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CHAKSHUSHYA EFFECT OF *SHATAVARI CHURNA* AND ITS COMPARATIVE STUDY WITH *JALANETI, TRATKA* AND *KAPALBHATI*

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ABSTRACT

Today in 21st century development is represented in the form of urbanization. Especially induces stress in every one life. The use of electronic goods like mobile & computer is on peak. Here professionals require perfect vision & care. The Government of India has started Vision 20-20 means "Right to Sight" for all by the year 2020 set as target. In *Ayurveda* classics we found the word *Chkshushya* means it enhances activity of *Chkshu* i.e. necessary for healthy eye. The *chksushya* effect of *Jalaneti, Trataka, Kapalbhati* & S*hatavari churna* found in *yoga* and *ayurvedic* literature can work in vision improvement. In present study three (*JTK*) *yogic* practices & *satavari churna* were used for clinical trail, 30 patients were selected & divided in to 3 (ABC) groups with 10 patients in each group. Group A represented as *yogic* practices *JTK* group, Group B as *shavari churna* group and Group C as mixed group. The main inclusion criteria were weak eye sight. Objective parameters includes Snellen's chart. Result obtained were considered as highly significant for p value <.001 and significant for <.01. Result obtained after this trial concluded that, combined therapy of *Yogic* practices together with *shatavari churna* are very effective in decreasing the symptoms like headache, eye strain, burning sensation of eye etc *chkshushya* i.e. (Vision Improving) effect.

Keywords: *Chakshu, Chaksushya, Jalaneti, Kapalbhati, Trataka.*

INTRODUCTION

Chakshu the most precious of the five senses[8]. All sincere effort should be made by men to protect the eyes, throughout the period of life. Poor vision in childhood and adolescence affects performance in school, at work and may have an impact over their future life. Throughout the global survey in Developing as well as in Developed countries myopic group being the main in refractive errors. Myopia commonly referred to as short sightedness is the most common eye disease in the world with substantial social, educational, and economic impact. The prevalence of myopia varies with age

and other factors. In India, the prevalence of myopia in the general population has been reported to be 6.9%. It increases in school-age and young adult, reaching 20-25 percent in the mid to late teenage population and 25-35 percent in young adults in the United States and developed countries. Nutritive factors also have a vital role in the manifestation of myopia. Various methods have been employed in an attempt to decrease the progression of myopia.

The physical & mental cleansing and strengthening is one of *Yoga's* most important achievements. *Yoga* therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body. *Jalaneti, and Trataka* having classical references for increases the eyesight[5,6]. *Kapalbhati* improves digestion, metabolism and it stimulates all six chakras in body which regulates all over activities in body. Here an effort is made to strengthen eyes in Myopia (2nd *patalagata timira*) (Short sightless) by *shatavari churna* and *Yogic* Practices (*JKT)*.

Shatavari (*Asparagus racemosus*) is said to be having *Chksushya* property by *Kaideva nighantu, Dhanvantari nighantu, Bhavaprakasha* and almost all *Nighantus*. *Shatavari* is a *Rasayana* herb (Dr. K.N.Uduppa mentioned it as a *namittika rasayna* in *Drishti mandya*). *Acharya Chakrapani dutt* described *Shatavari* as a *Chkshushya herb in Chkshushya varga*[1]

Mishri is represented in *Ayurveda* as *khand*[7] which is purified sugar (Rock candy) described by *Acharya Bhavprakash* in "*Ikshu Verga*[2]" also having *Chksyshya* property.

AIM AND OBJECTIVES

- To established *Chksushya* effect of *Jala Neti, Kapal bhati, & Trataka*.
- To evaluate *Chksushya* effect of *Shatavari churna*.
- To compair the *Chksushya* effect of *Yogic* practices & *Shatavari churna.*

MATERIAL AND METHODS

Present work was performed at Rajiv Gandhi Post Graduate Ayurvedic College, Paprola (H.P.) after getting approval from ethical committee .

Selection of patient:

30 patient was selected from OPD IPD P.G. Department of Swasthvritta irrespective of sex, caste and religion.

Sampaling method:

Random sampling method was used

Inclusion Criteria:

- ❖ Patient willing to join this trial.
- ❖ Age 12-30 year of either sex.
- ❖ Patient having eye sight problem.

Exclusion Criteria:

- ❖ Patient with sign of infection, congenital anomaly & degenerative disease of eye.
- ❖ Patient suffering from Diabetes Mellitus, Hypertension.

