

EFFECT OF ANNALEPA IN MYOPIA - A SPECIAL THERAPY

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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, *Annalepa* is a unique type of Ayurvedic treatment, a kind of *pradeha/ upanaha sweda*². Act as *jarahara, shramahara, vatahara, drusti prasadakara* and *pustikara*. *Annalepa* is a variant of *Shashtika shali pinda sweda* or *Navarakizhi*. The procedure is done in the same way as *Shashtika Shali pinda sweda*. *Annalepa* is well practicing in Kerala. *Annalepa* is predominantly used in combating the diseases caused by morbid *Vata* and *Rakta*, degeneration and inflammatory conditions.

Keywords: *Annalepa, 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 *Acharya Vagbhata* 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, Keratotomy 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 too¹. *Timira* is the disease explained under *drishtigata rogas*. It is considered as the initial stage of many other *drishtigata rogas*. As it causes blurriness 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

Visual Acuity	Unaided distant		Aided distant		Unaided near vision	
	OD	OS	OD	OS	OD	OS
Patient 1	6/24	6/36	6/9	6/9	N6	N6
Patient 2	6/36	6/60	6/9	6/9	N6	N6
Patient 3	6/24	6/18	6/6	6/6	N6	N6

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

Visual Acuity	Unaided distant		Aided distant		Unaided near vision	
	OD	OS	OD	OS	OD	OS
Patient 1	6/18	6/24	6/6	6/6	N6	N6
Patient 2	6/18	6/36	6/6	6/6	N6	N6
Patient 3	6/12	6/12	6/6	6/6	N6	N6

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 *Indriyasthan* 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*⁴. It means that there is no specific *Rupa* of the disease. The only clinical feature of *pratama patalagata timira* is indistinct vision, and distorted vision⁵. As the *Doshas* vitiate the superficial *Dhatus* only, the prognosis is good. In *netravikaras*, the *dosha* responsible for *netra shoola*, *vyavidha 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*.

CONCLUSION

Simple myopia is the most prevalent condition in the present era. It limits the occupational choices with substantial social, educational, economic impact and contributes to increased risk of vision threatening conditions. The treatment was found to be effective in reducing signs and symptoms of myopia. '*Annalepa*' is a best procedure to reduce a *vata* in one sitting of treatment as it acts as a *sweda, pushtikara,*

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.

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