ROLE OF PARISHEK IN NETRASHLESHMAVRANASHOTA

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ABSTRACT

Among the 5 Kriyakalpa procedures described by Acharya Sushruta, Parisheka is one of the most simple and efficient procedures. This method of drug administration in ocular diseases is very well known and practiced all over India. But due to the controversies regarding the different dosage, duration, height of application, etc. till date no standard method of its performance has been decided. Parishek is practiced with closed as well as open eye in patients by physicians in India. Different modes of application for the procedure of Parishek have been used due to which a specific method of its application has not been mentioned thereby we need to standardize the dosage, duration, height at which application of the drug is devised and various modifications are essential for the desired results by these procedures. We here have tried to modify the instrument regarding Parishek and thereby tried to make the dose, duration and height of the Dhara as depicted in our classics. Moreover, Parishek is also a very easier method of Kriyakalpa to deal with the local pathologies in and around the eye. It has given good results in our clinical patients for different local inflammations, pain like conditions in eye. It gives instant and immediate effect in common symptoms of eye. It is an outpatient department level procedure which requires very less ingredients and gives better results instantly.

Keywords: Parisheka, Netrashleshmavranashotha, Drug absorption, Eyes

INTRODUCTION

Parishek is a Kriyakalpa in which medicated liquid is poured on closed eyelid continuously from 4” height for a specific time according to doshas.[1] It is a widely used method in eye diseases involving inflammation, pain, redness, burning like symptoms. Various modalities of application of parishek have been used according to the availability till date for this Kriyaklapa, but a standard mode of application has not been devised which can maintain uniformity in this procedure. In our classics pichu(swab), varti(wick)[2], have been mentioned but practically a stainless steel glass, bowl, kundi, etc. are used for Parishek. These will somewhat differ in the duration, quantity, efficacy of the procedure. Hence, we have tried to devise an instrument for Parishek which can
maintain the duration, quantity, pressure from a height and efficacy of the drug to enhance the effects of the treatment. Application of Parishek in eye causes expulsion of doshas from akhishandhistrotas and also the Urdhwa jatruj areas. [3] Netra shleshmavranashotha is a generalized term which indicates different types of conjunctivitis. The disease Abhisheya exhibiting all sides and Syanda means discharge, hence the Sarvagata roga which involves entire outer Shleshmaavrana of eye is called Abhisheyanda.[4] It is very common and painful condition of eye which is also a cause and symptoms of many eye diseases. Use of parisheka in this condition of eye is like an emergency treatment for subsiding the acute symptoms and signs of conjunctivitis.

**Case Report**

A 35-year-old female having 50 kg body weight, housewife, residing in an urban area, suffering from recurrent pain and inflammation in Right eye visited the OPD department of Shalakya Tantra department of Government Ayurved College, Vadodara for Ayurvedic treatment. The patient was suffering from eye-ache, inflammation of lids and conjunctiva, redness, watering and burning in eye associated with dimness of vision recurrent conjunctivitis, for the past 1½ year. Though she had consulted many physicians and wore glasses for correction she could not get complete relief from the above-mentioned symptoms.

The patient had a past history of suffering from recurrent Stye and Conjunctivitis. She had consulted and ophthalmologist wherein she was suggested to wear glasses for myopia. But the symptoms did occur even after correction of refractive error. The condition became aggravated in spring seasons and whenever she was exposed to excess wind. She had no other relevant operative or medicinal history.

The Patient was diagnosed with Netrashleshma Avrana Shotha. Based on the signs and symptoms. Initially local treatments and oral medications were prescribed to offer her relief but when it did not work completely we advised her for Parishek Treatment. That is the patient got relief but the congestion of conjunctiva persisted hence Parishek was advised. The patient was initially treated with Nasya karma for the purpose of Shirovirechana henceforth to rectify the doshas from the upper clavicular region. Then the patient was given Parishek on Right eye with eyes closed. The drug Triphala + Yashtimadhu decoction was used and classically mentioned parameters such as height of Dhara and duration of Dhara was maintained. This procedure was repeated daily for 3 days.

After the treatment, the patient got 70% relief in inflammation of the eye and almost complete relief in pain and burning in eye. The watering from eye and redness was relieved up to 80%. Here in this case study the assessment was totally based on the clinical signs and symptoms of the patient. During her next follow up after 1 month she was found having no such recurrence of symptoms and signs in her eye.

**DISCUSSION**

We have devised the instrument for Parishek which can provide a particular amount of medicinal drug (decoction/milk) to fall on the closed eyelids in a constant uniform stream (Dhara) for a specific time according to the Doshik involvement. As the local applica-
tion method Parishek is very effective in elimination of local doshas and the pathologies. Use of medicinal drug for a specific time and at desired temperature over the eyelids yields to reduction in local symptoms and signs of the disease.

In all the types of Abhishyanda the procedure of Parisheka has been advised in our classics. [5] And Yashtimadhu is the common drug indicated in all types of Abhishyanda for the purpose of Parisheka. Therefore, the use of this drug gives us immediate and longer effect due to the kandughna, shothaghna, ropana, rasayan properties of Yashtimadhu.

In this study the patient was recovered from the signs and symptoms completely. Also, she did not show recurrence after 1 month which indicates she showed local removal of doshas giving her relief from pain and inflammation.

Inflammation of Conjunctiva was seen in the form of hyperemia of right eye.

In conjunctivitis hyperemia is seen maximum at the fornices and minimum at the limbus due to congestion of conjunctival vessels. [6] Also according to Modern medicine cleanliness and control of infection plays the major role in its treatment. So, our use of Parishek procedure provides indirectly frequent cleaning of eye. Also in the chronic and recurrent cases, only antibiotics do not give results hence Parishek is a good supportive measure along with our Dosha-Shamak oral medications for the cure of the disease.

The mode of action of Parishek also is quick and efficient as the absorption through the thin layer of eyelid skin is enhanced by heat and continuous exposure to the liquid drug for a short period of time. Nowadays use of sterile cotton fibre pad is done to deliver medication trans dermally through the eyelids in certain conditions of eye. [7] The skin thickness of eye is 0.05cm, which is the thinnest skin in our body. Increased temperature of skin increases the rate of penetration by direct effect on diffusion within the skin. The temperature affects stratum corneum structure causing higher permeability. Also, temperature increase improves blood flow locally henceforth enhancing the dermal absorption. [8] Thereby the use of Parishek drug at a specific temperature over the eyelids for a proper time of Dhara gives us good absorption of medicine and also reduces the local inflammations and pain like symptoms yielding success in our treatment of Abhishyanda.

CONCLUSION

Parishek is a Kriyakalpa which gives remarkable effect of the drugs locally and gives complete relief in the local signs and symptoms of eye disease. This study should be done in more number and more variety of signs and symptoms of eye patients to give proper management with Parishek. Furthermore, relevant studies regarding different modes of drug in the form of Kshira, Kwatha, Mansarasa, Ghrita, etc. should be done in the procedure of Parisheka which can open new horizons in the field of Shalakya Tantra.

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