

UNDERSTANDING THE ROLE OF ANJANA IN PRESENT ERA – A REVIEW STUDY

Harish Deshpande

Asst. Professor, Department of Swasthavritta, SVM Ayurvedic Medical College ILKAL.
PhD Scholar, Parul Institute of Ayurveda, Parul University Limda, Vadodara, Gujarat, India

Email: drharishdeshpande@gmail.com

ABSTRACT

Among the oldest system of medicine *Ayurveda* is one having its global importance. The gratifying historical roots of *Ayurvedic* system have got global recognition and acceptance. The main aim is to integrate and balance the aliments and to prevent illness and promote physical and mental wellbeing of an individual. *Anjana* (Collyrium) has been described in *Dinacharya* (daily regimen) and is classified under *Netra kriyakalpas* which has its glorifying effects on eye diseases. It is a classical medicinal preparation which is applied on lower palpebral conjunctiva or cul-de-sac with the instrument called *Shalaka*. The active principle will be transferred to the interior of eye according to their hydrophilicity and lipophilicity and pass through their respective pathways. Presently, in modern Ophthalmology there are many diseases like Glaucoma, Cataract, CRVO, Diabetic retinopathy etc. which is managed with oral medications, topical instillation, refractive aids and surgical interventions in this regard *Ayurveda* has a unique modality of treatment. Hence, this study is taken up to understand the importance of *Anjana* (Collyrium) in ocular manifestations.

Keywords: *Anjana, Dinacharya.*

INTRODUCTION

Ayurveda being an ancient holistic science emphasizes the importance of healthy lifestyle and uplifted as one of the efficient health systems in medical field. A long healthy life is wish of every individual since antiquity. *Swasthavritta* is an important branch in *Ayurveda* which deals with preventive and curative aspects of diseases. Our *Acharyas* have emphasized the importance of *Netrendriya* by quoting 'Sarvendriyanam Nayanam Pradhanam' *Indriyas* are the media through which we can perceive the external environment and they also reflect the ill health and take part in awareness and reaction with the external environment.

Acharyas have explained the lifestyle of an individual very systematically. It begins from *Dinacharya* (Daily regimen), *Ratricharya* (Night regimen), *Rutucharya* (seasonal regimen), *Achara Rasayana* (codes of conduct), and *Prajnaparada* (Intellectual errors) etc. which help an individual to grow physically and mentally. The definition of *Dinacharya* which is quoted by *Acharya Arunadatta*¹ is that the regimens which are done daily, he further says that their regimens should be performed throughout life span. It begins with getting up from bed till one goes to bed at night. In *Ayurvedic* classics, various treatment modalities like *Kri-*

yakalpas have been mentioned for the treatment of *Netrarogas* (Ocular Disorders) among which is one. In *Yogaratanakara*⁶, *Anjana* is said as *Drikbalam* i.e. strengthens the eyesight. *Anjana* (Collyrium) is a procedure of applying medicinal pastes or powder to the inner side of lower lid, either by fingertip or with applicator (*AnjanaShalaka*)⁸. It contains *Chakshushya* drugs which are useful in curing and controlling the progression of the disease and improve the eyesight as well. In this mechanical world irregular lifestyle, food habits, restlessness, stress and strain etc have made every person to be away from the principles of *Swasthviritta* and *Yoga*. Hence, attempt has been made to prevent the people from becoming victim of nutritional and auto-immune disorders.

Aim and Objectives:

1. To assess the role of *Anjana* in present era.
2. To assess the role of *Dinacharya* in present era.

Review of Literature:

Description of *Anjana*, indication, classification, contraindications and mode of action in *Ayurvedic* classics. Acharya Sushruta, have entitled a complete chapter on *Kriyakalpa* in his *Uttaratantra*, and also he ex-

plained the importance of *Anjana* in *Swasthviritta* in *Chikitsa sthana* 24th chapter.

