EFFECT OF ANNALEPA IN MYOPIA - A SPECIAL THERAPY

Shwetha R¹, S. M. Pasha²

¹Final year Post Graduate Scholar;
²H.O.D, Department of Shalakya Tantra,
Government Ayurveda Medical College, Bengaluru, Karnataka, India

Email: shwethshrudeep@gmail.com

ABSTRACT
Myopia is a type of refractive error of the eye, and it has become more prevalent in recent years¹. The treatment for myopia neither cures the disease nor checks its progression. This disease can be included under pratama patalagata timira explained in our classics. The sharpest rise occurs at younger age hence the patient’s selected for this case study is between 16-20years. The present study is a step forward in the direction to find out a newer therapy, Analepa is a unique type of Ayurvedic treatment, a kind of pradeha/ upanaha sweda². Act as jarahara, shramahara, vatahara, drusti prasadakara and pustikara. Analepa is a variant of Shashtika shali pinda sweda or Navarakizhi. The procedure is done in the same way as Shashtika Shali pinda sweda. Analepa is well practicing in Kerala. Analepa is predominantly used in combating the diseases caused by morbid Vata and Rakta, degeneration and inflammatory conditions.

Keywords: Analepa, timira, upanaha sweda.

INTRODUCTION
Ayurveda is divided into 8 branches. Shalakya tantra is the one mainly dealing with diseases and management, occurring above the clavicle. (i.e. Netra, Nasa, Karna, Mukha and Shiras) and their management. Netra is one of the uttama indriya, there by our Acharyas have described the netra shareera, kriya, rogas and its management in detail. ‘Timira’ is one such Netra roga.

Eyes are the most precious and beautiful gift of the nature which plays a vital role in every person’s individual, social development and progress. They are very delicate and must be taken great care of. To emphasis more on the importance of eyes Acahrya Vaghbhata quotes- “Sincere efforts should be made by every individual to preserve his/her vision till the last breath of life. Because for an individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth”.

Various surveys in India have found myopia prevalence ranging from 6.9% to 19.7%³. The increase in the incidence of refractive errors is due to the present life style, where in there is excessive use of computers, television and junk food. Myopia is corrected using spectacles, contact lens, surgical procedures like LASIK, Keratectomy etc., but these measures neither cures the disease nor checks its progression and all of these treatment
have their own complications like, spectacles causes cosmetic problems, contact lenses causes corneal abrasions and surgeries like LASIK can cause keratitis, corneal perforation etc and are expensive too. *Timira* is the disease explained under *drishtigata rogas*. It is considered as the initial stage of many other *drishtigata rogas*. As it causes blurrness of vision initially and if not attended at this stage it further progress and leads to complete blindness.

*Annalepa* is a unique type of Ayurvedic treatment, a kind of *pradeha/ upanaha sweda*. *Annalepa* is predominantly used in combating the diseases caused by morbid *Vata* and *Rakta*, degeneration and inflammatory conditions.

**CASE HISTORY:**

**PATIENT 1**  
Name: Mr. Manjunath  
Age: 18 years  
OP No. – 32433  
IP No. – 1880  
Occupation – Student

Main complaints: Complaints of diminished vision in both eyes for distant object.  
Associated complaints: ocular pain

**PATIENT 2**  
Name: Mr. Neeraj  
Age: 17 years  
OP No. – 32434  
IP No. – 1879  
Occupation – Student

Main complaints: Complaints of diminished vision in both eyes for distant object.

**PATIENT 3**  
Name- Kousalya  
Age- 16  
OP- 20852

Main complaints: Complaints of diminished vision in both eyes for distant object associated with Asthenopic symptoms.

**EXAMINATION:**

**TABLE 1: Visual Acuity**

<table>
<thead>
<tr>
<th>Visual Acuity</th>
<th>Unaided distant</th>
<th>Aided distant</th>
<th>Unaided near vision</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>OD</td>
<td>OS</td>
<td>OD</td>
</tr>
<tr>
<td>Patient 3</td>
<td>6/24</td>
<td>6/18</td>
<td>6/6</td>
</tr>
</tbody>
</table>

IOP- normal in both eyes  
Fundus Examination: Normal

**TREATMENT GIVEN**

1. *Seka with Triphala Kashya*  
2. *Annalepa*  
3. *Saptamruta loha* 1Bd

**TABLE 1: Effect of Therapy on Visual Acuity**

<table>
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<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>Patient 1</td>
<td>6/18</td>
<td>6/24</td>
<td>6/6</td>
</tr>
<tr>
<td>Patient 2</td>
<td>6/18</td>
<td>6/36</td>
<td>6/6</td>
</tr>
<tr>
<td>Patient 3</td>
<td>6/12</td>
<td>6/12</td>
<td>6/6</td>
</tr>
</tbody>
</table>
PROCEDURE:
- The Shashtika shali is a type of rice grown and harvested in 60 days which is cooked in the milk processed with herbal roots (roots of bala).
- The prepared annalepa is used for massaging around the closed eyes of the patient.

DISCUSSION
Usually the patient comes for the instant relief nothing but a symptomatic relief. Symptoms manifest in the state of roopavasta of doshas. Hence mainly have to concentrate on the dosha state. When aggravated VataDosha is situated in Indriyasthana i.e. eye then it will destruct the normal function of the Indriya i.e. Drishtinasha.

Acharya Charaka also said that Avyaktavastha is prodromal sign of NanatmajaVyadhi. It means that there is no specific Rupa of the disease. The only clinical feature of pratama patalagata timira is indistinct vision, and distorted vision. As the Doshas vitiate the superficial Dhatus only, the prognosis is good. In netravikaras, the dosha responsible for netra shoolla, vyavidda darshana and asthenopic symptoms is vata. Acharya Charaka has described mechanism of Swedana Karma as it helps to dissolve Shleshma, it makes the channels soft, by which Vatadi Doshas and other contents can flow in their normal directions. It increases the secretion of vitiated Shleshma through the channel. So, due to Ushna Guna of Swedana, there will be pseudo inflammatory changes in the tissues and thus helps in easy absorption. The procedure called ‘annalepa’ acts on vata as upanaha/pradeha sweda.

balya and netra prasadakara, it nourishes the ocular and periocular structures and also strengthens the eye muscles. Changes in dioptric power and visual acuity are evident hence can be used for successful management of myopia. No adverse effects were observed during the treatment.

REFERENCES

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