

AN AYURVEDIC APPROACH IN MANAGEMENT OF CONJUNCTIVAL XEROSIS -A CASE STUDY

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ABSTRACT

A 20 yr. young male patient coming with the complaints of dryness, burning sensation, pain, redness in the both eye, since 4-5 yrs. On examination, a triangular shaped dull white colored spot was found in bulber conjunctiva at temporal side in the left eye. *Schirmer's strip test* was 4 mm/ 5 min & *TBUT* (Tear Film Break up Time) test is 8 seconds. He has consulted more than 10 ophthalmologists & diagnosed as *Conjunctival Xerosis*. He took allopathic medication for 4 years but, didn't get relief. *Xerophthalmia* is a medical condition in which there are much ophthalmic pathology occurs. *Conjunctival Xerosis* is one of them. It is characterized by abnormal and prolonged dryness that leads to non production of tears. *Xerosis* causes the conjunctiva to become wrinkled, thick and dehydrated and cause serious visionary complication if left untreated. In *Ayurveda*, it can be correlated with *Shukti-ka*¹- *Pittaj Vikar*. As per *Ayurvedic* line of treatment, the patient relieved from all the complaints. He was advised to visit hospital for follow up on every week. Now the patient is healthy in the terms of eye.

Keywords: *Xerophthalmia, Schirmer's Strip, TBUT test*

INTRODUCTION

Xerophthalmia is a bigger medical term which starts from dryness of the eye ends with night blindness & ultimately blindness. The *Conjunctival xerosis* is the one of the primary symptoms of the *xerophthalmia*. The *conjunctival xerosis* is an ophthalmic condition in

which the tear film is affected and the eye is incapable of producing tears. It is characterized by abnormal and prolonged dryness that leads to non production of tears. It causes the conjunctiva to become wrinkled, thick and dehydrated and cause serious visionary compli-

cation if left untreated. In the most cases this condition is followed by the appearance of *Bitot's spot* which are triangular or oval shape. The sign & symptoms of *xerosis* are Burning, Pain in eye, Redness of eye, Sensation of having sands in eye, Itching, Irritation, Increased sensitivity to eye to direct exposure of light, and Discomforts in initial stage, Desire to blink continuously, Excessive dryness of the cornea and conjunctiva. Night blindness is advancing feature in some the cases. For the *conjunctival xerosis*, all the patients are prescribed tears supplements. If the patient can't get relief, he prescribes another set of the tear supplements. There is no permanent solution for *conjunctival xerosis*. In *Ayurveda* it can be correlated with *Shuktika*. It is *Pittaj Shuklagata Ashastrakruta Vyadhi*.

Case Presentation:

A male subject, aged 20 years, student, living in metro city Ahmedabad, Gujarat, with the chief complaints, dryness of eye. The associated complaints are Burning sensation, Lacrimation in the eye in the initial stage, Redness in the both eye since 4-5 yrs. He also had

the foreign body sensation in his eye, Irritation, Itching sensation, Unusual discomforts in the eyes. As usual the patient consulted the ophthalmologist, he was diagnosed as *conjunctival xerosis* and he was prescribed tear supplements first. He was also prescribed oral multi vitamin. He didn't get relief. So he consulted more than 10 ophthalmologists. He took all these medications for 4 years. However regular treatment, he didn't relieved from complaints. He consulted *Netra Roga OPD-Dept. of Shalakyatantra, G.A.A.H., Ahmedabad* for further treatment. In *Prashna pariksha Kshudha - Alpa, Mutra Pravriti-5-6time/d, Mala Pravriti- Savibandha ,1time/d and Nidra - 6-7 hours.*

O/E - Agni was *Manda, Prakriti-Kapha-Pittaja*, Weight-55kg, Height-5'5'', there was no any abnormal finding seen in general and systemic examination.

K/C/O - NAD

Treatment Protocol:

The treatment was carried for one month and one week. During this period, he was advised for *Laghu Supachya Ahar*.

Table 1: Line of treatment (Medicine)

Medicine	Dose	Period	Anupana(vehicle)	Aushadha Kala
<i>Haritaki</i> Tablet 3	3-4 gm HS	For 3 days	Ushnodak (Luke warm water)	<i>Nishi (Bed Time)</i>
After 3 days				
<i>Triphala churna</i>	125 mg. BD	For 4 days	<i>Netra prakshalan</i>	-
<i>Saptamruta Lauha</i>	250 mg BD	For One month & one week	<i>Madhu + Ghruta</i>	<i>Pragbhakta</i>

Table 2: Line of Treatment (Procedure)

Medicine	Dose	Period	Procedure	Kala
<i>Jeevantyadee Ghruta</i>	10ml_10ml	5days x 3 sitting	<i>Tarpan</i>	<i>Pratah kala</i>

Result:

