- 28 Years /Male

OPD No-33370

Place- Nagpur

Occupation-Salesman

Date of consultation- 08/11/2019

Chief complains:

1. Lid collaret's Itching - since 15 days
2. Eyelid swelling and Foreign body sensation - since 15 days
3. Redness of eyelid and eye - since 10 days

Present & history:

No H/o DM, RA or any other major illness.

No H/o any refractive surgery.

Ocular Examination - 1. Visual acuity of RE was 6/6 and of LE was 6/9.

2. Slit Lamp Examination

The slit lamp examination of both eyes revealed.

Eyelid – Erythema and sign of inflammation.

Conjunctiva –mild congestion and conjunctival dryness.

Cornea – Bright.

Anterior chamber – Normal depth.

Iris – Colour pattern normal.

Pupil – Normal size, Reacting to Light

Lens – Normal

Systemic examination

G.C. - Moderate, Afebrile

R.S. – B/L Air entry equal, no added sound all lung field clear.

C.V.S. - S1, S2 Normal

C.N.S – Conscious, well oriented

Treatment

Bidalaka with *Nimbachurna*, *Vidangachurna*, *Palasha-beejachurna* and *Chandan Churna*

Dose- 2 to 3 gram once a day for making paste.

Time of applying *Bidalaka* –once a day (in morning).

Duration of therapy-(7 days).

Procedure:

Poorva Karma:

Preparation of the patients: Patient (*Rogi*) to be treated with *bidalaka* should be placed in a comfortable position i.e. supine position and the part should be cleaned. Then *mruduSweda* will be given. Sterile Cotton dipped in lukewarm water after squeezing would be used for *Swedana karma*.

Pradhan karma:

Above mentioned drugs are made into paste form using sterile water and applied to outer surface of the eyelids leaving the eye lashes⁶.

Matra –1. *Uttam* -1/2 *Angul* 2. *Madhyam* -1/3 *Angul* 3. *Kanistha* -1/4 *Angul* ⁷. *Kala*-20 minutes.

Paschat karma:

Eyes should be cleared by gently removing the applied paste with the help of wet cotton. *Mruduswedana* is done with sterile cotton dipped into Lukewarm water.

Drug Properties:

Nimbachurna- Kandughna, Krimighna, used for anti-infective action of drug⁸.

Vidangachurna- Krimighna, Kafavatashamak ⁹.

Palashabeejachurna- Krimighna, Lekhan and Kafavatashamak ⁹.

ChandanChurna- Sheetavirya, kafapittaghna so used for soothing effect and to compensate the ushna-tikshnaguna of above drug¹⁰.

Bidalaka Importance:

The Ayurvedic scientists *Acharya Charaka* and *Acharya Vagabhata* have mentioned about this therapy. They were aware of drug delivery through skin of eye-lids. The skin of eye lids is extremely thin, subcutaneous fat is very sparse and stratum corneum layer of skin which acts as barrier is a single layer in eye lids, so absorption of drugs through skin of eye lids will be very fast. In *Bidalaka* the paste of drugs is left for 20 minutes so tissue contact is more and helps in large absorption of drugs reduces the local temperature there by relieves inflammation, itching, imparting soothing effect and relieving pain. The drugs having anti-infective and anti-inflammatory properties, patient could get quick relief from the symptoms.

Result

Bidalaka with *Nimbachurna, Vidangachurna, Palashabeejachurna* and *Chandanchurna* shows significant reduction in the sign and symptoms of *Blepharitis (Krimigranthi)*.

Sr. No.	Lakshan or symptoms/Signs	Before treatment	After treatment
1	Lid collarettes Itching (<i>Kandukuryuh</i>)	Severe	Absent
2	Eyelid swelling F.B sensation (<i>Sandhijatakrimayah</i>)	Moderate	Mild
3	Plugging of Meibomian gland orifices (<i>Vartmashuklasyasandhau</i>)	Plugging >2/3 of orifices	Clear orifices in the middle part of lower lid
4	Erythema	Moderate	Mild
5	Redness of eyelid and eye. (<i>Charanteantarnyanam-dushyanti</i>) ⁵	Moderate	Mild

DISCUSSION

Kriyakalpa Bidalaka has significant effect in *Blepharitis (Krimigranthi)*. *Bidalaka* with the above selected drugs provide anti-infective, anti-inflammatory and soothing effect which is like the line of management of modern science. The tissue contacts time of the drugs used in procedure *Bidalaka* is more, so large absorption of drugs takes place therefore it provides quick relief in subsiding the symptoms. *Nimbachurna* used act as a *Kandughna, Krimighna* so it subsides symptom *kandu*. *Vidangachurna* also has *Krimighna, Kafavatashamak* ⁹ properties. *Palashabeejachurna* has *Krimighna, Lekhan and Kafavatashamak* ⁹ so it helps in reducing eyelid swelling. *ChandanChurna* is *Sheetavirya, kafapittaghna so it gives soothing effect and compensate the ushna-tikshnaguna* of above drug¹⁰.

CONCLUSION

The study showed significant relief in the patient's symptom therefore *Bidalaka* is one of the lines of management for *Blepharitis* as per Ayurvedic science and helps to avoid recurrence of disease.

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