AN AYURVEDIC APPROACH IN MANAGEMENT OF CONJUNCTIVAL XEROSIS
-A CASE STUDY

Dhaval D. Sojitra¹, Hemangi Shukla²

1. 3rd year PG scholar,
2. Reader & H.O.D, Dept.of Shalakya Tantra, Akhandanand Ayurveda College, Ahmedabad, Gujarat, India

Email: Dhavalsojitra072@gmail.com

ABSTRACT
A 20 yr. young male patient coming with the complaints of dryness, burning sensation, pain, redness in the both eye, since 4-5 yrs. On examination, a triangular shaped dull white colored spot was found in bulbar conjunctiva at temporal side in the left eye. Schirmer’s strip test was 4 mm/ 5 min & TBUT (Tear Film Break up Time) test is 8 seconds. He has consulted more than 10 ophthalmologists & diagnosed as Conjunctival Xerosis. He took allopathic medication for 4 years but, didn’t get relief. Xerophthalmia is a medical condition in which there are much ophthalmic pathology occurs. Conjunctival Xerosis is one of them. It is characterized by abnormal and prolonged dryness that leads to non production of tears. Xerosis causes the conjunctiva to become wrinkled, thick and dehydrated and cause serious visionary complication if left untreated. In Ayurveda, it can be correlated with Shuktika¹- Pittaj Vikar. As per Ayurvedic line of treatment, the patient relieved from all the complaints. He was advised to visit hospital for follow up on every week. Now the patient is healthy in the terms of eye.

Keywords: Xerophthalmia, Schirmer’s Strip, TBUT test

INTRODUCTION
Xerophthalmia is a bigger medical term which starts from dryness of the eye ends with night blindness & ultimately blindness. The Conjunctival xerosis is the one of the primary symptoms of the xerophthalmia. The conjunctival xerosis is an ophthalmic condition in which the tear film is affected and the eye is incapable of producing tears. It is characterized by abnormal and prolonged dryness that leads to non production of tears. It causes the conjunctiva to become wrinkled, thick and dehydrated and cause serious visionary compli-
cation if left untreated. In the most cases this condition is followed by the appearance of Bit-tot’s spot which are triangular or oval shape. The sign & symptoms of xerosis are Burning, Pain in eye, Redness of eye, Sensation of having sands in eye, Itching, Irritation, Increased sensitivity to eye to direct exposure of light, and Discomforts in initial stage, Desire to blink continuously, Excessive dryness of the cornea and conjunctiva. Night blindness is advancing feature in some the cases. For the conjunctival xerosis, all the patients are prescribed tears supplements. If the patient can’t get relief, he prescribes another set of the tear supplements. There is no permanent solution for conjunctival xerosis. In Ayurveda it can be correlated with Shuktika. It is Pittaj Shuklagata Ashastrakruta Vyadhi.

Case Presentation:
A male subject, aged 20 years, student, living in metro city Ahmedabad, Gujarat, with the chief complaints, dryness of eye. The associated complaints are Burning sensation, Lacrimation in the eye in the initial stage, Redness in the both eye since 4-5 yrs. He also had the foreign body sensation in his eye. Irritation, Itching sensation, Unusual discomforts in the eyes. As usual the patient consulted the ophthalmologist, he was diagnosed as conjunctival xerosis and he was prescribed tear supplements first. He was also prescribed oral multi vitamin. He didn’t get relief. So he consulted more than 10 ophthalmologists. He took all these medications for 4 years. However regular treatment, he didn’t relieved from complaints. He consulted Netra Roga OPD- Dept. of Shalakyatantra, G.A.A.H., Ahmedabad for further treatment. In Prashna pariksha Kshudha – Alpa, Mutra Pravruti-5-6time/d, Mala Pravruti- Savibandha ,1time/d and Nidra - 6-7 hours.

O/E - Agni was Manda, Prakruti-Kapha-Pittaja, Weight-55kg. Height-5’5”, there was no any abnormal finding seen in general and systemic examination.
K/C/O - NAD

Treatment Protocol:
The treatment was carried for one month and one week. During this period, he was advised for Laghu Supachya Ahar.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose</th>
<th>Period</th>
<th>Anupana(vehicle)</th>
<th>Aushadha Kala</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haritaki Tablet 3</td>
<td>3-4 gm</td>
<td>HS</td>
<td>For 3 days</td>
<td>Ushnodak (Luke warm water)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>After 3 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triphala churna</td>
<td>125 mg</td>
<td>BD</td>
<td>For 4 days</td>
<td>Netra prakshalan</td>
</tr>
<tr>
<td>Saptamruta Lauha</td>
<td>250 mg</td>
<td>BD</td>
<td>For One month &amp; one week</td>
<td>Madhu + Ghruta</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose</th>
<th>Period</th>
<th>Procedure</th>
<th>Kala</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeevanyadee Ghruta</td>
<td>10ml_10ml</td>
<td>5days x 3 sitting</td>
<td>Tarpan</td>
<td>Pratah kala</td>
</tr>
</tbody>
</table>

