ROLE OF PIPPALYADI GUTIKA ANJANA IN THE MANAGEMENT OF ARMA:
A CASE SERIES

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https://doi.org/10.46607/iamj0807332020
(Published online: August 2020)

ABSTRACT

Background: Shalakyatantra is among one of specialties 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. Pterygium term is derived from Latin word ‘Ptterygion’ means a wing, so it is wing shaped fold of conjunctiva encroaching upon the cornea from either side within the interpalpebral fissure. Etiology of Pterygium is not definitely known but the disease is more common in people living in hot climates. In Ayurveda, it can be correlated with Arma. Arma is Shuklagat Roga.

Purpose: There is no conservative treatment in modern science, so we planned to search the result of Pippalyadi Gutika Anjana.

Method: In present study 5 patients were selected and treated with Pippalyadi Gutika Anjana for 45 days. Subjective parameters like redness, watering and foreign body sensation and objective parameters like length and thickness of pterygium were adapted.
Results and Conclusion: Pippalayadya Gurika Anjana have a Lekhana Tridoshashamaka Rakashodhaka, Chakhushya and Rasayana. A significant relief was found in symptom like Redness, watering and foreign body sensation.

Keywords: Arma, Anjana, Pterygium, Pippalyadi Gutika.

INTRODUCTION

Pterygium term is derived from Latin word ‘pterygion’ means a wing, so it is a wing-shaped fold of conjunctiva encroaching upon the cornea from either side within the inter-palpebral fissure.¹ The definite etiology of Pterygium is not known but most commonly found in elderly male and peoples working/living in hot climate. So, the most accepted view is that prolonged effect of environmental factors like exposure to sun (ultraviolet rays), dry heat, high wind and abundance of dust induce pathologically. Pterygium is a degenerative condition of the subconjunctival tissues which proliferate as vascularized granulation tissue to invade the cornea, destroying the superficial layers of the stroma and bowman’s membrane, the whole being covered by conjunctival epithelium. Fully grown Pterygium divided into head apical part present on the cornea, neck present on the limbus and body present/spreading on the sclera between canthus and limbbuthology in exposed conjunctiva tissues.

Arma (Pterygium) is a disease which comes under Shuklagat Rogas (diseases of white part of the eye) as described in classical texts of Ayurveda. The common etiology of Netra Rogas can be considered as etiology of Arma specially Swedadi Dhum Nisevana (sweating, exposure to dust, smokes etc.) causes locally Khavaigunya (local erosion and irritation) and others etiology like Shukta, Arnala, Masha (white lentil) consumption cause vitiation of Dosha which further move upward in the head and reach at Khavaigunya site (weak place) where Dosh-Dushya Samurchana (pathogenesis) takes place and clinical features appears. Acharya mentioned five types of Arma ² are as follows:

- **Prastari Arma** – It is wide and thin structure having red color mixed with blue, situated on the white part of eyeball.
- **Shukla Arma** – It is a soft, white structure progressing slowly and evenly on the white part of eyeball.
- **Kshataj Arma** – It is a developing muscle on the white part of sclera resembling in color of lotus flower. It has been called Rakatja Arma by Vagbhata.
- **Adhikamansaja Arma** – It is wide, soft, thick structure on the white part of eyeball resembling to the color of liver i.e. brown.
- **Snayu Arma** – It is progressing muscular growth in stripe shape, rough and pale in color on white part of eyeball.

Acharya Dalhana has forced to go for Lekhana karma in the initial stages for this disorder before going for surgical extraction. In initial stage of Arma, where the growth is thin and confined to a small area limited to Shukla Mandala, use of Lekhana Anjana is indicated whereas when it is thick, fleshy, and extensive and encroaches the Krishna Mandala then excision is advised. Kriyakalpas are the main stray in management of all the types of Netra Rogas. Anjana is one among the seven-Netra kalpas.³ The Procedure of anointing medicines into eye which produces clarity of vision is termed as Anjana.⁴ Anjana is a procedure of applying medicinal paste or powder to the inner side of the lower eyelid. It should be applied from the Kaneenika Sandhi to the Apanga Sandhi and vice-versa⁵ Anajna is divided into three types based on the nature of medicine used as Lekhan- It uses Amla and Teekshna drugs, Ropan- It uses Tikta and Kashaya drugs, Drishthi Prasadhan- It uses Madhur and Sheeta drugs. Lekhana Anjana is one among 3 types of Anjana described by Acharya Sushruta.⁶ It scrape and expel the Doshas from Netra, Vartma, Sira, Netra Kosha and Ashruvaha Srotas through the mouth, nose and eye. Considering all above facts, Pippalyadi Gu-
tuaka Anjana, a formulation described in Bhaisajya Ratnavali Netra Roga Chikitsa was selected to assess the effect of non-surgical approach of Lekhana Karma by Lekhana Anjana when Mamsasvriddi (muscular growth of conjunctiva) reaches up to Krishana Mandala (cornea) so as to come up with a cheap, cost effective non-surgical treatment for Arma (Pterygium).

