

ROLE OF PANCHENDRIYAVARDHAN TAIL NASYA AND PADABHYANGA IN SHUSHKAKSHIPAKA (DRY EYE SYNDROME) – A CASE STUDY

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ABSTRACT

Eyes are Gods greatest gift and window to our soul. In 21th century, everybody is attracted to computer which is the knowledge bank and emerges the profession. This computer causes visual and ocular symptoms arising due to the long time and improper working on computer, collectively called as dry eye syndrome. The symptoms present in dry eye are irritated eyes, eye strain, burning in eyes, blurring of vision, red eyes, double vision and headache. Ayurveda describes similar conditions called “*Shushkakshipaka*”, and it is in *Sarvagat rogas* in *Sushrut samhita* and *Sadhyvadhis* in *Astanghridaya*. It is an ocular surface inflammatory syndrome rather than simply tear film insufficiency which can be correlated with dry eye. *Ayurveda* can help you to relieve eye strain, regain glow, and contributes to rejuvenate your eyes and also make them capable of bearing the day by day stress which is caused by excessive uses of computer. And in dry eye the therapeutic effect is found in practice by *Nasya karma* and *Padabhyanga*. *Panchendriyavardhan tail nasya* increases local circulation and due to this nourishment of organ increased, hence forming the tear. *Padabhyang* is also *Netraprasadkar*.

Keywords: *Shushkakshipaka, Panchendriyavardhan tail, Nasya, Padabhyang.*

INTRODUCTION

Eyes are Gods greatest gift and window to our soul. Tear secretion in eye provides the lubrication and continuous moisture on ocular surface to maintain comfort, corneal and conjunctival health and vision. The secretions from the lacrimal gland, accessory gland and meibomian gland, compositely from a layer on ocular surface called tear film. Dry eye ^[1] per se is not a disease entity, but a symptom complex occurring as sequelae to deficiency or abnormalities of tear film. In *Sushruta Samhita* similar condition is termed as *Shushkakshipaka*, which matches etymological derivation and clinical picture ^[2] like irritated eyes, eye strain, burning in eyes, blurring of vision, red eyes, double vision and head-

ache. As per *Ayurveda*, dry eye needs a different approach as the etiology and pathology are variable. *Vata-Pitta/Rakta* vitiation in *Shushkakshipaka* is the basic pathology due to disturbed system biology which needs holistic approach to deal with the problem. And in modern practice it is an ocular surface inflammatory syndrome rather than simply a tear film insufficiency. Tear substitutes are the only treatment modality with preservatives is added which also causes the dry eye. Hence I choose a simple remedy for the treatment which is given in *Kashyap Samhita* to increase the capability of organ, is *nasya karma* by *Panchendriyavardhan tail* and *Padabhyanga*.

CASE STUDY: A 23 year old male, Hindu by religion, student presented at the OPD of our hospital having complaints of burning sensation in both eyes, foreign body sensation, ocular discomfort both eyes and dryness in eyes since 6 months. Patient was all right before 6 months then gradually he started developing burning sensation of both eyes and foreign body sensation since 6 months. After getting history the patient work daily 2 hr on computer and used

smartphone frequently. He used to get relieved with modern medicines for the same complaints, but getting relief only when medicines are going on and developed same complaints again and again after medicines are stopped. So he came to our hospital for alternative treatment. On examination of the patient, vitals were normal. Local examination revealed redness in both eyes. Systemic examination revealed no abnormality.

Table: 1 ASSESSMENT CRITERIA

Criteria		Mild	Moderate	Severe
	0	+	++	+++
1.Foreign body sensation	Absent	On exposure to wind	During work	At rest.
2.Ocular discomfort/pain	Absent	On exposure to wind	During work	At rest.
3. photophobia	Absent	In diffuse light	In day light	At rest.
4.Schirmer Test.	15-30 mm	10-15 mm	6-10 mm	0-5 mm

INVESTIGATION

Vision – 6/6 BE, Conjunctiva – mild redness, Cornea – clear.

Table:2 BLOOD / URINE EXAM

Blood	Value	Urine	value
HB %	12.3 gm%	Albumin	Nil
TLC	7700 /cumm	Sugar	Nil
ESR	17 mm	Micro.	NAD
BSL – R	89 mg/dl	PH	Acidic

DIAGNOSIS: The condition was diagnosed as dry eye syndrome – *Shushkakshipaka*.

MANAGEMENT AND OBSERVATIONS

Considering this condition as *Shushkakshipaka* wherein vitiation of *Vata* and *Pitta* is described, he was treated with following medicines.

- *Panchendriyavardhan tail nasya* [3] 2 drops in each nostril in the morning and at the bedtime with proper pre procedure, and post procedure as per mentioned in the text daily for 15 days.

- Also suggested *Padabhyanga* [4] with *Til tail*.

Along with above medicines, he was advised simple lifestyle modifications that can significantly improve symptoms. For example, drinking 8 – 10 glasses of water each day to keep body hydrated and conscious effort to blink frequently, especially when working on computer, mobile and avoid rubbing of eyes.

Pathya ahaar – Avoid spicy, *pitta vardhak ahar*. Use lite and nutritious foods.

The patient took this treatment for 15 days, with marked relief in symptoms of burning and foreign body sensation in both eyes and

discomfort in both eyes. He was advised the *Padabhyanga* for continuously.

Table: 3 ASSESSMENT AFTER TRIAL.

Assessment Criteria	B.T	15 th day
1.Foregien body sensation	++	0
2. Ocular discomfort / pain	++	0
3. Photophobia	++	0
4. Schirmer Test.	12mm	18mm

DISCUSSION

Shushkakshipaka is *sarvagat netragoga* which mentioned in *Sushruta Samhita*. And *Nasya karma* treatment is mentioned for *Shushkakshipaka*. So in *Kashyap Samhita Panchendriyavardhan*^[3] *tail nasya* is mentioned for increasing the capability of the organ. The *Panchendriyavardhan tail* is used for *nasya karma* contains *shiro-virechan gana* drugs like *Vacha* (*acorus calomus*), *Shigru* (*moringa oleifera*), *madanphal* (*randia spinosa*). *Nasya* increases local circulation, due to this nourishment of organ occurs and diseased subsides. *Nasya dravya* are having *katu*, *Ushna* and *tikshna gunas*. These *gunas* produced *dra-vikarn* and *chedan* of vitatied *doshas*. This helped to reduce inflammation and increase strength of organ. *Padabhyanga* mentioned by *Acharya Dalhan* in *Sushruta Samhita* commentary which is *Vatashamak* and improves the circulation of eye and it has *netraprasadan* action^[5].

CONCLUSION

Panchendrivardhan tail nasya and *Pa-dabhyanga* is beneficial as its marked relief over symptoms and also drug is easily available. Also no adverse reaction has been reported during treatment. The study concludes that *Panchendriyavardhan tail nasya* and *Padabhynga* is effective in management of *Shushkakshipaka*. Also study opens doors

for *Shalakya* specialist to manage the disease from the root cause.

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Source of support: Nil
Conflict of interest: None Declared