

ROLE OF 'GUDUCHAYADYA ANJANAM' FOR LOCAL APPLICATION IN THE
MANAGEMENT OF TIMIR –A CLINICAL STUDYShyam Swaroop Meena¹, Sangeeta Bala²,

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ABSTRACT

Acharya Sushruta gave a wide description of *Shalaky Tantra*, especially regarding eye diseases. *Timira Roga* is a Refractive error or dimness of vision. According to modern, it is correlated with Myopia. 10 patients were selected for this study. *Guduchayadya Anjanam* selected from Yoga Ratnakara will help to cure *Timira* by improving general health and thereby increasing the functional integrity of the visual apparatus.

Keywords: Myopia, *Timira Guduchayadya Anjanam*

INTRODUCTION

It is rightly quoted by *Vagbhatacharya*, stating the importance of eyes as – *Drishtishcha Nashta Vividha Jagachcha Tamomayam Jayat Ekaroopam*¹ *Timira Roga*² is Refractive error or dimness of vision. Out of the six *Netra Patala* described by *Sushruta*, the last four *Patalas* are related to eyeball antero-posteriorly, in which *Timira Roga* is manifested. It is correlated with myopia in modern. Myopia³ or short-

sightedness is a type of refractive error in which parallel rays of light coming from infinity are focused in front of the retina when accommodation is at rest. The prevalence of myopia in Asia is as high as 70-90%. The data suggests that about one of every 280 people in the study population were blind from uncorrected or inadequately corrected refractive error. *Sushruta* and *Vagbhata* have recommended

the use of Anjana⁴. “Guduchayadya Anjana⁵” possess the properties of Chakshushya, Tridoshaghana, Deepana, Pachana, Balya, and Rasayana. It detoxifies and drains the accumulated doshas and cleans the netra srothas. “Guduchayadya Anjana” is safe, effective, and easily available.

MATERIAL AND METHODS:

Selection of patients:

The study was conducted on 10 clinical and pathological diagnosed patients with Myopia (Pratham Patal gata Timira) were taken from OPD and IPD of P.G. department of Shalaky Tantra and Shreedhreeyam eye unit of National Institute of Ayurveda Jaipur Rajasthan.

NUMBER OF PATIENTS: 10

Inclusive Criteria:

1. Patients presenting with signs and symptoms of Timira are described as per Ayurvedic and modern science.
2. Patients found to be myopic were diagnosed with the help of Snellen's chart reading and other tests like retinoscopy and the most modern modality of computerised autorefraction.

Exclusive Criteria:

1. The patient below the age of 5 years
2. Patients above the age of 25 years
3. Patients of astigmatism

Subjective symptoms:

Table 1: Criteria of Assessment

Sign & Symptoms	Scoring				
	0	1	2	3	4
Avyakta Darśana	No feeling of blurring of vision.	The occasional blurring of vision.	Regular blurring without disturbing routine works.	Regular blurring disturbing day-to-day works.	Absolute darkness before the eyes.
Headache	No headache	Very occasional headache.	Irregular attacks of frequent headaches.	Regular headache.	-----
Eye strain	After >6 hours of near work.	After 4 – 6 hours of near work.	After 2 – 4 hours of near work.	Before 2 hours of near work.	-----
Watering of eye	Absent	Occasional watering	Intermittent watering	Regular watering	-----

4. Patients of cataract
5. Diabetic patients
6. Hypertensive Patients
7. Patients having the systemic disease.

Investigations: Routine haematological and urine analyses were done to rule out systemic diseases if any.

Drug: GUDUCHAYADYA ANJANAM

Route of administration by local application

Dose: 2 drops twice a day

Duration: 2 months

Follow-up study: After the completion of treatment, all the patients were advised to attend the O.P.D for two months at a regular interval of fifteen days for the follow-up study.

Criteria for assessment:

Objective: Clinical refraction by means of:

- Retinoscopy.
- Autorefractometer.
- Keratometer.

➤ **Subjective:** -

- Snellen’s Chart Reading.
- Improvement in signs and symptoms.

Clinical Refraction: Total refraction by Dioptric power is required for full optical correction.

CRITERIA FOR ASSESSMENT OF OVERALL EFFECT

- Complete remission: 100% relief in Chief complaints
- Marked improvement: 75 – 100%
- Moderate improvement: 50 - 75%
- Mild improvement: 25 - 50%
- Unchanged: Less than 25% reduction in chief complaints.

