

REVIEW OF ANJANA AND ITS PRACTICAL UTILITY

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ABSTRACT

Shalakyatantra is among one of specialities of *Ashtanga Ayurveda* which deals with diseases occurring above clavicle so it mainly deals with sense organs, the disease affecting them and their management. Among these sense organ eyes are one. *AacharyaSushruta* described the 76 *Netraroga* with their symptom and treatment. To explain therapeutic procedure for eye disorders *AacharyaSushruta* explains separate chapter named *kriyakalpaadhyay* in *Uttartantra* of *SushrutaSamhita*. *Kriyakalpa* described in *Ayurveda* has its unique specialty. *Anjana* is one of the *kriyakalpa* described by *Sushrutacharya* for various eye diseases. *Anjana* is topical application of medicinal paste to inner surface of fornix with help of *anjanashalaka* or finger from *kaninikasandhi* to *apangasandhi*. *Anjanakarma* is economical for common man. It can be applied in healthy as well as diseased eye. Hence efforts are taken to explain the *Anjana* its mode of action and its practical utility in detail in this research article.

Keywords: *Ayurveda, Kriyakalpa, Netra, Anjana*

INTRODUCTION

Among the 5 sense organs eyes hold the special status because good vision is very important for social and intellectual development of human being. *AcharyaVagbhata* said that for a man without eyes this world is useless because day and night are same for them even if the other sensory organs are healthy. Hence it is recommended that all efforts should be performed to protect the eyes

throughout the life. Hence authentic classics prescribed several preventive and curative measures to protect the eyes. Many *Acharya* prescribed several treatment procedures for management of ophthalmic disorders. *Kriyakalpa* described in *Ayurveda* to treat various eye disorders have unique speciality. *Netra-kriyakalpa* have very fast action to the target tissue including posterior segment of eye.

There are mainly 7 *kriyakalpas* which includes *Tarpan, Putapaka, Anjana, Aschyotana, Seka, Pindi, Bidalaka*. The first 5 procedures were mentioned in *Sushruta samhita*^[1] and last two were prescribed in *Shaarngdhar Samhita*^[2] along with other 5 procedures. *Netra anjana* is one of the special treatment done in eye disorder. *Anjana* is procedure of applying medicine in the form of *Gutika, Raskriya* or *Churna* to the inner side of lower lid either by fingertip or by an applicator (*Anjanashalaka*). *Kriyakalpa Anjana* in addition to its benefits in curing eye diseases this particular procedure has daily application in order to protect eyes from various insults caused to eye due to daily exposure and for the maintenance of equilibrium of *doshas* inside eyes. This it has special importance in healthy person as well as in diseases.

AIMS AND OBJECTIVES:

1. To review *Anjana* therapy according to the Ayurvedic point of view.
2. To study the practical utility of *Anjana*.

ANJANA

Application of different medicine to eye is known as *Anjana*. It is procedure of applying medicinal paste or powder to inner surface of lower lid in conjunctival fornix. It should be applied from *kaneenika sandhi* to *apanga sandhi* or vice versa. It can be applied with help of fingertip or with *Anjana shalaka*, either in morning or in evening for specific time.

INDICATIONS^[3]

- *Anjana* should be applied only after administration of *shodhana* therapy (*Sharirshudhi*) and
- When *doshas* localize only in eye and *Aamavastha* is totally eliminated from eye.
- *Anjana* is applied only after eye starts to exhibit *Pakwa lakshana* like complete absence of itching sensation, swelling, redness or congestion, lack of discharge.

TYPES^[4]

In *Sushruta Samhita* 3 type of *Anjana* are mentioned.

- 1) *Lekhana Anjana* –
 - Prepared by *pancharasatmaka dravya* except *Madhur rasa*.
 - Action- Drain out *Doshas* from eye lids, vessels, *Srotas & Sringataka Marma* through mouth, nostrils & eyes
- 2) *Ropana Anjana* –
 - Prepared by *Kashaya, tiktarasa dravyas* along with *sneha*.
 - Action - Healing, improves the colour and visual acuity
- 3) *Prasadana Anjana* –
 - It should be prepared with *madhuarrasa dravyas* along with *sneha*.
 - Pacifying the *doshas* in vision

On basis of Form - There are 3 types of *Anjana*.

