IMPORTANCE OF ANJANA KARMAS IN SHALAKYATANTRA

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ABSTRACT
Eye is the most important organ of the body which serves the purpose of vision, where a person will be able to see the objects. In Ayurveda there is a detail description of eye and its disorders, where separate chapters are found in relation to different parts of the eye with their common problems. Some of the eye problems are minor and they don’t last long, but some can lead to a permanent loss of vision. Treatment of eye diseases consist specific and important drug administrative procedures which are called as “kriyakalpa”. Various types of Kriyakalpas are mentioned based on the Doshas responsible for the causation of the disease and also based on the signs and symptoms related with the specific parts of the eye viz., vartma, sandhi, krishna etc. An attempt has been made to review in detail on one of the therapy, which is widely employed in the management of eye disorders, Anjana. Among the many contributions of Ayurveda Kriyakalpa Netra Anjana is one of the special treatments done for eye disorders. It is the procedure in which medical Collyrium (Anjana) is applied with the help of applicator for specified time by the Samhitas. This applicators means Shalaka which are 5 types described in Ashtang Sangraha such as Suvarna Shalaka, Raupya Shalaka, Tamra Shalaka, Loha Shalaka and Anguli. According to various diseases typical type of Shalaka can apply.

Keywords: Kriyakalpa, Drug administration (Anjana), Eyes, Ocular Pharmacology.

INTRODUCTION
Netrakriyakalpa are various methods of application of medicines in the eyes¹. Aacharya Sushruta explains 5 types of Kriyakalpa². 1. Tarpana, 2. Putpaka, 3. Ashchyotana, 4. Parisheka, 5. Anjana. Because of easy administration, affordable price availability, Anjana is the best option when a long term therapy is needed. Anjana is popular method of application of medicine inside the eyes. Aacharya explain varieties of Anjana for the management of Drishtiga
tarogas. Anjana may be due to the fact that compared to other methods it can be advised for long period and Drishtigatarogas needs prolonged therapy either in term of care, prevention or for treatment.

**Aim:** To emphasis of the Anjana Karma in daily Shalakyatantra OPD.

**Indications for Anjana:**
According to Aacharya after the shodhana therapy and when the doshas localise only in the eye and the Aamavastha is totally eliminated from the eyes and the eye starts to exhibits paka lakshana like reduced oedema, severe itching, lack of discharge etc.

**Types of Anjana:**
According to Sushrut Anjana are of 3 types according to Karma.
1. **Lekhana Anjana** mentions in Kapha dominant rogas.
   e.g. Lagan, Pothki, Pishtak, Abhishyand, Adhimanth etc.
2. **Ropan Anjana** for Pitta related diseases.
   e.g. Aamladhyushit, Pittawidagdha drishti etc.
3. **Prasadananjan** for Vata related vyadhies.
   e.g. Shushkakshipaka, Vataparyay, Anyatovata etc.

The Lekhana Anjana are made of dravyas having Kashaya, Aamla, Lavana and Katu in Rasa. The Prasadanjan with Madhur, Sheet dravyas.

According to Sushrut, 3 types of Anjana according to Swarupa.
1. **Gutika**- Mention in strong Doshabala.
2. **Rasa** (Rasakriya)- Mention in medium Doshabala.
3. **Churna**- Mention in low doshabala.

**Anjana Matra:**
Anjana matra depends on the quality of the Anjana Dravyas. There are two Anjanas. 1. Tikshna and 2. Mrudu. The dose of Anjana depends on this two qualities.

The dose of Gutika Anjana of Tikshna variety is Harenu Matra and of Mrudu variety is double the dose of it. The dose of Rasakriya is Vella matra for Tikshna variety and in Mrudu variety it’s twice the dose of above and amount of Churna Anjana to be applied in the eyes is around two shalaka in Tikshna variety and three in the other.

Last quantity of Anjana when it is applied for the first time, especially Tikshna Anjana and gradually the amount can be increased to a maximum for e.g. of Gutika Anjana.

**Time of Application of Anjana:**
There are different options and opinions regarding the timing of Anjana. During night due to sleep and in the day time because of hot rays of sun the eye become weak, so it is advised to do Anjana both morning and evening.

Aacharya Sushruta advised to do Anjana in morning for Kapha predominant eye diseases during evening for Vata related eye diseases and in Raktapittaj diseases it is advised to do in night.

**Methods of application:**
After deciding the type and dose of Anjana the desired amount of it can be applied in the eye using the different Shalakas mentioned for the particular purpose.

For Lekhana Anjana Shalaka made up of the Tambra (copper), for Ropan Anjana Kalalohaj (iron), and for the Prasadanjan Roopya (silver), Suvarna (gold), and Anguli (finger) is also used.

After applying Anjana patient is asked to move eyeball after closing the eyes. Just after application of Anjana avoid the washing and rubbing of the eyes.
In conditions like severe vitiations of *Kapha*, *Dhoomapana* can be advised after *Anjana*.

**DISCUSSION**

Most of *Anjana* contains Arsenic and Antimony compounds of which molecular size of these compounds is very big. *Anjana* form increases the bioavailability of drug by increasing the eye which are highly inefficient and there is a need for controlled, sustained release, particularly for condition that fact the posterior segment. The various Implantable and non-implantable drug delivery devices have been developed which are far from satisfactory and result in more adverse effect which is driving scientists to research more and more into safe and effective drug delivery for all parts of the eyes.

**CONCLUSION**

In *Ayurveda*, we are applying Ophthalmic therapeutic either in the form of local therapy. In practice, therapeutic effect is found in all type of *Kriyakalpas*.

Various drugs can be selected according to the stage and type of disease and can be used in various *kriyakalpas* procedure according to need. In the light of above fundamentals of modern pharmacology, all the *Ayurvedic* ocular therapeutic procedures are relevant as such.

The main aim of any pharmaco therapeutics is the attainment of the effective concentration at the site of action for a sufficient period of time to elicit the response. So due to easy to available and easy to apply and very affordable price the *Anjana karma* is the best *Kriyakalpa*.

**REFERENCES**


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