

**ROLE OF AGNIKARMA (CAUTERIZATION) IN XANTHELASMA****Kundu Debasis<sup>1</sup>, Bhosgikar Anup<sup>2</sup>, Kar Pulak Kanti<sup>3</sup>**<sup>1</sup> P G Scholar: Dept Of Shareer Rachana, <sup>2</sup>Assistant Professor: Dept Of Shareer Rachana, N .K. Jabshetty Ayurvedic Medical College And P G Centre (Karnatak).<sup>3</sup>Lecturer Of Departant Of Panchakarma, J B Roy State Ayurvedic Medical College And Hospital(W.B)**ABSTRACT**

Xanthelasma is a type of xanthoma found in upper or lower eye lid as an irregular shaped yellowish patch due to the deposition of cholesterol in the skin .It may be associated with hypercholesterolemia or diabetes mellitus, though in many cases it is found alone <sup>1</sup>. In Ayurveda there is no direct reference regarding xanthelasma, yet considering the skin lesion over the eye lid .It may be interpreted, nearly similar to *bisa vartma*. Which is *sannipatik* but curable disease <sup>2</sup>? It may be treated with *Agnikarma* (cauterization) successfully .A case of xanthelasma treated by *Agnikarma* (cauterization) is the prime focus of the paper.

**Keywords:** *Agnikarma (Cauterization), Xanthelasma, Visavartma.*

**INTRODUCTION:**

*Indriyas* are the important organ of human body .Among the *gyanendriyas* (sensory organ ) *netra* has given prime importance which has been describe by our ancient *acharyas* in the contest of its structural ,functional and applied aspects.All the *acharyas* explained about *netra* and its necessity for the human body .Briefly our *acharyas* explained the anatomy of the eye and by naming the structures of eye like *mandala*(circle of eye ball ) ,*patalas* (tunics of eye ball ) ,*sandhis* (junctions of eye ball ) etc. Whereas the structures involved in eye by the three different coats from outward to inwards are (fibrous tunic,vascular tunic and retina) these structures are visualise under the ophthalmoscope easily. How the *netra* is important organ of human body .So its protection is also needed from the different diseases. *Acharya susruta* in his *uttar tantra* especially classified the *netra vyadis* (eye diseases) based on the structure to which it will affects likes

*mandalgata rogas,patala gata rogas* . Even the *netras vyadis* are classified of its curability like *shastra sadhya ,aushadha sadhya* etc.like *bisa vartma* (porous oedema of eyelid ) *vartma arbuda* ( papilloma of eye lid). While treating the eye diseases sometimes we have to take the help of para surgical procedures like *agnikarma* (Cauterization) which is explained by *sushruta acharya* and explained its importance on the treatment which will not cause any harm and is easy without any complication .<sup>3</sup>Among 21 *vartma gata roga ,bisa vartma* one of them.<sup>4</sup> The skin of the eye lid is inflamed due to vitiation of *tridoshas* and causes multiple holes and oozing of inflammatory exudation through the *vartma*(eye lid) like *a mrinal* (lotus), so it is known as *bisa varthma*. It is *tridoshaja sadhya vyadhi*.<sup>5</sup> It is conglomeration of three *doshas* (vata ,pitta,kapha),& situated outside the *vartma*(eye lid) having pores and watery substance, and it became looks like a *bisa* or *mrinal* or stem of the lotus.so

it known as *bisa vartma*<sup>6</sup>. So, to remove this type of inflamed *vartma*, the *agnikarma* (Cauterization) is used. A word xanthelasma is made up of xanth- from the Greek roots xanthos (yellow) and elasma (plate) = a yellow plate, so called because there are yellow plaques (sharply demarcated) deposit of fat underneath the skin, usually on or around the eyelids, while they are neither harmful nor painful. Only there are cosmetic problem. High LDL (bad) cholesterol or low HDL ("good") cholesterol with Inherited high cholesterol (familial hypercholesterolemia) and also Liver disease called primary biliary cirrhosis, which can raise cholesterol levels but it is not necessarily associated with elevated cholesterol or lipids. It is composed of lipid laden foam cells these cells termed histocytes, contain lipid material in their cytoplasm.