- 1) *Gutika Anjana*
- 2) *Raskriya Anjana*
- 3) *Churna Anjana*

Table 1: Dose Of *Anjana*^[5]

Type of <i>Anjana</i>	<i>Lekhana</i>	<i>Prasadana</i>	<i>Ropana</i>
<i>Gutika</i>	1 <i>Harenu</i>	1 1/2 <i>Harenu</i>	2 <i>Harenu</i>
<i>Raskriya</i>	1 <i>Harenu</i>	1 1/2 <i>Harenu</i>	2 <i>Harenu</i>
<i>Churna</i>	2 <i>Shalaka</i>	3 <i>Shalaka</i>	4 <i>Shalaka</i>

- **ANJANA KAL-**

Anjana should be applied early in morning; evening and night time. *Tikshna Anjana* should be applied at night. As both *Netra* and night are *Sheet* and *Saumya*, so it is the best period for *Tikshna Anjana*.

- MATERIALS FOR ANJANA KARMA-

a) *Anjana Patra*

b) *Anjana Shalaka* are the essential material for *Anjana*.

➤ *Anjana Patra*^[6]:

The medicine of *Anjana* should be stored in clean vessels made up of gold, silver, copper, iron, bell metal, ruby or horn. The vessels to keep the *Anjana* must have the similar properties with that of later.

- *Madhura Rasatmak* - Golden vessel,
- *Amla Rasatmak* - Silver vessel,
- *Lavana Rasatmak* - *Mesha Shringamaya*,
- *Kashaya Rasatmak* - Copper or iron vessel,
- *Katu Rasatmak* - *Vaidoorya* vessel,
- *Tikta Rasatmak* - *Kansya* vessel.

➤ *Anjana Shalaka*^[7]:

Anjana Shalaka is rod like applicator with both ends shaped like flower buds, i.e. thin in centre and thicker at the ends. It is used for application of *Anjana*. The size is eight *Angulas* in length and 1.5mm in diameter.

- **ANJANAPROCEDURE**^[8]:

Anjana should be applied in the morning and evening. To avoid the anxiety of the patient the procedure should be explained to them. *Anjana* can be applied in supine or sitting position. Eyelids are retracted with left hand, while with the help of right hand; *Shalaka* is moved from inner canthus to outer canthus. The *Anjana* is applied as per need. Use *Anguli* whenever *Anjana* is to be use on eye-

lids. After the application of *Anjana*, close the eyelids and eyeballs are rotated. Due to this *Anjana* spreads into entire eye. After this slow blinking is done due to this *doshas* will get out of the eye. Whenever lacrimation stops the eyes are washed with suitable *kashayas* or with pure water. After irrigation lids are drawn apart, and carefully inspected for drug precipitants.

- **CONTRAINDICATIONS FOR ANJANA-**

Anjana should be avoided when *Netra-roga* is associated with *Udavarta*, *Krodha*, *Bhay*, *Jvar*, *Shirorog*, sleep disturbances, dusty atmosphere, after *Nasyakarma*, after bath, after sunrise, in gastrointestinal disturbances etc. If we apply *Anjana* in such condition, it will cause aggravation of the diseases.

- **IMPORTANCE OF ANJANA AND ITS PRACTICAL UTILITY-**

As *Anjana* is one among seven *Kriya-kalpa* mentioned in *netrachikitsa*, it stands supreme because its application is indicated not only in diseased eyes but also in normal eye to maintain the visual power properly.

In Dincharya –

In *Ayurved Samhita Anjana karma* is also included in daily *Dincharya* as one procedure. It is advised to apply daily in morning or evening because *anjana karma* has nourishing properties, it applied regularly vision become clear, eye lashes became long, thick & dark.

In Ayurveda VagbhataSamhita –

Eye is made up of mainly *Teja Mahabhuta* while increased *kapha dosha* may produce different diseases in eye, so to prevent such diseases; *Rasanjana* (*Daruharidra* + Milk) is applied weekly and *sauviranjana* is applied daily to maintain visual acuity normal.^[9]

Curative & healing importance –

In many eye disease Acharyas mentioned *Anjana* as curative procedure or for healing of eye *anjana* is an important treatment.

Many Acharyas describes different yogas like *chandrodayavarti*, *pippalyadi Gutika*, *Shankhadya Anjana*, *Nayansukha Varti*, *Haridradi Varti* etc. For treatment of different eye disease.

