

**ROLE OF PIPPALYADI GUTIKA ANJANA IN THE MANAGEMENT OF ARMA:
A CASE SERIES****Rajnigandha Manwar¹, Pravin M. Bhat²**

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Article Received: 29/07/2020 - Peer Reviewed: 08/08/2020 - Accepted for Publication: 08/08/2020**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 ‘Pterygion’ 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 Raktashodhaka, 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 limbuthology 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 *Krishana Mandala* then excision is advised. *Kriyakalpas* are the main stay 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 *Anjana* 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., *Drishti Prasadana-* 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-*

tuka Anjana, a formulation described in *Bhaisajya Ratnavali Netra Roga Chikitsa*⁷ was selected to assess the effect of non-surgical approach of *Lekhana Karma* by *Lekhana Anjana* when *Mamsasvridhi* (muscular growth of conjunctiva) reaches upto *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 *Shalaky 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

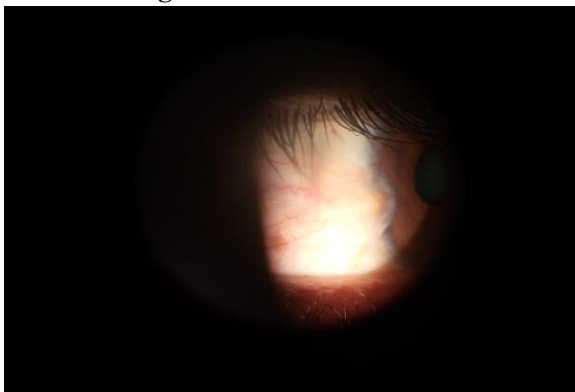
Table 1. Grading of the Subjective parameters

Symptoms	0	1	2	3
Watering	Absent	Occasionally	Intermittent	Continuous
Redness	Absent	Occasionally	Redness in external Environment	Regular
Foreign body sensation	Absent	Occasionally	Intermittent	Continuous

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 *Bhaisajya Ratnavali*. The *Pippalyadi Gutika Anjana* is made up

of *Pippali, Bibhitaki, Amalaki, Haritaki, Laksha, Lodhra, Saindhava lavana* and *Bhringaraja*.

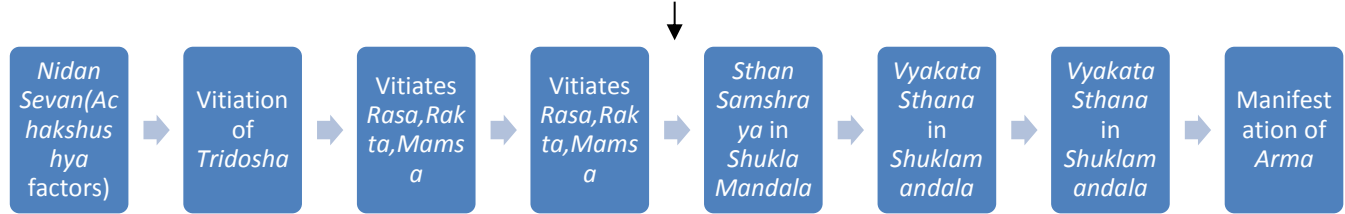
RESULT AND DISCUSSION

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 Dushta*) *Kapha* predominant *Tridoshaja Vyadhi*. Looking into the pathogenesis of *Arma* it becomes clear that drugs having *Kaphanashaka* and *Lekhana* quality can effectively cure this disease. *Pippali* 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. *Laksha-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 Sadhya*. *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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