REVIEW OF ANJANNA AND ITS PRACTICAL UTILITY

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ABSTRACT

ShalakyaTantra is among one of specialities of Ashtanga Ayurveda which deals with diseases occurring above clavicle so it mainly deals with sense organs, the disease affecting them and their management. Among these sense organ eyes are one. AacharyaSushruta described the 76 Netraroga with their symptom and treatment. To explain therapeutic procedure for eye disorders AacharyaSushruta explains separate chapter named kriyakalpaadhyay in Uttartantra of SushrutaSamhita. Kriyakalpa described in Ayurveda has its unique specialty. Anjana is one of the kriyakalpa described by Sushrutacharya for various eye diseases. Anjana is topical application of medicinal paste to inner surface of fornix with help of anjanashalaka or finger from kaninikasandhi to apangasandhi. Anjananakarma is economical for common man. It can be applied in healthy as well as diseased eye. Hence efforts are taken to explain the Anjana its mode of action and its practical utility in detail in this research article.

Keywords: Ayurveda, Kriyakalpa, Netra, Anjana

INTRODUCTION

Among the 5 sense organs eyes hold the special status because good vision is very important for social and intellectual development of human being. AcharyaVagbhata said that for a man without eyes this world is useless because day and night are same for them even if the other sensory organs are healthy. Hence it is recommended that all efforts should be performed to protect the eyes throughout the life. Hence authentic classics prescribed several preventive and curative measures to protect the eyes. Many Acharya prescribed several treatment procedures for management of ophthalmic disorders. Kriyakalpa described in Ayurveda to treat various eye disorders have unique speciality. Netrakriyakalapa have very fast action to the target tissue including posterior segment of eye.
There are mainly 7 kriyakalpas which includes Tarpan, Putapaka, Anjana, Aschyotana, Seka, Pindi, Bidalaka. The first 5 procedures were mentioned in Sushruta samhita\cite{1} and last two were prescribed in Shaarngdhar Samhita\cite{2} along with other 5 procedures. Netra anjana is one of the special treatment done in eye disorder. Anjana is procedure of applying medicine in the form of Gutika, Raskriya or Churna to the inner side of lower lid either by fingertip or by an applicator (Anjanashalaka). Kriyakalpa Anjana in addition to its benefits in curing eye diseases this particular procedure has daily application in order to protect eyes from various insults caused to eye due to daily exposure and for the maintenance of equilibrium of doshas inside eyes. This it has special importance in healthy person as well as in diseases.

**AIMS AND OBJECTIVES:**
1. To review Anjana therapy according to the Ayurvedic point of view.
2. To study the practical utility of Anjana.

**ANJANA**

Application of different medicine to eye is known as Anjana. It is procedure of applying medicinal paste or powder to inner surface of lower lid in conjunctival fornix. It should be applied from kaneenika sandhi to apanga sandhi or vice versa. It can be applied with help of fingertip or with Anjana shalaka, either in morning or in evening for specific time.

**INDICATIONS**\cite{3}
- Anjana should be applied only after administration of shodhana therapy (Sharirshudhi) and
- When doshas localize only in eye and Aamavastha is totally eliminated from eye.
- Anjana is applied only after eye starts to exhibit Pakwa lakshana like complete absence of itching sensation, swelling, redness or congestion, lack of discharge.

**TYPES**\cite{4}

In Sushruta Samhita 3 type of Anjana are mentioned.
1) Lekhana Anjana –
   - Prepared by pancharasatmaka dravya except Madhur rasa.
   - Action- Drain out Doshas from eye lids, vessels,Srotas&Sringataka Marma through mouth, nostrils & eyes
2) Ropana Anjana –
   - Prepared by Kashaya, tiktarasa dravyas along with sneha.
   - Action - Healing, improves the colour and visual acuity
3) Prasadana Anjana –
   - It should be prepared with madhuarrasa dravyas along with sneha.
   - Pacifying the doshas in vision

On basis of Form - There are 3 types of Anjana.
1) Gutika Anjana
2) Raskriya Anjana
3) Churna Anjana