Anjana karma is indicated in many eye diseases like Cataract, Glaucoma, Refractive errors, Pterygium, Pinguecula, Night Blindness, Ptosis and to cure eye symptoms like Redness, Oedema, Itching sensation.

In corneal disorder, such as corneal opacity, corneal ulcer, corneal degenerative condition *Anjana* is effective procedure.

Post-Surgical Importance –

Anjana karma is also helpful to prevent much post-surgical eye complication, so it is advised to apply *Anjana* in many post-surgical eye disorders.

After Pterygium excision, recurrence rate is high, so in *Sushruta Samhita* to prevent such recurrence *Apunarbhavachikitsa* is mentioned in the form of *Lekhana Anjana*.

After Cataract surgery for *NetraPrasadana Pindanjana* is mentioned by *Ashtang Sangraha*.

Anjana nourishes tired & rough eyes. It strengthens the nerve & muscle of eyes and gives freshness. It increases circulation of facial muscle & facial nerves.

For eye disorder, local *Anjana* procedure is as much important as systemic management. Various drugs can be selected according to stage & type of disease can be used in *Anjana* procedure according to need.

Commonly used *Anjana* and its *Rogaghната-*

1. *Pippalyadi Gutikaanjana*^[10] – It is best and effective in *Arma* mentioned in *Yogratnakar*. contents: *Pippali*, *Triphala*, *Laksha*, *lohachurna*, *Saindhava* and *Bhavana* of *Bhringrajswaras*. All contents in *Pippalyadi GutikaAnjana* are *tridoshghna* especially *kaphaghna*, *vranaropana*, *shothaghna*, *lekhana*. All these characteristics are favourable in dealing with recurrence of pterygium after primary pterygium excision. It also effective in *Krishnagata Vyadhi Avrana Shukla*.
2. *Pathyadi Anjana Varti*^[11]– It is effective in *Pishtak* which is *kaphajavyadhi*. This *Pathyadi Anjana* is described by *Acharya Sushruta* in *Shleshmabhishyandapratishtedham adhyay*. Contents:*Pathya*, *Haridra* and *Yashtimadhu*. All the three drugs have *kaphshamak* property. The *Pathya* and *Haridra* being *Ushna* have *lekhana* effect on *Pishtak*. The drug *Yashtimadhu* having *Sheetavirya* gives relief from ocular discomfort.
3. *Chandrodayavarti anjana*^[12] – it is mentioned by *Sharangdhra*. Contents: *Rasanjana*, *Shaileya*, *Kumkum*, *Manshila*, *Shankha*, *Shwetamaricha*, *Sharkara*. All the above drugs have *Kaphghna* and *Lekhana* Property. This *Chandrodyavarti* is effective in Itching sensation, *Avarana-Shukla* (corneal opacity), *timir*.
4. *Shatadhuta Ghrita Anjanai*^[13]– Contents: *Ghrita* which is washed with water for hundred times. This *Anjana* is useful for eye health. Mainly used for person suffering from dry eyes and computer vision syndrome for reliving the burning sensation, ocular discomfort ultimately providing *snehana* to eyes.

DISCUSSION

Considering all of above discussed factors *Anjana* therapy is a unique, well developed method of topical ocular drug administration which is described in detail with its indications, contraindications, application method, pre-and post-procedure measures, dosage. *Anjana* should be applied from medial canthus to lateral canthus and vice-versa; which increases bioavailability, just after the application the patient is asked to move the eyeballs upwards and rotate slowly which allows the medicine to spread over the eye, eyelids should be moved slightly by eye massaging with close eyes this might be helpful for increase absorption by limiting nasolacrimal drainage. Most of the modern topical ocular preparations are not able to reach up to the posterior segment. But *Anjana* is a good, simple, easy and effective treatment modality for treating both the anterior and posterior segment disorders of the eye.

CONCLUSION

Anjana is one of most commonly used *kriyakalpa*. Application of *anjana* procedure is very easy. It is effective in various eye disorders and can be applied daily to maintain the *swasthya* (proper functioning) of Eyes. Finally, it can be concluded that *Anjana* is an ideal remedy for various types of ophthalmic disorders like pterygium, pinguecula, corneal opacity, corneal degeneration, cataract etc. which can be used as preventive as well as curative measures.

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