Materials and Methods
Selection of Patients
The present study included five patients to rule out the efficacy of Pippalyadi Gutika Anjana in Arma. The clinical study was organized on the O.P.D. patient’s department of Shalakya Tantra. The patients were selected randomly and freely given informed consent. The selection criteria is below:

Inclusion criteria-
• Arma (pterygium) presented with Redness, watering and foreign body Sensation.
• Patient age between 25-50 years.
• Patients of either gender.

Exclusion criteria-
• Patient age is above 50 years.
• Patient with any systemic disease.
• The patients in which Pterygium covering the pupillary area i.e. Grade 2 and Grade 3 Pterygium.

Subjective Criteria-
• Redness
• Watering
• Foreign body sensation

Objective Criteria-
Length and thickness, Slit lamp Photography

<table>
<thead>
<tr>
<th>Symptoms</th>
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<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watering</td>
<td>Absent</td>
<td>Occasionally</td>
<td>Intermittent</td>
<td>Continuous</td>
</tr>
<tr>
<td>Redness</td>
<td>Absent</td>
<td>Occasionally</td>
<td>Redness in external Environment</td>
<td>Regular</td>
</tr>
<tr>
<td>Foreign body sensation</td>
<td>Absent</td>
<td>Occasionally</td>
<td>Intermittent</td>
<td>Continuous</td>
</tr>
</tbody>
</table>

Table 2: Slit lamp Photography

Before Treatment | After treatment
Done | Done

Fig. 1: a. Before treatment | b. After treatment

Drug dosage and duration
One Pippalyadi Gutika with honey was applied locally in the eye once a day (morning) for 45 days. The Yoga Pippalyadi Gutika mentioned in Bhaishajya Ratnavali. The Pippalyadi Gutika Anjana is made up of Pippali, Bibhitaki, Amalaki, Haritaki, Laksha, Lodhra, Saindhava lavana and Bhringaraja.
RESULT AND DISCUSSION

The aim of the study was to evaluate the efficacy of *Pippalyadi Gutika Anjana* in the management of *Arma*. In the present trial total 05 patients were enrolled. Among 5 patients 2 male and 3 females were registered. All the patients were having symptoms like watering, redness and foreign body sensation and grade 1 Pterygium. Patients were treated with *Pippalyadi Gutika Anjana* once in a day for 45 days. Total 5 patients were studied according to above subjective parameters and observations were recorded. 3 patients got relief from redness and foreign body sensation and remaining 2 patients got relief in lacrimation. As for an objective parameter like length and thickness are concerned no changes were observed.

**Samprapti of Arma**

Mode of action of *Pippalyadi Gutika Anjana* - *Arma* is (*Mamsa Dhatu Dushita*) Kapha predominant Tridosha Vyadhi. Looking into the pathogenesis of *Arma* it becomes clear that drugs having *Kaphanashaka* and *Lekhana* quality can effectively cure this disease. *Pippalyadi* having *Katu Rasa*, *Laghu*, *Snigdha*, *Teekshana*, *Guna*, *Anushna Sheeta Virya* does *Lekhana* action. By its *Madhura Vipaka* has *Rasayana* and *Chakshusya* property also acts Anti-inflammatory. *Triphala* - Antioxidant, have *Tridoshahara*. It is *Chakshushaya* and *Rasayana*. Owing to *Katu*, *Tikta*, *Kashaya Rasa* it does *Lekhana* action. *Laksh-Sandhaniya*, *Snigdha Guna* helps *Laksha* to bind wound as a part of regenerative process. *Bhringaraja-Raktashodhana* and *Kapha-Vatashamaka* properties and it acts as an anti-inflammatory.

CONCLUSION

According to *Acharya Vagbhat*, *Arma* in its initial stage or newly developed is *Aushadhi Sadya*. *Pippalyadya Gurika Anjana* have a *Lekhana Tridoshashamaka Raktashodhaka*, *Chakshushya* and *Rasayana*. Formulation has a potency to relieve the clinical features. *Pippalyadi Gutika Anjana* have *Lekhaniya* and *Rasayana* property which is useful in *Arma Chikitsa*. A significant relief was found in symptom like Redness, watering and foreign body sensation.

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Source of Support: Nil
Conflict of Interest: None Declared