

DRY EYE SYNDROME -AN AYYURVEDIC REVIEW

Shubhada K.Naik¹, Bhosgikar Anup²

¹Asst.Proff.Dept of Shalakya Tanta

²Asst.Proff. Dept.Of Rachana Shareera,

N.K.Jabshetty Ayurvedic Medical College and P.G.Centre, Bidar, Karnataka, India

Email: shubhadanaik40@gmail.com

Published online: March, 2017

© International Ayurvedic Medical Journal, India 2017

ABSTRACT

Eyes are rightly regarded as Windows to soul, and the precise meaning of this phrase would mean that you can look into the eyes of an individual and decipher the nature of soul. It is highly vital to recognize and practice the supportive *Ayurveda* Eye Care tips and treatments for health and longevity of the eyes. In our science all diseases related to eye are not restricted to the eyes itself, but is considered as a result of imbalance state of the *Doshas*. *Shushakshipaka* is one of the *Sarvagata roga* as classified by *Susruta*, which is caused due to the vitiation of *vata-pitta doshas* and supported by the vitiation of *Rakta dhatu* leads to pain, blurred vision, difficulty in eyelid movements etc .When we analyze the etiological factors, sign and symptoms, *Sushkashipaka* closely resembles with dry eye syndrome in modern ophthalmology. While going through the treatment the *Ayurvedic* approach is more suitable to handle this condition.

Key words: *Sushakshipaka*, Dry Eye Syndrome, Blurred vision.

INTRODUCTION

Dry eye syndrome is the common problem occurring due to the instability of tear film which leads to major complications if not treated in time. Conditions like reduced quantity of tear production and alteration of normal tear film composition can lead to a lot of problems like burning sensation, foreign body sensation, feeling of dryness etc.

The tear film is a highly specialized and well organized moist film which covers the

ocular surface and remains most directly in contact with environment. It is critically important for protecting the eye from external influences and for maintaining the health of underlying cornea and conjunctiva. The optical stability and normal function of the eye depend on an adequate supply of fluid covering its surface. The tear films components interact to form a stable structure composed of mucin, aqueous solution and lipid that protects the

ocular surface and provides a medium for delivery of supportive and protective proteins.

In Ayurveda the disease *Shushkakashipaka* is very similar to Dry eye syndrome in modern. All our *Acharyas* included *Shushkakashipaka* as a disease which is affecting all parts of eye ball because this condition can cause major problems to all parts of *Netra* like *Shukla*, *Krishna*, *Drishti mandalas*. *Shushkakashipaka* is described as *Vataja* Disease by Sushruta¹ (Su.U.1/30), *Vata Pitta* vitiated condition by *Vagbhata*² (A.S.U.18/14), (A.H.U.15/16) and *Sharangdhara*³ considered this as a *Vata Raktaja* (*Sarakta Vatajanya* Adhmalla Sha.P.Kha.7/170). It is also important that *Acharya Charaka* described *Akshipaka* as a disease caused by vitiated *Raktha*.⁴ (Cha.Su.24/11). After seeing all these references it is clear that vitiation of *Vata*, *Pitta* and *Raktha* will play important role in pathology of this disease and also these are the factors which makes tear film stable.

DEFINITION

The *Shushkakashipaka* is a disease which is characterized by the *paka* of *akshi* (eye) due to *sushkanta* caused by altered coherence of *Ashru* with ocular surface or lack of *ashru*. This disease is also characterized by difficulty in the eye lid movement and blurred vision due to excessive vitiation of *Vata*.

Karala tantra has identified excessive burning sensation, *daha* in *sushkapaka*. The *Suskapaka* is defined as a *Vataja* eye disease producing closure and roughness in eye lids, associated with difficulty in lid movements, blurred vision etc. (*Karala tantra* quoted by *Madhukosha* on M.N.59/17). It is a result of *Rakta dushti*, hence *Madhva kara* and *Bhavapraksha* has added '*Samdahyate*' or burning to the list of symptomatology of *Sushruta Samhita*.

ETIOLOGY

The causative factors responsible for *Vata pitta Rakta Dushti* will indirectly leads to *Kapha kashya* and that will initiate the pathology. *Kapha dosha* is the main factor for the production of *Ashru* properly and also to make closely adherent with eye ball for its proper functioning i.e. *Slish Alingane* (Su.Su.21/5). This property of *Kapha dosha* is disturbed if *Chala*, *Ruksha* and *Khara guna* of *Vata dosha* increased by the intake of *vata* provoking factors like *Ruksha*, *Laghu gunas*, *Vega Dharana*, along with *Ratri jagarana*, *Ativyayama*, *Soka*, *Utkandha*, *Grishma Kala* etc. Apart from this, all these causative factors creates the vulnerable atmosphere for the *Raktha Dushti* like *Vidahi Annapana*, *Atapanala sevana* etc.

So many other factors which leads to *Kapha Kshaya* or *Vata* vitiation will also disturbs the normal functioning of *ashru*, along with this the *Kshaya* of *Dhatu*s like *Rasa*, *Rakta*, *Mamsa* and *Meda* will leads to complete manifestation of disease.

