A CLINICAL STUDY ON EFFECT OF MADHU SHIGRU ASCHYOTANA IN THE MANAGEMENT OF KAPHAJA ABHISHYANDA W.S.R. TO ALLERGIC CONJUNCTIVITIS

Satya Dev¹, Pankaj Kundal², Aparna Sharma³

¹Lecturer, Department of Shalakya Tantra, MMM Govt. Ayurveda College, Udaipur, Rajasthan, India
²Assistant Professor, Department of Shalakya Tantra, All India Institute of Ayurveda, New Delhi, India
³Lecturer, Department of Shalakya Tantra, P.G. Department of Shalya Tantra, NIA, JAIPUR, Rajasthan, India

Email: yadav.satya07@gmail.com

ABSTRACT

Kaphaja Abhishyanda have been explained under the heading ‘Sarvagata Roga’. Abhishyanda is considered as root cause of all most all the eye diseases. If it is not treated in time it leads to severe complication like Adhimantha and Hatadhimantha. The symptomatology of Kaphaja Abhishyanda can be correlated with allergic conjunctivitis. Allergic conjunctivitis is the most common type of eye allergy and is widely experienced by global population having a prevalence rate of 5-22%, in general population, and a recurrence rate of 41-62%. Acharya Sushruta has recommended ‘Kriya Kalpas’ such as Aschyotana, Anjana etc. for the management of Abhishyanda, along with other therapeutic interventions. In the present study, total 15 patients were included and subjected to given Madhu Shigru Aschyotana. Clinical study carried out under designed protocol and results of study were assessed in terms of effect on various clinical feature of Kaphaja Abhishyanda (Allergic conjunctivitis). The present study shows highly significant reduction in clinical feature of Kaphaja Abhishyanda with local application of Madhu Shigru Aschyotana.

Key words: KaphajaAbhisyanda, Madhu Shigru Aschyotana, allergic conjunctivitis

INTRODUCTION

The eye is the “window of soul” and holds special importance among all the sense organs. Without vision the day and night are same and this beautiful world is useless even if one possess plenty of wealth¹. Abhishyanda is one among the Sarvagata Netra Rogas, which affects all parts of the eye, having good prognosis². It is of four types depending upon the predominant dosha viz- Vataja, Pittaja, Kaphaja and Raktaja Abhishyanda. In each type of Abhishyanda nature of pain, discharge, congestion, oedema etc. varies. On analysing the signs and symptoms predominant Dosha can be assessed. If these Abhishy-
Anda are not treated in time it leads to a hemi cranial painful condition of eye called Adhima
tha'.

Description of four types of Abhistyanda is found amongst 76 diseases of eye in Ayurveda texts. Out of four Abhistyanda, Kaphaja Abhistyanda where itching and grittiness of the eye, foreign body sensation of eyes, watering, congestion, eye lid oedema, scanty & ropy discharge from eyes, heaviness of eyes, etc. are quite similar to allergic conjunctivitis is a common ocular ailment of childhood and adolescent age group as described in modern ophthalmology text.

Exposure to allergen like dust, smoke, pollens, dandruff, animal dander etc. gives immediate reaction. Avoidance of the allergen is quite difficult. So distressing signs and symptoms may cause extreme discomfort to the patient and it can disturb patient’s routine life.

No such an effective drug is available in the modern ophthalmology which can cure the disease Allergic Conjunctivitis completely. Moreover after stopping the treatment symptoms of the disease re-occur.

Acharya Sushruta has recommended ‘Kriya Kalpas’ such as Aschyotana, Anjana etc. for the management of Abhistyanda, along with other therapeutic interventions.

Keeping all these points in mind it is decided to evaluate the effect of Aschyotana on Kaphaja Abhistyanda-Allergic Conjunctivitis.

The present study entitled “A clinical study on effect of Madhu Shigru Aschyotana in the management of Kaphaja Abhistyanda w.s.r. to allergic conjunctivitis” was carried out with the aim of searching better remedy for the disease.

MATERIALS AND METHODS:
The study was carried out in these sections viz.

Selection of patients:-

Patients attending the O.P.D. and I.P.D. of department of Shalakya, eye unit N.I.A. Hospital with signs and symptoms of Kaphaja Abhistyanda – Allergic Conjunctivitis, between age of 15– 70 were selected for the present study. A total number of 15 patients were selected and studied randomly, irrespective of their sex, religion, occupation, education etc. the written consent of the patients were taken before starting the clinical study.

Criteria of Diagnosis: -

The diagnosis of Kaphaja Abhistyanda – Allergic Conjunctivitis was done on both the modern and Ayurveda basis. For this purpose a special research proforma was prepared as per the modern and Ayurveda view. After taking ophthalmic and systemic history, a detailed conjunctival examination was carried out by torch light and slit lamp examination before and after study. Routine blood investigations were done to rule out any systemic disease.

Inclusion Criteria:-

All patients in the age group of 15 to 70 years presenting with signs and symptoms of Allergic conjunctivitis and Kaphaja Abhistyanda as mentioned in classical text were be taken into account.

