

SERENDIPITY DOES HAPPENS - A CASE REPORT OF MYOPIA TREATED WITH AYURVEDIC MODALITYNirupa D. Ainlod¹, Pravin M. Bhat²

¹PG (Scholar) Final Year, Dept. of Shalakyatantra, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, India

²Associate Professor, Dept. of Shalakyatantra, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, India

Corresponding Author: nirupa.ainlod@gmail.com<https://doi.org/10.46607/iamj4208082020>

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**ABSTRACT**

Myopia is the most common Refractive Error of the eye, seen in children, young adult & it has become more prevalent in recent years and is a cause of concern world over. On the basis of Symptoms, Myopia can be correlated with *Vataja Timira* w.r.t. Simple Myopia.

Purpose: While performing research on Allergic Conjunctivitis it is observed that Allergic Symptoms are minimized and also there was vision improvement. Hence treated one patient of Simple Myopia for the purpose of case study for one month and reporting this case in detail.

Materials & Methods: A 22years male patient came to OPD of Shalakyatantra with chief complaints of defective vision for distance in both eyes since 2 months treated with *Kantakari Mula SiddhaKshira Ghrita Aschyotana*.

Results: At the end of study, improvement in visual acuity in both eyes were found.

Conclusion: Thus, it can be concluded that Ayurvedic approaches are helpful to control Myopia.

Keywords: *Aschyotana, Kantakari, Simple Myopia, Vataja Timira*

INTRODUCTION

Myopia is becoming more common problem in general population. Various surveys in India have found the prevalence of Myopia ranging from 6.9% to 19.7%¹. An estimate of number of people suffering from Refractive Errors in the world is in range of 8 million to 2.5 billion². According to WHO, 43% of vision impairment is due to uncorrected Refractive Errors³. *Timira* is one among the *Drishtigata Vyadhi*⁴. These are 12 in numbers as per *Acharya Sushruta* & 27 as per *Acharya Vagbhata*⁵. Among all these disorders of vision *Timira* is said to be *Paramdarum Vyadhi*⁸ (difficult to treat). The Symptom of *Timira* is closely related to Simple Myopia. Simple Myopia is usually occurring between the 5 to 10 years of Age and keep it on increasing till about 18 to 20 years of Age at rate of about -0.5 to -3D every year. Simple Myopia is dependent on the optical power of cornea, the Crystalline lens and the axial length. In current scenario treatment in medical science is clinical refraction and surgical intervention like LASIK but in Ayurveda several treatment modalities like *Kriyakalpa* are mentioned by ancient *Acharyas* and *Aschyotana* is one of them which is effective in various eye diseases. The *Aschyotana* means to give nourishment to the eye through *Ghritha*, medicated *Ghritha*, *Kwatha*, milk etc⁶. *Acharya Charaka* in *Sutrasthana Snehadhyaya* explained that “*Snehoanilam hanti*” which means that

Snehana is the supreme treatment for *Vata Dosha*⁷. The *Ghritha* has quality of trespassing into minute channels of the body hence when applied in the eye it enters into deeper layer of *Dhatus* and cleanses every minute part of them⁸. In *Ayurveda Samhitas*, *Timira* is said to be *Aushadha Sadhya Vyadhi*. Hence the *Ayurvedic* science can be explored to find better alternatives like *Kriyakalpa* i.e. *Nasya*, *Tarpana*, *Dhooma*, *Anjana*, *Aschyotana* described in detail. In *Timira Chakshushya*, *Rasayana* and *Tridosha* mitigating action might be helpful. *Ghritha* is one among the best *Rasayana* drug. And *Aja Dugdha* also one among the *Chakshushya* (nourishing the eye), *Sangrahi*, *Sarvavyadhihara*.

Case Report: A 22 years old male patient suffering with difficulty in distant vision attended *Shalakyana Netra* OPD with chief complaints of dimness of vision, watering of eyes, eye strain since 2 months. No positive family history was noticed. On eye examination by torch light and slit lamp, we found lid, conjunctiva, cornea, anterior chamber, iris, pupil & lens were normal. In personal history patient was vegetarian, appetite moderate, bowel habit regular, sleep normal. The *Prakriti* was found to be *Vata Kapha*. Patient don't want to wear spectacle so approached *Ayurveda* for better management.

Assessment Criteria- Improvement was assessed on the basis of visual acuity or Auto Refractometer readings observed in the presenting complaints.

	Visual acuity	
	Right Eye (B.T)	Left Eye (B.T.)
Distant Vision	6/12	6/12 (P)
Near vision	N6	N6
Pin Hole Vision	6/6	6/6
Auto Refractometer Readings	Spherical -1.25	Spherical -1.25 Cylinder -0.25 Axis 25 ⁰

Treatment given- *Kantakari Mula Siddha Kshira Ghritha Aschyotana* for 1 month. Follow up every 10 days of interval. **Treatment Protocol-** On the day of admission, after taking written informed consent, careful assessment and examination was done. Patient was advised for *Aschyotana* with *Kantakari Mula*

Siddha Kshira Ghritha (KantakariMula, Aja kshira&Goghrita) lukewarm for 30 days. Dose- Two drops morning & evening time daily. The patient was advised to avoid exposure to bright light, wind & sunlight for 30 days.