Table 3: Effect of therapy on subjective parameters

Sign & Symptoms	BT	AT				
		After the completion of <i>Tarpan</i>				
		3 days	7 days	1 st sitting	2 nd sitting	3 rd sitting
<i>Ruk</i> (Pain)	2	3	2	2	1	0
<i>Daha</i> (Burning)	3	4	3	2	2	1
Dryness	3	3	2	1	1	0
Foreign body sensation	4	4	3	3	2	1
Itching	2	2	2	1	1	0
Redness	3	3	2	1	1	0
Increased sensitivity to direct light	2	2	2	1	1	0
Discomfort	3	3	2	1	1	1

• **Pain in eyes**

- 0 – No pain
- 1 – Occasional pain
- 2 – Intermittent pain
- 3 – Continuous pain
- 4 - Continuous & severe pain

• **Burning Sensation In Eyes**

- 0 – No burning sensation in eyes
- 1 – Occasional burning sensation in eyes
- 2 – Intermittent burning sensation not requiring to close eye
- 3 – Continuous burning sensation requiring to close eye suddenly
- 4 – Severe burning in eye which leads the person to wash eye with chilled water

• **Vishushka Bhava (Dryness - feeling)**

- 0 – Absent – no feeling of dryness
- 1. – Occasionally present and very mild feeling of dryness
- 2. – Intermittently present and mild feeling of dryness
- 3. – Frequently present moderate feeling of dryness
- 4. – Feeling of dryness present almost all the time

• **Sangharsha (Foreign body sensation)**

- 0. – Absent *Sangharsha*
- 1. – Occasionally present, mild and not troublesome
- 2. – Intermittently present mild and troublesome
- 3. – Frequently present, moderate and troublesome
- 4. – Present almost all the time, severe and continuously troublesome

• **Kandu (Itching)**

- 0. – No itching
- 1. – Occasional tickle sensation not requiring to rub eye
- 2. – Intermittent tickle sensation not requiring to rub eye
- 3. – Continuous itching which requires rubbing of eyes
- 4. - An incapacitating itch which would require significant eye rubbing

• **Redness of Eye**

- 0 – No congestion
- 1 – Mild congestion
- 2 – Moderate congestion
- 3 – Severe congestion

4 - Severe congestion which catch the attention

• **Increased sensitivity to direct exposure of light**

- 0 – No sensitivity to direct light
- 1 – Occasional sensitivity to direct light
- 2 – Intermittent sensitivity to direct light
- 3 – Continuous sensitivity to direct light
- 4 – Extreme sensitivity to direct light leads to close the eye

• **Non specific ocular discomfort**

- 0 – No ocular discomfort
- 1 – Occasional ocular discomfort
- 2 – Intermittent ocular discomfort
- 3 – Continuous ocular discomfort
- 4 – Extreme ocular discomfort which hampers the day to day activity

Table 4: Effect of therapy on objective parameters

Examination	Before Treatment	After Treatment		
		1 st Sitting Tarpan	2 nd Sitting Tarpan	3 rd Sitting Tarpan
Schirmer's strip test ²	4 mm/ 5 min	8 mm/ 5 min	10 mm/ 5 min	14 mm/ 5 min
TBUT (Tear Film Break Up Time) test	8 seconds	8 seconds	10 seconds	13 seconds

DISCUSSION

According to the history of the Patient, patient was having the complaint of *Vibandha*. For relieving it, *Haritaki* tablets were given for *Vatanuloman*. On other hand *Haritaki* has the quality of *Anulomam*. Due to *Vibandha*, *Urdhvagami Vayu* takes the *Pitta* in *Urdhva Sira* & causes *Daha* in *Netra*. Here it breaks the pathology. The patient was also having the complaint of itching. *Triphala Churna* for *Netra Prakshalan* was prescribed on *Upashay Anupshaya* basis. But after 3 day complaint of the patient was increased because, *Triphla* is *Ruksha*. It might deplete the tear film by its inherited quality. So it was stopped for *Netra Prakshalan*. In description of *Saptamruta Lauha*³, the *Acharya* had confidently given the indication like *Kandu*, *Daha*, *Raga* etc. So *Saptamruta Lauha* was prescribed. Afterward *Tarpan* with *Jeevanti Ghrita*⁴ were advo-

cated. The *Sneha* has property to nullify the dryness. Here the *Ghruta* was used. The *Ghruta* has property to pacify the clear *Pitta Dosha* and *Jeevanti* is *Sheet Guna Rasa Pradhan* & *Madhur Vipaki*. In *Ghrutapaka Vidhi Ghrita* gets the property of *Jeevanti* by *Sanskar Gunanuvartanam*. It could be thought that it directly affect the lipid layer of tear film. They collectively would help to break the pathology.

CONCLUSION

Thus present case study concludes that the approach based on fundamentals of *Ayurvedic* system of medicine not only gives relief to the patient from the diseases - *Shuktika*, but prevent the reoccurrence also.

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