**Table 1: Dose Of Anjana**\cite{5}

<table>
<thead>
<tr>
<th>Type of Anjana</th>
<th>Lekhana</th>
<th>Prasadana</th>
<th>Ropana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gutika</td>
<td>1 Harenu</td>
<td>1 1/2 Harenu</td>
<td>2 Harenu</td>
</tr>
<tr>
<td>Raskriya</td>
<td>1 Harenu</td>
<td>1 1/2 Harenu</td>
<td>2 Harenu</td>
</tr>
<tr>
<td>Churna</td>
<td>2 Shalaka</td>
<td>3 Shalaka</td>
<td>4 Shalaka</td>
</tr>
</tbody>
</table>
• **ANJANA KAL** -

Anjana should be applied early in morning; evening and night time. Tikshna Anjana should be applied at night. As both Netra and night are Sheet and Saumya, so it is the best period for Tikshna Anjana.

- MATERIALS FOR ANJANA KARMA—
  a) Anjana Patra
  b) Anjana Shalaka are the essential material for Anjana.

➢ **Anjana Patra**[^6]:

The medicine of Anjana should be stored in clean vessels made up of gold, silver, copper, iron, bell metal, ruby or horn. The vessels to keep the Anjana must have the similar properties with that of later.

- **Madhura Rasatmak** - Golden vessel,
- **Amla Rasatmak** - Silver vessel,
- **Lavana Rasatmak** - Mesha Shringamaya,
- **Kashaya Rasatmak** - Copper or iron vessel,
- **Katu Rasatmak** - Vaidoorya vessel,
- **Tikta Rasatmak** - Kansya vessel.

➢ **Anjana Shalaka**[^7]:

Anjana Shalaka is rod like applicator with both ends shaped like flower buds, i.e. thin in centre and thicker at the ends. It is used for application of Anjana. The size is eight Angulas in length and 1.5mm in diameter.

• **ANJANAPROCEDURE**[^8]:

Anjana should be applied in the morning and evening. To avoid the anxiety of the patient the procedure should be explained to them. Anjana can be applied in supine or sitting position. Eyelids are retracted with left hand, while with the help of right hand; Shalaka is moved from inner canthus to outer canthus. The Anjana is applied as per need. Use Anguli whenever Anjana is to be use on eye-lids. After the application of Anjana, close the eyelids and eyeballs are rotated. Due to this Anjana spreads into entire eye. After this slow blinking is done due to this doshas will get out of the eye. Whenever lacrimation stops the eyes are washed with suitable kashayas or with pure water. After irrigation lids are drawn apart, and carefully inspected for drug precipitants.

• **CONTRAINDICATIONS FOR ANJANA** -

Anjana should be avoided when Netraroga is associated with Udavarta, Krodha, Bhay, Jvar, Shirorog, sleep disturbances, dusty atmosphere, after Nasyakarma, after bath, after sunrise, in gastrointestinal disturbances etc. If we apply Anjana in such condition, it will cause aggravation of the diseases.

• **IMPORTANT OF ANJANA AND ITS PRACTICAL UTILITY** -

As Anjana is one among seven Kriyakalpa mentioned in netrachikitsa, it stands supreme because its application is indicated not only in diseased eyes but also in normal eye to maintain the visual power properly.

**In Dincharya** –

In Ayurved Samhita Anjana karma is also included in daily Dincharya as one procedure. It is advised to apply daily in morning or evening because anjana karma has nourishing properties, it applied regularly vision become clear, eye lashes became long, thick & dark.

**In Ayurveda VagbhataSamhita** –

Eye is made up of mainly Teja Mahabhuta while increased kapha dosha may produce different diseases in eye, so to prevent such diseases; Rasanjana (Daruharidra + Milk) is applied weekly and sauviranjana is applied daily to maintain visual acuity normal. [^9]
Curative & healing importance –

In many eye disease Acharyas mentioned Anjana as curative procedure or for healing of eye anjana is an important treatment.