Table 1: Ingredients of *Kantakari Mula Siddha Kshira Ghrita*

Sr.No.	Drug	Botanical Name
1.	<i>Kantakari Mula</i>	Solanum Xanthocarpum Linn.
2.	<i>Aja Kshira</i>	Milk
3.	<i>Goghrita</i>	Batyrum departum

Assessment was done on the subjective & objective parameters before & after the treatment, overall improvement in symptoms was graded based on patient's presentation & observation and were documented before & after treatment. A scoring pattern was prepared for the assessment of Subjective Parameter⁹(Table 2). Objective Parameters were scored based on Log MAR scale (Table-3) & Auto Refractometer reading¹⁰(Table-4).

Outcome: During the initial screening, after 10 days of treatment subjective parameters like blurring vision, watering of eyes, eye strain has reduced. No relapse was noticed during follow-up period. Marked improvement in visual acuity Snellen's chart reading & Autorefractometry reading was noted when Before treatment, after treatment & during follow up period.

Table 2: Gradations of Symptoms for Assessment

Gradation Index	Blurring of vision	Watering of eyes	Headache	Eye strain
0	Absent	Absent	Absent	Absent
1	Occasionally present	Occasional	Occasional	Occasional
2	Intermittent adjust with squeezing of eyes	Intermittent	Intermittent	Intermittent
3	Frequent tolerable with refractive aids	Frequent	Frequent	Frequent

Table 3: Gradations for Snellen's Visual Acuity Chart Reading (Log MAR Scale)

6/6	6/9	6/12	6/18	6/24	6/36	6/60
0.1	0.2	0.3	0.5	0.6	0.8	1.0

Table 4: Improvement in Objective parameters

Objective parameters	BT (Initial Day)		AF 10 th Day		FU 20 th Day		FU 30 th Day	
	Right Eye	Left Eye	Right Eye	Left Eye	Right Eye	Left Eye	Right Eye	Left Eye
Visual acuity snellen's chart reading	6/12	6/12p	6/6p	6/9p	6/6p	6/6p	6/6p	6/6p
Near Vision	N6	N6	N6	N6	N6	N6	N6	N6
Autorefractometry readings	-1.25	-1.25 -0.25 25 ⁰	-1.00	-1.00	-0.75	-1.00 -0.25 110 ⁰	-0.75	-0.75 -0.25 95 ⁰

BT-Before treatment, AT-After treatment, FU-Follow up

DISCUSSION

Kantakari Mula Siddha Kshira Ghrita selected for present study is mentioned in the *Vataja Netrabhishyanda* in *Sushruta Samhita*¹¹ but during this study it is observed that Allergic Conjunctivitis

symptoms was minimized and also there was vision improvement. Hence treated one patient of *Vataja Timira* w.r.t Simple Myopia for the purpose of case study. All the ingredients of *Kantakari Mula Siddha Kshira Ghrita* are having *Chakshushya Rasayana* or

Balya, Tridosha Shamaka in properties. *Kantakari Mula* has not *Chakshushya* property but it has *Katu, Tikta, UshnaVirya* and *Vata-Kaphghna* in properties but *Ghritha* has *Chakshushya, Balya* in Property. *Ghritha* due to its *Sanskaranuvartana* quality easily imbibes the properties of other drugs processed with it. *Aja Dugdha* has *Sangrahi* and *Sarvvyadhihara*. Considering these attributes, the present combination was administered in the form of *Ghritha* & used as *Aschyotana*. In *Ayurveda* classics, Various therapeutic procedures are explained which are said to improve the visual acuity as well as improve the health of eye. *Kriyakalpa* is one such a group of special methods of drug administration locally into the eye for the treatment for eye diseases *Aschyotana* is one among them. It provides *Dosha Shamaka* effect and nourishment to the eyes and improves visual acuity. It has been mentioned that *Snehana* is the supreme treatment for *Vata Dosha*. *Ghritha* is effective in subsiding *Pittaja* and *Vataja* disorders, it improves *Dhatu*s and is overall booster for improving *Oja Dhatu*. Considering the *Dosha Karma*, The Trial drug become *Tridosha Shamaka* by virtue of its *Rasa, Guna, Virya, Vipaka*. Thus, the overall effect of the compound drug is *Tridosha Shamaka* and thus possibly it counters the pathology of Simple Myopia.

CONCLUSION

Aschyotana had shown significant improvement to decrease the spectacle power. This case study indicates effectiveness of *Ayurveda* in Myopia. This study emphasizes on the importance of integrated approach in healthcare. Study on larger number of samples to draw more concrete conclusions is necessary. Awareness should be created for the role of *Ayurveda* in such type of diseases especially concerned with *Ayurveda* where modern medicine has limited role.

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