Trial drug

Shatavari churna was prepared as *churna* of *shatavari* (3 parts) mixed with *mishri* (1 part) and packed in 100 gm pet jar procured by the Pharmacy of R.G. P.G. Ayurvedic College, Paprola, H.P.

Duration of Study: Three month (90 Days)

Distribution of patient in clinical trial:

30 patients was equaly distributed in three groups :

Group A : J*alaneti, Kapalbhati, Tratak*

- *Jalaneti* : once daily
- *Kapalbhati* : 10-20 minuts daily
- *Tratak* : twice daily

Group B : *Shatavari churna*

3 gm *Shatavari churna* twice a day given with cow milk

Group C : Mixed Group

- *Jalaneti* : once daily
- *Kapalbhati* : 10-20 minuts daily
- *Tratak* : twice daily

+ Shatavari churna

3 gm *Shatavari churna* twice a day given with cow milk

Clinical Assessment: Divided into

Subjective Parametrs:

1. Indistinct vision

2. Blurred vision
3. Watering of eye
4. Eye strain
5. Burning sensation
6. Headache

Objective parameters:

1. Visual efficacy from Snellen's chart reading for Distant vision.
2. Visual efficacy from Near vision chart.

Statistical analysis:

Scoring of criteria of assessment was analyzed statistically in terms of B. T. (Before treatment), A.T. (After treatment), (B.T.- A.T.), S.D.(Standard deviation), S.E.(Standard error), paired 't'test, independent 't' test, & ANOVA test. The result obtained are considered as highly significant for p value <.001, significant for <.01, insignificant for>.05

OBSERVATION AND RESULTS

Table 1: Distribution of chief Complaint-Gr- A, Gr- B, Gr- C

Chief Complaint	**30 Patients (60 eyes)**					
	Group- A		**Group- B**		**Group- C**	
Indistinct vision	11	55%	16	80%	14	70%
Blurred vision	7	35%	14	70%	12	60%
Watering of eye	14	70%	12	60%	13	65%
Eye strain	17	85%	17	85%	18	90%
Burning sensation	10	50%	8	40%	11	55%

Table 2: (Distribution of Headach)

Headache	**No. of Patients**			**Total**	**Percentage**
	Gr- A	**Gr- B**	**Gr- C**		
Mild	5	6	5	16	53.33%
Moderate	1	3	3	7	23.33%
Severe	0	1	0	1	3.33%

Table 3: (Visual Acuity)

	No. of Eyes				
	Gr-A	**Gr-B**	**Gr-C**	**Total**	**Percentage**
6/9-6/12	11	3	7	21	35%
6/18-6/24	4	9	7	20	33.33%
6/36-6/60	2	6	2	10	16.66%

Table-4: Effect of the therapy in Group-A

Chief complaints	**No. of Eyes**	**Mean**		**D**	**% of relief**	**SD+**	**SE+**	**'t'**	**P**		**Remarks**
		BT	**AT**								
Indistinct vision	9	.611	.222	.388	63.36	.501	.118	3.289	.004	<.01	Significant
Blurred vision	5	.333	.166	.166	50.15	.383	.090	1.844	.083	>.05	Insignificant
Watering of eye	13	.777	.444	.333	42.85	.485	.114	2.915	.010	.01	Significant
Eye strain	15	1.333	.444	.888	66.61	.758	.178	4.973	.000	<.001	Highly Significant
Burning sensation	8	.666	.222	.444	66.65	.511	.120	3.688	.002	<.01	Significant

Table 5: Effect of the therapy in Group- B

Chief Complaints	No. of Eyes	Mean		D	% of Relief	SD+	SE+	't'	p		Remarks
		BT	AT								
Indistinct vision	16	1.300	.800	.500	38.46	.512	.114	4.359	.000	>.001	H. Significant
Blurred vision	14	.950	.800	.150	15.78	.366	.081	1.831	.083	>.05	Insignificant
Watering of eye	12	.650	.400	.250	38.46	.444	.099	2.517	.021		Significant
Eye strain	17	1.400	1.150	.250	17.85	.444	.099	2.517	.021		Significant
Burning sensation	8	.500	.300	.200	40	.410	.091	2.179	.042		Insignificant

Table 6: Effect of the therapy in Group-C

Chief complaints	No. of Eyes	Mean		D	% of relief	SD+	SE+	't'	P		Remarks
		BT	AT								
Indistinct vision	8	.571	.142	.428	75	.513	.137	3.122	.008	<.01	S
Blurred vision	6	.428	.071	.357	83.41	.497	.132	2.687	.019		Significant
Watering of eye	7	.714	.214	.500	70.02	.518	.138	3.606	.003	<.01	S
Eye strain	12	1.500	.428	1.071	71.4	.615	.164	6.511	.000	<.001	H.S.
Burning sensation	7	.642	.142	.500	79.4	.518	.138	3.606	.003	<.01	S