Exclusion Criteria:-

- Patients not willing for trial.
- Abhistyanda associated with infections and Corneal Ulcers.
- Abhistyanda associated with Trachoma.
- Allergic conjunctivitis with other forms of allergy like skin rash and allergic Asthma.

Investigations:

For the purpose of assessing the general condition of the patient and to exclude other pathologies, the following investigations were performed in all the selected patients.

Routine Examination:

- Complete blood count.
Method of study:
All patients selected for clinical trial were explained the nature of the study and their consent was obtained on the proforma before inclusion in the study. In total 15 patients were selected for present study who fulfilled the criteria of diagnosis and consented for study. They all were treated with Madhu Shigru Aschyotana for local application.

**Dose:** 2 drops four times daily for local application in lower Cul - de-sac.

**Duration:** 15 days

**Follow Up:** A minimum period of one month was planned for the follow up study.

**Criteria for Assessment:**
In this study, the results were assessed with regards to the clinical sign and symptoms (on the basis of grading and scoring system) and overall improvement.

**Clinical Assessment:**
The signs and symptoms were assessed on these parameters:-
1) **Kandu** (itching);
2) **Guruta** (heaviness in eyes)
3) **Muhurmuhursrawa** (lacrimation)
4) Foreign body sensation
5) **Akshishopha** (swelling of eye lides)
6) **Raga**(congestion of conjunctiva)

**OBSERVATIONS AND RESULTS:**
In the present study maximum numbers of patients were between 15-30 years age group

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Clinical Features</th>
<th>Mean Score</th>
<th>% of Relief</th>
<th>S.D.</th>
<th>S.E.</th>
<th>P</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>BT</td>
<td>AT</td>
<td>Diff.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Kandu</td>
<td>2.800</td>
<td>0.133</td>
<td>2.667</td>
<td>95.25%</td>
<td>0.607</td>
<td>0.111</td>
</tr>
<tr>
<td>2</td>
<td>Guruta</td>
<td>1.733</td>
<td>0.200</td>
<td>1.533</td>
<td>88.45%</td>
<td>0.819</td>
<td>0.150</td>
</tr>
<tr>
<td>3</td>
<td>Muhurmuhur Srawa</td>
<td>1.333</td>
<td>0.133</td>
<td>1.200</td>
<td>90.02%</td>
<td>0.407</td>
<td>0.074</td>
</tr>
<tr>
<td>4</td>
<td>Foreign body sensation</td>
<td>1.533</td>
<td>0.333</td>
<td>1.200</td>
<td>78.28%</td>
<td>0.664</td>
<td>0.121</td>
</tr>
<tr>
<td>5</td>
<td>Akshishopha</td>
<td>0.467</td>
<td>0.133</td>
<td>0.333</td>
<td>71.30%</td>
<td>0.480</td>
<td>0.088</td>
</tr>
<tr>
<td>6</td>
<td>Raga</td>
<td>1.600</td>
<td>0.333</td>
<td>1.267</td>
<td>79.19%</td>
<td>0.583</td>
<td>0.107</td>
</tr>
</tbody>
</table>

The effect of drug reveals that maximum percentage of relief was observed in the parameter of **Kandu** (95.25%) followed by **Muhurmuhur Srawa** (90.02%), **Guruta** (88.45%), **Raga** (79.19%), Foreign body sensation (78.28%), **Akshishopha** (71.30%), relief. Percentage of Relief is statistically highly significant in **Kandu**, **Guruta**, **Muhurmuhur Srawa**, **Raga**, Foreign body sensation and it is very significant in case of **Akshishopha**.

**DISCUSSION**
There is some relation between Vyadhis and occupation; here the students, housewives are more prone to **Atapa Sevana, Raja Nishevana, Dhuma Nishevana, Suksma Nirk-**
ishana etc. causative factors cannot be avoided. Sukma Nirikshana, Raja Nishevana, Dhuma Nishevana, is very common for the students as their routine work is generally concerned with studies, computer work and outdoor activity. As these factors have the direct effect on the eyes and cause comparatively more eye-strain and lacrimation.

**PROBABLE MECHANISM OF DRUG ACTION:**

Table 2: Showing Ras Panchaka of Madhu Shigru Aschyotana:

<table>
<thead>
<tr>
<th>Name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Part Used</th>
<th>Dosha Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madhu</td>
<td>Madhura, Kachayya</td>
<td>Laghu, Ruksha, Shlakshna, Vishada</td>
<td>Sheet</td>
<td>Madhura</td>
<td>Leaves</td>
<td>Tridosha shamaka</td>
</tr>
<tr>
<td>Shigru</td>
<td>Katu, Tikta</td>
<td>Laghu, Ruksa, Tiksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Leaves</td>
<td>Kapha Vata shamaka</td>
</tr>
</tbody>
</table>

**Madhu Shigru Aschyotana** contains Shigru having Katu, Tikta Rasa, Laghu Ruksa Teekshna Guna, Ushna Veerya, Katu Vipaka and Kapha Vata Shamaka property.