Table 1: Line of treatment (Medicine)

Table 2: Line of Treatment (Procedure)
Table 3: Effect of therapy on subjective parameters

<table>
<thead>
<tr>
<th>Sign &amp; Symptoms</th>
<th>BT</th>
<th>AT</th>
<th>After the completion of Tarpan</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>3 days</td>
<td>7 days</td>
</tr>
<tr>
<td><strong>Ruk (Pain)</strong></td>
<td></td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td><strong>Daha (Burning)</strong></td>
<td></td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td><strong>Dryness</strong></td>
<td></td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>Foreign body sensation</strong></td>
<td></td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td><strong>Itching</strong></td>
<td></td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Redness</strong></td>
<td></td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>Increased sensitivity to direct light</strong></td>
<td></td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Discomfort</strong></td>
<td></td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

- **Pain in eyes**
  0 – No pain
  1 – Occasional pain
  2 – Intermittent pain
  3 – Continuous pain
  4 - Continuous & severe pain

- **Burning Sensation In Eyes**
  0 – No burning sensation in eyes
  1 – Occasional burning sensation in eyes
  2 – Intermittent burning sensation not requiring to close eye
  3 – Continuous burning sensation requiring to close eye suddenly
  4 – Severe burning in eye which leads the person to wash eye with chilled water

- **Vishushka Bhava (Dryness - feeling)**
  0 – Absent – no feeling of dryness
  1. – Occasionally present and very mild feeling of dryness
  2. – Intermittently present and mild feeling of dryness
  3. – Frequently present moderate feeling of dryness
  4. – Feeling of dryness present almost all the time

- **Sangharsha (Foreign body sensation)**
  0. – Absent Sangharsha
  1. – Occasionally present, mild and not troublesome
  2. – Intermittently present mild and troublesome
  3. – Frequently present, moderate and troublesome
  4. – Present almost all the time, severe and continuously troublesome

- **Kandu (Itching)**
  0. – No itching
  1. – Occasional tickle sensation not requiring to rub eye
  2. – Intermittent tickle sensation not requiring to rub eye
  3. – Continuous itching which requires rubbing of eyes
  4. – An incapacitating itch which would require significant eye rubbing

- **Redness of Eye**
  0 – No congestion
  1 – Mild congestion
  2 – Moderate congestion
  3 – Severe congestion
4 - Severe congestion which catch the attention

- Increased sensitivity to direct exposure of light
  0 – No sensitivity to direct light
  1 – Occasional sensitivity to direct light
  2 – Intermittent sensitivity to direct light
  3 – Continuous sensitivity to direct light
  4 – Extreme sensitivity to direct light leads to close the eye

- Non specific ocular discomfort
  0 – No ocular discomfort
  1 – Occasional ocular discomfort
  2 – Intermittent ocular discomfort
  3 – Continuous ocular discomfort
  4 – Extreme ocular discomfort which hampers the day to day activity

Table 4: Effect of therapy on objective parameters

<table>
<thead>
<tr>
<th>Examination</th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1&lt;sup&gt;st&lt;/sup&gt; Sitting Tarpan</td>
</tr>
<tr>
<td>Schirmer's strip test&lt;sup&gt;′&lt;/sup&gt;</td>
<td>4 mm/ 5 min</td>
<td>8 mm/ 5 min</td>
</tr>
<tr>
<td>TBUT (Tear Film Break Up Time) test</td>
<td>8 seconds</td>
<td>8 seconds</td>
</tr>
</tbody>
</table>

DISCUSSION

According to the history of the Patient, patient was having the complaint of Vibandha. For relieving it, Haritaki tablets were given for Vatanuloman. On other hand Haritaki has the quality of Anulomam. Due to Vibandha, Urdhvagami Vayu takes the Pitta in Urdhva Sira & causes Daha in Netra. Here it breaks the pathology. The patient was also having the complaint of itching. Triphala Churna for Netra Prakshalan was prescribed on Upashay Anupshaya basis. But after 3 day complaint of the patient was increased because, Triphla is Ruksha. It might deplete the tear film by its inherited quality. So it was stopped for Netra Prakshalan. In description of Saptamruta Lauha<sup>3</sup>, the Acharya had confidently given the indication like Kandu, Daha, Raga etc. So Saptamruta Lauha was prescribed. Afterward Tarpan with Jeevantlyadi Ghruta<sup>4</sup> were advocated. The Sneha has property to nullify the dryness. Here the Ghruta was used. The Ghruta has property to pacify the clear Pitta Dosha and Jeevanti is Sheet Guna Rasa Pradhan & Madhur Vipaki. In Ghrutapaka Vidhi Ghruta gets the property of Jeevanti by Sanskar Gunanuvartanam. It could be thought that it directly affect the lipid layer of tear film. They collectively would help to break the pathology.

CONCLUSION

Thus present case study concludes that the approach based on fundamentals of Ayurvedic system of medicine not only gives relief to the patient from the diseases - Shuktika, but prevent the reoccurrence also.
REFERENCES


Source of Support: Nil
Conflict Of Interest: None Declared