Table 7: Effect of the therapy on headache in Gr- A, B & C

Headache	No. of Patients	Mean		D	% of relief	SD+	SE+	't'	P		Remarks
		BT	AT								
Gr- A	5	.666	.111	.555	83.24	.527	.175	3.162	.013		Significant
Gr- B	10	1.500	1.300	.200	13.33	.421	.133	1.500	.168	>.05	In Significant
Gr- C	5	1.00	.142	.857	85.7	.690	.260	.3.286	.017		Significant

Table 8: Effect of the therapy on Visual Acuity in Gr- A, B &C

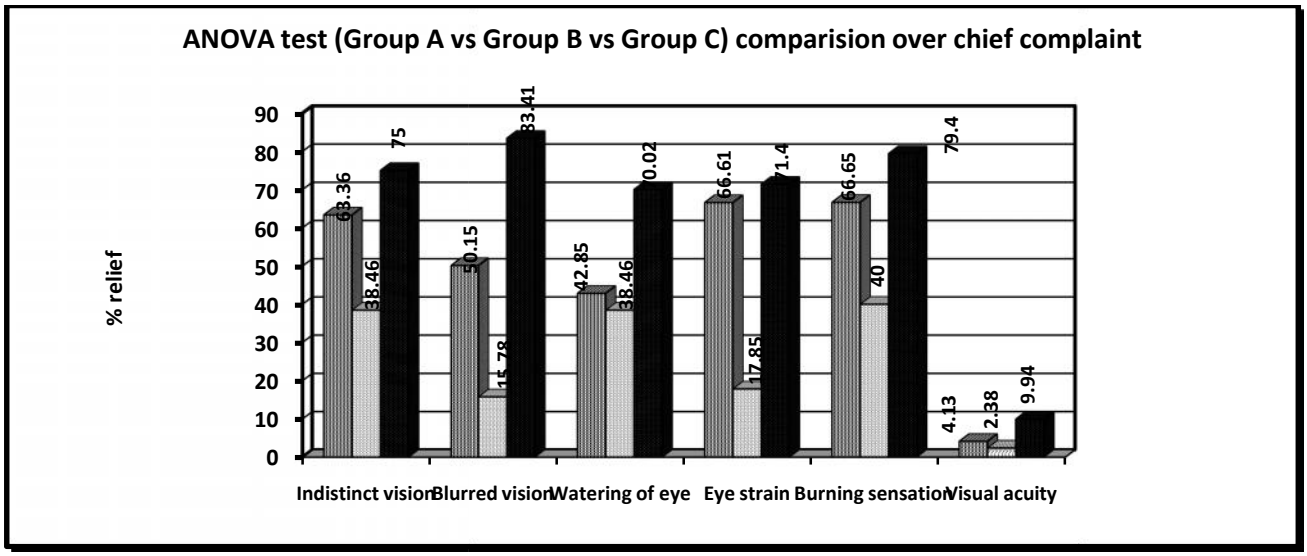
Headache	No. of Eyes	Mean		D	% of relief	SD+	SE+	't'	P		Remarks
		BT	AT								
Gr- A	16	1.33	1.277	.055	4.13	.235	.055	1.00	.331	>.05	In Significant
Gr- B	18	2.10	2.05	.050	2.38	.223	.050	1.00	.330	>.05	In Significant
Gr- C	11	1.428	1.285	.142	9.94	.363	.097	1.472	.165	>.05	In Significant

