UNDERSTANDING THE ROLE OF ANJANA IN PRESENT ERA – A REVIEW STUDY

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ABSTRACT

Among the oldest system of medicine Ayurveda is one having its global importance. The gratifying historical roots of Ayurvedic system have got global recognition and acceptance. The main aim is to integrate and balance the ailments and to prevent illness and promote physical and mental wellbeing of an individual. Anjana (Collyrium) has been described in Dinacharya (daily regimen) and is classified under Netra kriyakalpas which has its glorifying effects on eye diseases. It is a classical medicinal preparation which is applied on lower palpebral conjunctiva or cul-de-sac with the instrument called Shalaka. The active principle will be transferred to the interior of eye according to their hydrophilicity and lipophilicity and pass through their respective pathways. Presently, in modern Ophthalmology there are many diseases like Glaucoma, Cataract, CRVO, Diabetic retinopathy etc. which is managed with oral medications, topical instillation, refractive aids and surgical interventions in this regard Ayurveda has a unique modality of treatment. Hence, this study is taken up to understand the importance of Anjana (Collyrium) in ocular manifestations.

Keywords: Anjana, Dinacharya.

INTRODUCTION

Ayurveda being an ancient holistic science emphasizes the importance of healthy lifestyle and uplifted as one of the efficient health systems in medical field. A long healthy life is wish of every individual since antiquity. Swasthavritta is an important branch in Ayurveda which deals with preventive and curative aspects of diseases. Our Acharyas have emphasized the importance of Netrendriya by quoting ‘Sarvendriyanam Nayanan Pradhanam’ Indriyas are the media through which we can perceive the external environment and they also reflect the ill health and take part in awareness and reaction with the external environment. Acharyas have explained the lifestyle of an individual very systematically. It begins from Dinacharya (Daily regimen), Ratricharya (Night regimen), Rutucharya (seasonal regimen), Achara Rasayana (codes of conduct), and Prajnaparada (Intellectual errors) etc. which help an individual to grow physically and mentally. The definition of Dinacharya which is quoted by Acharya Arunadatta' is that the regimens which are done daily, he further says that their regimens should be performed throughout life span. It begins with getting up from bed till one goes to bed at night. In Ayurvedic classics, various treatment modalities like Kri-
yakalpas have been mentioned for the treatment of Netrarogas (Ocular Disorders) among which is one. In Yogaratnakara, Anjana is said as Drikbalam i.e. strengthens the eyesight. Anjana (Collyrium) is a procedure of applying medicinal pastes or powder to the inner side of lower lid, either by fingertip or with applicator (Anjana Shalaka). It contains Chakshushya drugs which are useful in curing and controlling the progression of the disease and improve the eyesight as well. In this mechanical world irregular lifestyle, food habits, restlessness, stress and strain etc have made every person to be away from the principles of Swasthavritta and Yoga. Hence, attempt has been made to prevent the people from becoming victim of nutritional and auto-immune disorders.

**Aim and Objectives:**
1. To assess the role of Anjana in present era.
2. To assess the role of Dinacharya in present era.

**Review of Literature:**
Description of Anjana, indication, classification, contraindications and mode of action in Ayurvedic classics. Acharya Sushruta, have entitled a complete chapter on Kriyakalpa in his Uttaratantra, and also he explained the importance of Anjana in Swasthavritta in Chikitsa sthana 24th chapter.

In Astanga Sangraha 32nd of Sutras there are references of Anjana under Anjanavidhi Adhyaya. In Astanga Hrudaya, 23rd chapter of Sutras there is reference about Anjana in Aasheyotana Adhyaya. Acharya Bhavamishra, explained Anjana under Chakshushya and other Kriyakalpas.

In classical texts of Rasa shastra, Anjana is classified under Uparasas.

In Swasthavritta, we get references about Anjana in Dinacharya.

Description of Dinacharya in Ayurvedic classics. Acharya Sushruta have explained in chikistasthana 24th chapter: Acharya Charaka explained in sutrasthana 5th chapter and Acharya Vagbhatta also explained in Ashtanga Hrudaya Sutrasthana 2nd chapter.

**Materials and Methods:**

**Literary Source:** Anjana is derived from the root ‘AnaktaAnenaAnjanam’ that which spreads in the eye is Anjana.

**Classification:** Anjana is classified into three groups like Lekhana, Ropana and Prasadana.

| Table 1: Classification of Anjana according to different authors with their complications: |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| **Types of Anjana** | **Sushruta**<sup>2</sup> | **Vaghbhata**<sup>1</sup> | **Vriddha Vaghbhata**<sup>4</sup> | **Sharangadhara**<sup>4</sup> |
| Lekhana | Amla, Lavana, Katu, Tikta | Kashaya, Amla, Lavana, Katu | Amla, Lavana | Kshara, Tikshna, Amla |
| Ropana | Kashaya, Tikta, Ish tarthsneha | Tikta | Tikta, Kashaya, Sneha | Kashaya, Tikshna |
| Prasadana | Madhura, Sneha | Madhura, Sheeta | Madhura, Sheeta | Madhura, Sneha |
| Snehana | ------ | ------ | ------ | ------ |