**On The Basis of Rasa**

Function of Katu Rasa is Kapha Shamak, Agni Deepaka, Krimigna, KanduNasadak, Chakshu Virechana, Abhishyanda Nasak, Sroto Vishodhana which alleviates itching, lid and conjunctival swelling and Guruta.

Tikta Rasa is also present in Shigru. Tikta rasa has Vishagna, Krimigna and Kandu Dashashamaka, Lekhana properties, alleviates Abhishyanda and itching.

**On The Basis of Guna**

Laghu Guna is Langana and Shrotoshodhaka, which is present in Shigru which alleviates Kapha. Ruksha Guna is also having Kapha Shamaka property. Teekshana Guna having Kapha-Vatahara, Lekhana, and Shod-

Relief in the clinical features of the disease was caused by reduction in inflammation. Madhu Shigru Aschyotana was effective in controlling the clinical features. The study of literature reveals that there can be many possible mechanisms working individually or in combination to affect the inflammatory process directly or indirectly.

**Probable mode of action of Madhu Shigru Aschyotana:**

On The Basis Of Vipaka

Regarding Vipaka, Shigru has Katu Vipaka which is Kapha Shamaka.

In Madhu Shigru Aschyotana, Madhu is used as maximum quantity Dravya of this formulation, Madhu is said best Kapha Shamaka Dravya. Madhu is having Lekhana property and it acts as a Yogavahi Dravya which helps and improves the actions of the Shigru.

**Modern properties:**

From modern point of view the probable mechanism of action can be as follow:-

The Moringa oleifera dichloromethane extract shows high antioxidant activity. It is also reported as an anti-inflammatory, antimicrobial, antioxidant, anticancer, cardiovas-
cicular, hepatoprotective, anti-ulcer, diuretic, anti-
turolithiatic, and antihelminthic.

It was observed that both drugs were effective in
 treating or controlling the clinical features of
disease although Madhu Shigru Aschyotana
showed better efficacy then Pathyadi Anjana
Varti, possible reasons regarding that may be-

All Acharyas have given due importance
while Acharya Vagbhatta quoted it as an Aadya
Upakrama – foremost procedure in treatment of
all the eye diseases. It is safe as well as most
economical procedure. It eliminates the Doshas
from all parts of eyes effectively.

In Madhu Shigru Aschyotana Swarasa
Kalpana is used in formulation of drug which is
more potent than other Kalpanas example-
Kwath, Gutika etc.

Shigru Patra is having high anti-oxidant prop-
erties along with anti-inflammatory, antimicrobial
and anthelmintic properties.

It was also seen the presence of more accept-
ability of Aschyotana than Anjana in patients.

CONCLUSION

After scrutinizing the study regarding
Kaphaja Abhishynda and its management fol-
lowing conclusions can be drawn:

- Kaphaja Abhishynda is one of the most
  common disease affecting man is facing in
  present days.
- On the basis of signs and symptoms Kapha-
  jaAbhishyanda can be correlated with aller-
  gic conjunctivitis.
- Management of the Allergic Conjunctivitis
  in modern ophthalmology has considerable
  side effects and also is not cost effective.
- Eye Drops is the preferred mode of applica-
  tion when considering the dose mainte-
  nance, easy and safe administration.

- Madhu Shigru Aschyotana formulation
gave better results in the clinical features
like Kandu (Itching), Guruta (Heaviness in
eyes), Akshishopha (Swelling of eye lids),
Muhurmuhur Srawa (Lacrimation), Raga
(Congestion of conjunctiva), Pichchil
Srawa (Ropy discharge), Foreign body sen-
sation.

- Out of 15 patients in Over All Therapy, 08
  patients showed complete cure. Marked
  improvement was observed in 04 Patients.
  Moderate improvement was observed in 03
  patients.

- No adverse effects were observed during
  the study in Madhu Shigru Aschyotana
  application.

- No recurrence during follow up was ob-
  served after completion of trial.

- These are safe, economical and procedure
  is easy to perform.

- Thus, it can be concluded that Madhu Shi-
  gru Aschyotana showed better results in the
  clinical symptoms of Kaphaja Abhishy-
  anda.

REFERENCES

1. Gupta Kaviraja Atrideva, Edited By Vaidya
    Yadunandana Upadhayaya, Astangahr-
    dayam, Vidyotini Hindi Commentary,
    Uttara sthana 13/98, Published By Chauk-
    hambh Prakashan Varanasi,. Reprint edition
    2009,pp 679

2. Shastri Ambikadutta, Sushruta Samhita,
    Ayurveda Tatva Sandipika Hindi comment-
    ary,part II 6/10 , published by Chaukhamb-
    ha Sanskrit Sansthan Varanasi. Reprint-
    2010, pp 35.

3. Gupta Kaviraja Atrideva, Edited By Vaidya
    Yadunandana Upadhayaya, Astangahr-
    dayam, Vidyotini Hindi Commentary,15/3-
4. Published By Chaukhambh Prakashan Varanasi,. Reprint edition 2009, pp 682

Source of Support: Nil
Conflict Of Interest: None Declared