**AIMS AND OBJECTIVES:** To find out the effective ayurvedic remedy for xanthelasma as because there is no effective remedy in allopathic medicine in spite of cryo-therapy and TCA therapy.

**CASE STUDY:** In this connection I studied two cases of xanthelasma in different age group treated by me with *agnikarma* (cauterization).

**Patient history:** They are treated previously by contemporary allopathic medicine under the surveillance of a private medicine doctor before 8 to 10 years. The history also suggested that the patient had received oral ant cholesterol drug also. But there was no satisfactory relief. Routine blood investigation including lipid profile done where I found hypercholesterolemia. Patients are not wanted to take any laser or cryo surgery due to fear and financial condition. **Diagnosis:** After careful examination patients are diagnosed as *bisa vartma* (xanthelasma), and patient himself was willing for *Agnikarma* (Cauterization) therapy.

**Past medicinal history:** No such

**Past Surgical history:** No such

**Family history:** Nothing significant

**On examination:** No pain but slight swelling in the both upper eyelids

**Investigation:**

**Blood report:** Lipid profile shows hypercholesterolemia.

**Diagnosis:** Based on clinical presentation and blood report.

**PROCEDURE OF AGNIKARMA (CAUTERIZATION):** First of all eyelids are cleaned by *Triphala kasaya*, then wiped with dry sterilized cotton gauze, after that red hot *Panch Dhatu Shalaka* (electro-cautery having filament like tools) making *Bindu Dhahan*. At last application of *Jatyadi Ghrita* or rubbing of *gritokumari patra* (alo vera) for reducing the burning sensation.

**TREATMENT:** *Agnikarma* (Cauterization) was done two times in a month at an interval of 15 days. After completion of 2nd sitting patient got complete relief from cosmetic problem. Also given some ayurvedic oral medicine like *Arogyabardhani* 2pill tds with like warm water, *Navak guggul-2* pill tds with Luke warm water and *godhan arka -4tsf* in empty stomach in the morning. No adverse effects were being observed throughout the entire sitting. To observe any recurrence of symptoms patients are followed up to 3 months but recurrence of symptoms were not observed. Patient was fully satisfied with *Agnikarma* (Cauterization) therapy as compared to previous treatments done with modern modalities.

**DISCUSSION:**

Cauterization in Ayurveda is otherwise known as *Agni karma*. Agni means fire and karma means a process. Thus, Agni karma is a therapy, which involves fire and is known as cauterization in Ayurveda. Again Agni karma can be termed as *Dahan Karma* and it is a process in which the

pathological body comes out or tissue is cauterized or even damaged with a hot iron, an electrical current. Among the number of *netra roga*, it is indicated in *vartma gata rogas*. *Bisa vartma* is one of them. Where all three *doshas* get lodged in the *vartmas* and causes painless swelling which is compared with xanthelasma in modern where it is sharply demarcated, deposition of fat underneath the skin, usually all and around eyelids with is harmless and painless in presentation. In modern therapy side effect of cryo therapy is fainting, high cost, heavy bleeding and side effect of TCA acid is burning sensation, tenderness, swelling around the area, scarring/infection, persistent facial redness/erythema. It don't have any medical emergency in ophthalmology, but can be removed by cauterization for cosmetic purpose. Mode of action of *agnikarma* (Cauterization) normally, it is the rule of the body that whenever a local tissue is burnt, the metabolic process in that place improves. Therefore, a variety of metabolic and regenerating alterations occurs at the place, which consequently leads to improved demand of oxygen and nutrition of the tissues at the place, where the heat strikes. It also eliminates the undesirable substances and poison. For these aforesaid qualities, *agnikarma* (Cauterization) thereby were chosen for this case and the result was really very encouraging.

#### CONCLUSION:

Classical *agnikarma* (Cauterization) therapy and internal medication were found highly effective to reduce almost all complaints of xanthelasma (*bisa vartma*). After reviewing and applying the *agnikarma* (Cauterization) in xanthelasma, it is noted that it will not reoccur again, if it has been cauterised properly. *Agnikarma* (Cauteriza-

tion) therapy is an OPD procedure. Thus from the above study it can be concluded that *Agnikarma* (Cauterization) procedure proves to be an easy, safe, uncomplicated and economical way to reduce the xanthelasma.

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Source of support: Nil

Conflict of interest: None Declared