Many Acharyas describes different yogas like chandrodayavarti, pippalyadi Gutika, Shankhadya Anjana, Nayansukha Varti, Haridradi Varti etc. For treatment of different eye disease. Anjana karma is indicated in many eye diseases like Cataract, Glaucoma, Refractive errors, Pterygium, Pinguecula, Night Blindness, Ptosis and to cure eye symptoms like Redness, Oedema, Itching sensation.

In corneal disorder, such as corneal opacity, corneal ulcer, corneal degenerative condition Anjana is effective procedure.

Post-Surgical Importance –

Anjana karma is also helpful to prevent much post-surgical eye complication, so it is advised to apply Anjana in many post-surgical eye disorders.

After Pterygium excision, recurrence rate is high, so in Sushruta Samhita to prevent such recurrence Apunarbhavachikitsa is mentioned in the form of Lekhana Anjana.

After Cataract surgery for NetraPraasadana Pindanjana is mentioned by Ashtang Sangraha. Anjana nourishes tired & rough eyes. It strengthens the nerve & muscle of eyes and gives freshness. It increases circulation of facial muscle & facial nerves.

For eye disorder, local Anjana procedure is as much important as systemic management. Various drugs can be selected according to stage & type of disease can be used in Anjana procedure according to need.

Commonly used Anjana and its Rogagnata-
1. Pippalyadi Gutikaanjana\footnote{10} – It is best and effective in Arma mentioned in Yogratnakar. contents: Pippali, Triphala, Laksha, lohachurna, Saindhava and Bhanva of Bhringrajswaras. All contents in Pippalyadi GutikaAnjana are tridoshghna especially kaphaghna, vranaropana, shothaghna, lekhana. All these characteristics are favourable in dealing with recurrence of pterygium after primary pterygium excision. It also effective in Krishnagata Vyadhi Avrana Shukla.

2. Pathaydi Anjana Varti\footnote{11} - It is effective in Pishtak which is kaphajavyadhi. This Pathyadi Anjana is described by Acharya Sushruta in Shleshmabhishyandapratishedham adhyay. Contents:Pathya, Haridra and Yashtimadhu. All the three drugs have kaphshamak property. The Pathya and Haridra being Ushna have lekhana effect on Pishtak. The drug Yashtimadhu having Sheetavirya gives relief from ocular discomfort.

3. Chandrodayavarti anjana\footnote{12} – it is mentioned by Sharangdhra. Contents: Rasanjana, Shaileya, Kumkum, Manshila, Shankha, Shwetamaricha, Shharkara. All the above drugs have Kaphghna and Lekhana Property. This Chandrodayavarti is effective in Itching sensation, AvaranaShukla (corneal opacity), timir.

4. Shatadhuta Ghrita Anjana\footnote{13} – Contents: Ghrita which is washed with water for hundred times. This Anjana is useful for eye health. Mainly used for person suffering from dry eyes and computer vision syndrome for relieving the burning sensation, ocular discomfort ultimately providing snehana to eyes.
DISCUSSION

Considering all of above discussed factors Anjana therapy is a unique, well-developed method of topical ocular drug administration which is described in detail with its indications, contraindications, application method, pre-and post-procedure measures, dosage. Anjana should be applied from medial canthus to lateral canthus and vice-versa; which increases bioavailability, just after the application the patient is asked to move the eyeballs upwards and rotate slowly which allows the medicine to spread over the eye, eyelids should be moved slightly by eye massaging with close eyes this might be helpful for increase absorption by limiting nasolacrimal drainage. Most of the modern topical ocular preparations are not able to reach up to the posterior segment. But Anjana is a good, simple, easy and effective treatment modality for treating both the anterior and posterior segment disorders of the eye.

CONCLUSION

Anjana is one of most commonly used kriyakalpa. Application of anjana procedure is very easy. It is effective in various eye disorders and can be applied daily to maintain the swasthya (proper functioning) of Eyes. Finally, it can be concluded that Anjana is an ideal remedy for various types of ophthalmic disorders like pterygium, pinguecula, corneal opacity, corneal degeneration, cataract etc. which can be used as preventive as well as curative measures.

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