Table 9: ANOVA test for comparision in Group-A ,B & C

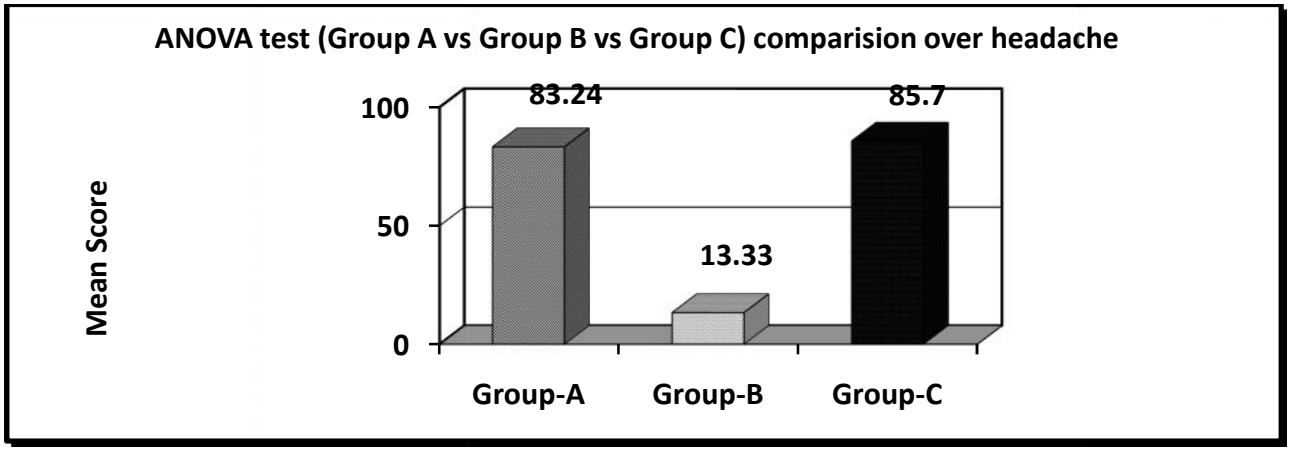
Chief complaints	%age Relief				'F'	'P'		Remark
	Gr-A	Gr- B	Gr- C					
Indistinct vision	63.36	38.46	75.00	BT	5.400	.008	<.01	S
				AT	6.343	.064	>.05	IS
Blurred vision	50.15	15.78	83.41	BT	5.502	.007	<.01	S
				AT	8.114	.001	<.001	HS
Watering of eye	42.85	38.46	70.02	BT	.185	.832	>.05	IS
				AT	.822	.446	>.05	IS
Eye strain	66.61	17.85	71.4	BT	.148	.863	>.05	IS
				AT	7.498	.001		HS
Burning sensation	66.65	40.00	79.4	BT	.265	.768	>.05	IS

				AT	1.225	.302	>.05	IS
Visual acuity	4.13	2.38	9.94	BT	2.706	.077	>.05	IS
				AT	2.643	.081	>.05	IS
Headache	83.24	13.33	85.70	BT	3.078	.065	>.05	IS
				AT	9.928	.001	.001	HS

Graph 1: ANOVA test (Group A vs Group B vs Group C) comparision over chief complaint



Graph 2: ANOVA test (Group A vs Group B vs Group C) comparision over headache



DISCUSSION

The symptoms of vision loss compared in Ayurveda as *Timira*, when the vitiated *Doshas* are situated in the 2nd *Patala* and their is confused visual perception e.g. appearance of Bees, Flies, Hairs, distant objects as near, near objects as distant and inability to thread a needle.

This situation is presented in as Myopia, where degenerative changes occur. The problem related to objects as near and vice versa is mainly due to accommodative disorders. The inability to thread a needle denoted Presbyopia. It can be concluded that *Timira* at the stage of 2nd *Patala* related to errors of refraction. *Timira roga* is *Vata* predominant disease[3].

Yogic practices are effective in both physical and mental level. They work though the nerve roots & hormonal secretion. So, it can work as important tool for *Indriyaprasadana*. *Chaksu* the main *indriya* got *Chaksushya* effect. Here *Shatavari churna* have two ingredients *Shatavari* and *Mishri*, both drugs are have *Madhur Rasa* and *madhur vipaka*, which is *Vata shamaka* in nature and both are *Balya*, *Brinhana*, *Chkshushya* and *Rasayan*[4] which all strengthen the eyes as well as *Patalas*. *Shatavari* have antioxidant property, hence it also plays an important role in Myopia.

Effect on Group-A was highly significant in eye strain, and significant in Indistinct vision, watering of eye, burning sensation, headache and insignificant in blurred vision, & visual acuity.

Effect on Group- B was highly significant in indistinct vision and significant in watering of eye, eye strain, and insignificant in blurred vision, burning sensation, headache & visual acuity,

Effect on Group-C was highly significant in eye strain, and significant in distinct vision, blurred vision, watering of eye, burning sensation, headache & visual acuity.

On comparision Group A, Group B &Group C over complaints, the result was Highly Significant in Blurred vision, Eye strain & Headache.

CONCLUSION

It is concluded that *jalaneti, kapalbhati* and *tratak* alone highly significant in some parameters leads to eye sight weakness. *Shatavari Churna* is also highly significant but lesser than group A; finally data suggest that Group C the combination of *jalaneti, kapalbhati, tratak* and *shatavari churna* is highly significant in all aspect unanimously.

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