In *Astanga Sangraha* 32nd of *Sutrasthana* we find references of *Anjana* under *Anjanavidhi Adhyaya*. In *Astanga Hrudaya*, 23rd chapter of *Sutrasthana* there is reference about *Anjana* in *Aaschyotana Adhyaya*. Acharya Bhavamishra, explained *Anjana* under *Chakshushya* and other *Kriyakalpas*.

In classical texts of *Rasa shastra*, *Anjana* is classified under *Uparasas*.

In *Swasthviritta*, we get references about *Anjana* in *Dinacharya*.

Description of *Dinacharya* in *Ayurvedic* classics.

Acharya Sushruta have explained in *chikistasthana* 24th chapter: Acharya Charaka explained in *sutrasthana* 5th chapter and Acharya Vagbhatta also explained in *Ashtanga Hrudaya Sutrasthana* 2nd chapter.

Materials and Methods:

Literary Source: *Anjana* is derived from the root '*AnaktaAnenaAnjanam*' that which spreads in the eye is *Anjana*⁸.

Classification: *Anjana* is classified into three groups like *Lekhana*, *Ropana* and *Prasadana*.

Table 1: Classification of *Anjana* according to different authors with their complications:

Types of <i>Anjana</i>	<i>Sushruta</i> ²	<i>Vagbhata</i> ¹	<i>Vridha Vagbhata</i> ⁵	<i>Sharangadhara</i> ⁴
<i>Lekhana</i>	<i>Amla, Lavana, Katu, Tikta</i>	<i>Kashaya, Amla, Lavana, Katu</i>	<i>Amla, Lavana</i>	<i>Kshara, Tikshna, Amla</i>
<i>Ropana</i>	<i>Kashaya, Tikta, Ish-tarthsneha</i>	<i>Tikta</i>	<i>Tikta, Kashaya, Sneha,</i>	<i>Kashaya, Tikshna</i>
<i>Prasadana</i>	<i>Madhura, Sneha</i>	<i>Madhura, Sheeta</i>	<i>Madhura, Sheeta</i>	<i>Madhura, Sneha</i>
<i>Snehana</i>	-----	-----	<i>Madhura, Sneha</i>	-----

Table 2: Based on severity of disease^{2, 1}

Nature of the disease	<i>Anjana Kalpana</i>
Severe	<i>Gutika</i>
Moderate	<i>Rasa Kriya</i>
Mild	<i>Choorna</i>

Table 3: *Anjana Matra* (Dosage of Collyrium Application):

Name of <i>Anjana</i>	<i>UttamaMatra</i>	<i>MadhyamaMatra</i>	<i>HinaMatra</i>
<i>VartiAnjana</i>	<i>1 Harenu</i>	<i>1.5 Harenu</i>	<i>2 Harenu</i>
<i>RasakriyaAnjana</i>	<i>3 Vidanga</i>	<i>2 Vidanga</i>	<i>1 Vidanga</i>
<i>ChoornaAnjana</i>	<i>3 Shalaka</i>	<i>2 Shalaka</i>	<i>1 Shalaka</i>

Anjana Kala (Time of Collyrium Application): One should apply *Anjana* (Collyrium) made of antimony every day for protecting eyes. *Anjana* (Collyrium) made of *Daruharidra* is applied once in five or eight days at nighttime for lacrimation of eyes. Eyes are dominant of *TejaMahabhuta*, so there is fear of being afflicted with *Kapha*. Hence, process which alleviates *Kapha* is good for eyes; strong collyrium should not be used in daytime, as the eyes weakened by drainage will be afflicted by sun. Thus, *Anjana* (Collyrium) meant for draining *Doshas* should be always applied at night^{4,3}.

- Hemanata* (Winter Season) and *Shishiraritu* (Late Winter): Noon or Mid-day.
- Greeshma* (Summer Season) and *Sharadritu*: Before Mid-day or after Mid-day.
- Varsharitu* (Rainy season): On clear day (having no clouds and in the absence of excess heat).
- Vasantaritu* (Spring Season): At any time.