LAXNAS OF DISEASE

1. *Kunita Vartma* (Narrowing of palpebral aperture)
2. *Daruna ruksha vartma* (The lids are stiff and dry)
3. *Avila darshna* (difficulty in opening of eye lid and blurred vision)
4. *Gharsha* (foreign body sensation)
5. *Todan* and *Bheda* (pricking and cutting type of pain)
6. *Upadeha* (Mucoid type of discharge)
7. *Vishushkatwa* (dryness)
8. *Shitecha* (liking of cold)
9. *Sulapakatwam* (crucifying pain, inflammation)
10. *Daha* (burning sensation)^{5,6} (A.h.U.15/16, Su.U.6/16)

DISCUSSION

After doing detail analysis of Dry eye syndrome and *Sushakshipaka* it reveals that these have similarity in etiological factors, signs and symptoms. The etiological factors of dry eye includes impaired eyelid function i.e. improper closure of eye lid during normal blinking, aging process includes as the tear production can gradually decrease with age, environmental factors like sunny, wind dry conditions air pollution etc. Aging process also plays an important role in disease like the tear production can gradually decrease with age. We also get an Similarity in the clinical features of dry eye and *Sushakshipaka* like Dry sensation, foreign body sensation, burning sensation, tearing, irritation, itching, photophobia, blurring vision, mucus discharge, red eye ,difficulty for blinking etc. Severe problems with dry eyes can cause, eye inflammation, corneal infection and scarring with ultimately leads to the visual impairment.

In *Sushakshipaka* the causative factors are the either *vata* aggravating along with *pitta* aggravating which leads inflammation, redness, pricking pain, disturbed vision and difficulty in blinking etc

MATERIALS AND METHODS

As in the present article only review is done on dry eye syndrome in relation with *Ayurvedic Sushakshipaka*. So, all the required review is collected from *Charaka Samhita*, *Sushruta Samhita*, *Astanga Sangraha* and *Astanga Hridaya* with respective chapters. The modern review is taken from Ophthalmology books.

TREATMENT

Sushakshipaka is a very chronic type of *Sarvagata roga* producing *rukshata* or too much dryness of the lids. The management includes

sneha pana with *Jeevaneya ghrita*, *Anu taila Nasya* and other measures to pacify *vata dosha*.(su.ut.6/16) The chronic stage should be managed like *Pilla roga* with *lekhana*, *virechana*, *raktamokshna* and *anjana*. In this the *snehapana* is done for *vata-pitta shaman* and *dhatuposhana*⁷ (a.h.u.16/28).Due to the importance of *raktadushti* in pathogenesis, it is better to go for *langhana* and *mrudu virechana*⁸ (ch.su.24/17).

Regarding the *pathyapthya* ,all *vata pitta* provoking and factors that cause *raktadushti* should be avoided. It is very interesting to go through the opinion of *Harita* the minimum things should be avoided in this like smoke, direct wind, intake of *Ruksha*, *Ushna*, *Katu* and *Amla ahara* and excessive exertion etc.

In modern treatment includes artificial tears like cellulose derivatives or polyvinyl alcohol. In severe cases, semi-permanent or permanent closure of the tear duct i.e. punctal occlusion is done. This long term solution allows patients own natural tears to cover and nourish the eyes before it just drains away too fast from the lower tear duct. When a malposition of the lower eyelids causes dry eyes, eyelid surgery becomes necessary, but there is no complete cure exists currently for dry eye syndrome.

CONCLUSION

Ashru is a very important for ocular surface defense mechanism and it is also serves the function of cleansing ocular surface. The aqueous part of it takes origin mainly from *Rasa*, *Mamsa* and *Medo dhatus*. *Raktha* also contribute a main role by stabilizing the *Rasa*, *mamsa* and *medo dhatu* for stability and proper functioning of *Ashru*. Any other factors which are

responsible for the *Vata pitta* vitiation or *rakta dushti* will leads to the instability of tear film and inflammation of ocular surface.

By analyzing the etiological factors, sign and symptoms, *Sushkashipaka* closely resembles with dry eye syndrome in modern ophthalmology. While going through the treatment the *Ayurvedic* approach is more suitable to handle this condition.

REFERENCES

1. Dr. Ambikadatta Shastri, Edited Sushruta Samhita Uttara tantra 1/30, reprint 2007, Varanasi Chaukhamba Sanskrit Sansthana, pp-12
2. Prof. K.R. Srikantha Murthy Translated Astanga Hridayam Uttara Tantra, 15/16, Reprint 2006, Varanasi Chaukhamba Orientalia, pp-140.
3. Dr Brahmanand Tripathi Sarangadhara Samhita Purva Khanda 7/170 Reprint 2004, Varanasi, Chaukhamba Sanskrit Sansthana, pp-117
4. Prof. K.R. Srikantha Murthy Translated Charaka Samhita Sutra Sthana 24/11, Reprint 2010, Varanasi Chaukhamba Orientalia, pp-352.
5. Prof. K.R. Srikantha Murthy Translated Astanga Hridayam Uttara Tantra, 15/16, Reprint 2006, Varanasi Chaukhamba Orientalia, pp-140
6. Dr. Ambikadatta Shastri, Edited Sushruta Samhita Uttara Tantra 6/16, reprint 2007, Varanasi Chaukhamba Sanskrit Sansthana, pp-17
7. Prof. K.R. Srikantha Murthy Translated Astanga Hridayam Uttara Tantra, 15/16, Reprint 2006, Varanasi Chaukhamba Orientalia, pp-147
8. Prof. K.R. Srikantha Murthy Translated Charaka Samhita Sutra Sthana 24/17,

Reprint 2010, Varanasi Chaukhamba Orientalia, pp-352

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Shubhada K.Naik& Bhosgikar Anup: Dry Eye Syndrome -An Ayyurvedic Review. International Ayurvedic Medical Journal {online} 2017 {cited March, 2017} Available from: http://www.iamj.in/posts/images/upload/312_315.pdf