ON SELECTION OF DRUG: *Guduchayadya Anjana* which is an important formulation selected from *Yoga Ratnakara*. The constituents of the drug *Guduchi*, *Saindhava Lavana*, and Honey, possess the properties of *Chakshushya*, *Tridoshaghana*, and *Rasayana*. Its antioxidant property plays an important role as a nutritional factor in myopia. It also promotes the growth and division of cells as shown by its wound healing property so it may have some action over the axis, refractive index, and corneal curvature.

ON SELECTION OF PROCEDURE:

Anjana is an important *Kriya kalpa* frequently adopted in eye diseases. The action of *anjana* is manifested in *Netra sandis* and *Netra Srothas*. It detoxifies and drains the accumulated *Doshas* and thus cleans the *Netra Srothas*. It enhances circulation and increases the functional capacity of *Netra*. For convenience, the medicine is prepared and dispensed in the form of *Aschyotana*⁶ or eye drops. *Acharya Vagabhatta* has highlighted the mode of action of *Aschyotana*, stating that the *Aschyotana* drug penetrates into *Urdhwajatru Siras* and brings the *Doshas* outside by its *Veerya*. The cumulative effect of *Anjana (Aschyotana)* is *Tridosha Shamaka*, *Chakshushya*, *Rasayana*, *Rakta Shodhaka*, and *Balya*. Thus, the drug not only effects locally but also systemically after it is absorbed.

Observation: -

Table 2: Effect of Guduchadya Anjanam on various symptoms of Myopia in 10 patients (Paired “t” test) s

Symptoms	Mean Value			% Relief	SD	SE ±	t	p	Remarks
	BT	AT	D						
Avyakta Darshan	3.00	2.50	0.50	16.67	0.53	0.17	2.94	<0.01	S
Headache	1.50	0.90	0.60	40.00	0.70	0.22	2.71	<0.01	S
Strain of eye	1.60	0.40	1.20	75.00	0.79	0.25	4.81	>0.001	HS
Watering of eye	1.60	0.20	1.40	87.50	0.70	0.22	6.33	>0.001	HS

Table 3: Effect of Guduchayadya Anjana on Visual acuity in 10 patients (20 eyes) (Paired “t” test)

Visual acuity	Mean Value			% Relief	SD	SE ±	t	p	Remarks
	BT	AT	D						
(Rt eye)	51.00	58.00	7.00	13.73	6.75	2.13	3.28	>0.01	HS
(Lt eye)	50.00	58.00	8.00	16.00	9.19	2.91	2.75	<0.01	S

Table 4: Effect of Guduchayadya Anjana on Dioptic power in 10 patients (20 eyes) (Paired “t” test)

Dioptic power	Mean Value			% Relief	SD	SE ±	t	p	Remarks
	BT	AT	D						
(Rt eye)	1.28	1.13	0.15	11.76	0.17	0.06	2.71	<0.01	S
(Lt eye)	1.30	1.13	0.18	13.46	0.17	0.05	3.28	>0.01	HS

DISCUSSION

The parameters were assessed by statistical test adopting to **PAIRED “T” TEST**.

While assessing the clinical improvement in the patients treated with **Guduchadya Anjanam** the

symptom *Avayakta darshan* was relieved by 16.67%, while 40% relief in Headache, which is a statistically significant improvement ($P < 0.01$), and the symptom of eye strain was relieved by 75% while 87.50% relief in Watering of the eye, which is statistically

highly significant ($P>0.01$). Visual acuity improvement in the Right eye was 13.73% which is statistically highly significant ($P>0.01$) while 18.75% improvement in the Left eye which is a statistically significant improvement ($P<0.01$). Dioptric power was decreased in the Right eye by 11.76% which is statistically significant ($P<0.01$) while 13.46% in the Left eye, which is highly significant statistically ($P>0.01$).

CONCLUSION

The overall effect of therapies after 60 days of treatment. moderate relief is achieved in 30%, mild relief in 60% of patients, and unchanged in 10% of patients.

In the present study, *Guduchadya Anjanam* was found to be effective in Timir (Myopia). No adverse effects of the study drug were observed during the study. Quality of vision was found to be improved and Asthenopic symptoms like headache, eye strain, watering eyes, etc. were remarkably reduced.

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