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<th>Table 2: Based on severity of disease&lt;sup&gt;2, 1&lt;/sup&gt;</th>
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<td><strong>Nature of the disease</strong></td>
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| Table 3: Anjana Matra (Dosage of Collyrum Application): |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| **Name of Anjana** | **UttamaMatra** | **MadhyamaMatra** | **HinaMatra** |
| VartiAnjana | 1 Harenu | 1.5 Harenu | 2 Harenu |
| RasakriyaAnjana | 3 Vidanga | 2 Vidanga | 1 Vidanga |
| ChoornaAnjana | 3 Shalaka | 2 Shalaka | 1 Shalaka |
Anjana Kala (Time of Collyrium Application): One should apply Anjana (Collyrium) made of antimony every day for protecting eyes. Anjana (Collyrium) made of Daru haridra is applied once in five or eight days at nighttime for lacrimation of eyes. Eyes are dominant of Teja Mahabhuta, so there is fear of being afflicted with Kapha. Hence, process which alleviates Kapha is good for eyes; strong collyrium should not be used in daytime, as the eyes weakened by drainage will be afflicted by sun. Thus, Anjana (Collyrium) meant for draining Doshas should be always applied at night.\(^4,\(^3\)

a) Hemanata (Winter Season) and Shishiraritu (Late Winter): Noon or Mid-day.
b) Greeshma (Summer Season) and Sharadritu: Before Mid-day or after Mid-day.
c) Varsharitu (Rainy season): On clear day (having no clouds and in the absence of excess heat).
d) Vasantaritu (Spring Season): At any time.
Kaphajavikara: Noon
Vatajavikara: Evening
Pittajavikara: Night

Anjana Vidhi (Method of Application of Collyrium):
The physician should open the patient’s eye with his left hand and holding Anjana Shalaka (Probe) in the right hand, apply Anjana (Collyrium) either at Kaneeika Sandhi (Inner Canthus) or Apanga Sandhi (Outer Canthus) as found convenient; or it may be smeared to the inner side of the eyelids using the finger itself; it should be applied very slightly at the ends of the eye (two canthi) though they are painful. After application of Anjana (Collyrium) eyes are closed and the eyeball should be moved slowly so that the Anjana (Collyrium) will spread uniformly. But opening and closing, blinking, squeezing and washing of the eyes are not advised as the Doshas may get stagnated in eyes. After Anjana Prayoga the eyes should not be washed until Doshas expels out of the eyes completely, because if eyes are washed ultimately leads to Drishti nasha (Loss of Vision).\(^2\)

Indications of Anjana:
Anjana is indicated in the following conditions, in persons who underwent kayashuddhi by vamana, virechana etc. In persons with abnormal doshas localized only in netra and when pakwa lakshanas like slight oedema, severe itching and sliminess are seen. When there is watery discharge, slight redness and thick exudations from the eyes and vitiated by pitta, kapha and vata doshas.\(^10\)

Contraindications of Anjana:
One should not apply Anjana in the condition of tiredness, Udavarta, crying, after intake of alcohol, anger, fear, suppression of natural urges and diseases of head. It is also contraindicated in ocular conditions like redness of eyes, pain, blindness, excessive lacrimation, pain and swelling.\(^2\)

Acharya Arunadatta\(^1\) in his commentary gives the definition as the regimens done daily. These regimens are indicated for following reasons.
- Maintenance of hygiene
- Brighten the Indriyas (Sense organs)
- Strengthens the body
- Promote health & Longevity
- Keeps the mind peace and harmony.

Benefits of Anjana (Collyrium): Acharya Charaka opines as, the gold ornaments are cleaned by means of oil, cloth and hairbrush, similarly application of collyrium cleans the human eyes, which makes them shine like the bright moon in the sky.\(^3\)

DISCUSSION
Among the 8 branches of Ayurveda, Swasthavritta emphasizes on importance of maintenance of health. Acharya Charaka\(^2\) quotes that a wise person should perform such action which are good for his body as the officer in charge of the city and charioteer in charge of the chariot protest city and the chariot respectively likewise one should follow healthy lifestyle and he get devoid of any disease.

Probable Mode of Action: Gutika and Choorna types of Anjana (Collyrium) can be correlated with ophtalmic suspensions and Rasakriya Anjana with aqueous suspensions/eye drops, as it dissolves completely without any sedimentation. Application in the form of eye drops makes the drug available for immediate action but it is quickly diluted by tears within a minute.
Intraocular Penetration of Topically Instilled Drugs: Topically instilled medications largely penetrate intraocular through the cornea. The main barrier through cornea is its epithelium which is lipophilic and crossed readily by nonpolar drugs. Stroma being hydrophilic allows rapid passage of the drug through endothelium into the anterior chamber. So following features will allow better penetration of drugs through cornea. Drugs which are soluble both in water and fats. Prodrug forms are lipophilic and after absorption through epithelium is converted into proper drugs which can easily pass through stroma. An agent that reduces surface tension increase corneal wetting and is present more drug for absorption. Longer the drug and the tissue contact in the treatment carried out better will be the drug absorption and higher bioavailability. Better rate of drug absorption is seen with lipid soluble drugs as their penetration rate will be higher irrespective of modular size\(^9\).

CONCLUSION

Health is an elusive entity, more than the more absence of disease and being referred to the quality of life with physical, social, emotional and spiritual functions. Therefore, one should follow proper Dinacharya (Daily regimen). Anjana (Collyrium) are scientifically derived methods to enhance ocular absorption of drugs which increases retaining power of eyeball. Hence lifestyle disorders are better approached to penetrate through Ayurveda as it emphasizes on Nidan Parivarjana.

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