Kaphajavikara: Noon

Vatajavikara: Evening

Pittajavikara: Night

Anjana Vidhi (Method of Application of Collyrium):

The physician should open the patient's eye with his left hand and holding *AnjanaShalaka* (Probe) in the right hand, apply *Anjana* (Collyrium) either at *Kan-eenikaSandhi* (Inner Canthus) or *ApangaSandhi* (Outer Canthus) as found convenient; or it may be smeared to the inner side of the eyelids using the finger itself; it should be applied very slightly at the ends of the eye (two canthi) though they are painful. After application of *Anjana* (Collyrium) eyes are closed and the eyeball should be moved slowly so that the *Anjana* (Collyrium) will spread uniformly. But opening and closing, blinking, squeezing and washing of the eyes are not advised as the *Doshas* may get stagnated in eyes.

After *AnjanaPrayoga* the eyes should not be washed until *Doshas* expels out of the eyes completely, because if eyes are washed ultimately leads to *Drishtinasha* (Loss of Vision).²

Indications of Anjana:

Anjana is indicated in the following conditions, in persons who underwent *kayashuddhi* by *vamana*,

virechana etc. In persons with abnormal *doshas* localized only in *netra* and when *pakwa lakshanas* like slight oedema, severe itching and sliminess are seen. When there is watery discharge, slight redness and thick exudations from the eyes and vitiated by *pitta*, *kapha* and *vata doshas*.¹⁰

Contraindications of Anjana:

One should not apply *Anjana* in the condition of tiredness, *Udavarta*, crying, after intake of alcohol, anger, fear, fever, suppression of natural urges and diseases of head. It is also contraindicated in ocular conditions like redness of eyes, pain, blindness, excessive lacrimation, pain and swelling².

*Acharya Arunadatta*¹ in his commentary gives the definition as the regimens done daily. These regimens are indicated for following reasons.

- Maintenance of hygiene
- Brighten the *Indriyas* (Sense organs)
- Strengthens the body
- Promote health & Longevity
- Keeps the mind peace and harmony.

Benefits of Anjana (Collyrium): *Acharya Charaka* opines as, the gold ornaments are cleaned by means of oil, cloth and hairbrush, similarly application of collyrium cleans the human eyes, which makes them shine like the bright moon in the sky³.

DISCUSSION

Among the 8 branches of *Ayurveda*, *Swasthavritta* emphasizes on importance of maintenance of health. *Acharya Charaka*³ quotes that a wise person should perform such action which are good for his body as the officer in charge of the city and charioteer in charge of the chariot protest city and the chariot respectively likewise one should follow healthy lifestyle and he get devoid of any disease.

Probable Mode of Action: *Gutika* and *Choorna* types of *Anjana* (Collyrium) can be correlated with ophthalmic suspensions and *Rasakriya Anjana* with aqueous suspensions/eye drops, as it dissolves completely without any sedimentation. Application in the form of eye drops makes the drug available for immediate action but it is quickly diluted by tears within a minute.

Intraocular Penetration of Topically Instilled Drugs:

Topically instilled medications largely penetrate intraocular through the cornea. The main barrier through cornea is its epithelium which is lipophilic and crossed readily by nonpolar drugs. Stroma being hydrophilic allows rapid passage of the drug through endothelium into the anterior chamber. So following features will allow better penetration of drugs through cornea. Drugs which are soluble both in water and fats. Prodrug forms are lipophilic and after absorption through epithelium is converted into proper drugs which can easily pass through stroma.

An agent that reduces surface tension increase corneal wetting and is present more drug for absorption. Longer the drug and the tissue contact in the treatment carried out better will be the drug absorption and higher bioavailability. Better rate of drug absorption is seen with lipid soluble drugs as their penetration rate will be higher irrespective of modular size⁹.

CONCLUSION

Health is an elusive entity, more than the more absence of disease and being referred to the quality of life with physical, social, emotional and spiritual functions. Therefore, one should follow proper *Dinacharya* (Daily regimen). *Anjana* (Collyrium) are scientifically derived methods to enhance ocular absorption of drugs which increases retaining power of eyeball. Hence lifestyle disorders are better approached to penetrate through *Ayurveda* as it emphasizes on *Nidana Parivarjana*.

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