

PALANDU MASI IN THE PREVENTIVE MANAGEMENT OF CATARACT- A CASE STUDY

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ABSTRACT

Cataract is one of the leading causes for blindness and almost 42% of people lose their vision due to the same. Cataract is the clouding of lens which develops slowly and causes blurry, double and glared vision. Though diagnosis is easy if neglected, statistics shows that within 10 years most untreated cataracts can convert into total blindness of one or both eyes. Since age is more influential in development of cataract, it is not possible to prevent it totally. However, following some steps like *nityaanjanaprayoga* mentioned by *Acharyas* for maintenance of vision can reduce the same. *Masi* (made at home in a very simple way) of *Allium cepa* when used as *anjana* can help in prevention of cataract and improve vision. So, in this article the preventive management of Cataract and pharmaceutical study of *Anjana* has been discussed.

Keywords: Cataract, White Onion, *Allium cepa*, *Anjana*, *Masi*, Blindness.

INTRODUCTION

In fact, there are more cases of cataracts worldwide than there are of glaucoma, macular degeneration and diabetic retinopathy combined, according to Prevent Blindness America (PBA)¹. Major eye disorders include refractive errors, glaucoma, retinal disorders, macular degeneration, diabetic eye problems and cataract; and the most common symptoms of eye disorders are blurred vision and blindness. Cataract which is common in older people is the opacification or the clouding of the lens and can occur in either or both eyes causing blurred vision, double vision, glared vision, requiring frequent changes in glasses (power) and blindness if left untreated. It is the leading cause for blindness and almost 42% become blind due to cataract. Vision 2020

introduced by WHO for elimination of avoidable blindness selected cataract as top priority disease².

In Ayurveda, the methods of treatment for eye diseases include *Seka*, *Aschotana*, *Pindi*, *Bidalaka* and *Anjana* apart from *Shastra Kriya*³. Though it is an age related and simple condition which is actually easy to diagnose and treat, falling short of post-surgical care leads to complications. According to Ayurvedic texts, *Palandu* (*Allium cepa*) is of *Katu Rasa*, *Anushnaveerya*, *Madhuravipaka* and *Vataghna*⁴.

Anjana prepared from white onions in a very simple manner at home can help in the prevention of cataract. Onions are considered to be beneficial to the eye as they have sulphur which improves the lens;

onions stimulate the production of a protein namely glutathione often referred as "the mother of all antioxidants" - which reduces the risk of cataract. Quercetin, a flavonoid found in onions reduces the risk of cataract. Selenium, an essential micronutrient found supports Vit E in eye⁵. And *NityaAnjanaprayoga* as essential part of *dinacharya* can have a vast impact in the prevention of the condition⁶.

MATERIALS AND METHODS:

A 68 year-old male patient having OPD no. 1/71 registered in Devikripa Ayurveda Hospital came for regular health checkup. Today he is 73 years old and since last 05 years has been continuously using the traditionally homemade *Anjana* and till the age of 73 years, he didn't develop any cataract. So, in this arti-

cle the prevention of Cataract and pharmaceutical study of *Anjana* has been discussed.

Materials required for *Anjana* preparation:

White onions, surgical gauze, mixer, cotton cloth for filtering, copper plate, castor oil and lamp.

Method of Preparation of PalanduMasi:

Put cut onions into mixer grinder to make juice; filter the juice; soak the gauze in the juice obtained; dry the gauze in shade; repeat this same procedure 7 times ie the previously dried gauze should be soaked again; make a *varti* of the gauze; soak it in castor oil and light the lamp; place inverted copper plate over the lamp to collect the *masi*; scrape the *masi* adhered on the copper plate; keep the *Anjana* obtained in air tight containers.

Thus obtained *Palandumasi* is used as *Anjana*.

Materials for preparing *Anjana*:



Fig 1: Onions



Fig 2: Gauze



Fig 3: Mixer Grinder for making Juice



Fig 4: Filtration of juice



Fig 5: Copper Plate



Fig 6: Varti soaked in oil lit.



Fig 7: *Masi* scraped



Fig 8: *Masi* collected



Fig 9: *Masi* is applied as *Anjana*

Mode of Action of Drug:

According to Ayurveda, *Palandu* (*Allium cepa*) is of *Katu Rasa*, *Anushnaveerya*, *Madhuravipaka* and *Vataghna*⁴. *Anjana* prepared from white onions in a very simple manner at home can help in the prevention of cataract. Onions are considered to be beneficial to the eye as they have sulphur which improves the lens; onions stimulate the production of a protein namely glutathione often referred as "the mother of all antioxidants" - which reduces the risk of cataract. Quercetin, a flavonoid found in onions reduces the risk of cataract. Selenium, an essential micronutrient found supports Vit E in eye⁵. And *Nitya Anjanaprayoga* as essential part of *dinacharya* can have a vast impact in the prevention of the condition⁶.

DISCUSSION

According to Ayurvedic texts, *Palandu* (*Allium cepa*) is of *Katu Rasa*, *Anushna veerya*, *Madhura vipaka* and *Vataghna*⁴. Due to its *Katu rasa* it subsides the excessive *kapha dosha* and normalizes the *alochaka pitta*. Also due to its *Vataghna guna* it subsides the *Vata dosha*. According to Modern medicine, it stimulates the production of a protein named glutathione, which acts as an antioxidant. Higher levels of glutathione help in reducing the risk of glaucoma, macular degeneration, and cataracts. The selenium in onions supports the vitamin E in the eye (which protects the cells in the eye). The sulphur in onions improves the health of the lens⁸. *Gutikanjana* explained by *AcharyaSushruta* in *uttarasthan* in the context of eye diseases includes *palandu* as one of the ingredients⁹. Nowadays, *Palandumasi Anjana* is used by many Ayurvedic as well as folklore practitioners in preventing the cataract. It has been found helpful in preventing the symptoms of cataract like blurred vision, double vision and sensitivity to light as observed in this patient.

CONCLUSION

Since age is the influential factor in the development of cataract, it is not possible to prevent it totally. Following *NityaAnjanaPrayoga* mentioned by our *Acharyas* for the maintenance of vision may reduce the development of cataract¹⁰. *PalandumasiAnjana* has been found helpful in preventing the development of cataract.

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