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A clinical study on effect of bilvadi yoga aschyotana in vataja abhishyanda W.S.R. to simple allergic conjunctivitis

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Abstract

Ayurveda is considered as Panchama Veda according to Kashyapa. It has detailed description of whole body in its different Angas i.e. Ashtanga. Shalaky tantra is one of them which deals with all supraclavicular disorders including Netra disorder. Abhishyanda comes under Sarvagata Netra disorder and it is considered as root causes of almost all type of Netra disorder by all Acharyas. They considered it is of 4 types namely Vataj, Pittaj, Kaphaj and Rakataja. Among all of them Vataj Abhishyanda is characterised by Sangharash, Shishirasruta etc. It can be correlated with allergic conjunctivitis which is characterized by foreign body sensation, intense itching and watering with relapsing nature. There is no satisfactory treatment is available in modern science so present study “a clinical study on effect of bilvadi yoga aschyotana in vataja abhishyanda w.s.r to simple allergic conjunctivitis” is conducted at shalaky OPD at Govt dhanwantari Ayurved College Ujjain, M.P. on 15 patients.

Keywords: bilvadi yoga aschyotana, vataja abhishyanda W.S.R., simple allergic conjunctivitis

Introduction

Shalaky Tantra which is also named Urdhvag Chikitsa is important entity or segment of Ayurveda which deals with the description and treatment of organs seated above the neck (clavicle). It includes Ophthalmology, Otorhinolaryngology, dentistry and diseases affecting head.

Abhishyand is a netra disorder which is also come under shalakyatantra. Abhishyanda is derived from two words viz. “Abhi” and “Syandana”. “Abhi” means profuse or more and “Syandana” means discharge or secretion, combined meaning is profuse discharge from all parts of eye. Out of all these diseases NetraAbhishyanda is considered as ‘Root Cause’ for almost all affections of the eyeball [1]. Netrabhishyanda is classified into four types according to Dosha predominance viz. Vataja, Pittaja, Kaphaja and Raktaja Abhishyanda [2]. Vataja Abhishyanda is characterized by Nistoda (Pricking pain), Sangharsha (Foreign body sensation), Shishirashruta (Watery discharge/ Cold lacrimation), Alpa Shopha (Mild chemosis), Vishushka Bhava (Feeling of dryness), Parushya (Dryness) [3] etc. which are very similar to the most of signs and symptoms of the Simple Allergic Conjunctivitis. So Vataja Abhishyanda can be co-related with Simple Allergic Conjunctivitis.

Allergic conjunctivitis is the most common type of eye allergy and is widely experienced by global population. It has an equal distribution more or less throughout the world, without any exception to the developed and under developed countries. Having a prevalence rate of 5-22% in general population and a recurrence rate of 41- 62% [4]. The basic reason behind the allergic reaction in the body is altered immunity or hypersensitivity. Among the common allergic reaction, one of the common manifestations is ocular allergy because of its constant exposure to external environment. It is proved that conjunctival mucous membrane is nearly ten times more exposed in comparison to other parts of the body.

In today’s day to day routine activities allergy sufferers experience reduction of quality of life in general health and wellbeing and specific aspects of vision as a result of their Allergic conjunctivitis [5]. Due to increased incidence of allergens world-wide and environmental pollution, it stands to be an unsolved mystery of modern medicine.

An Ayurvedic text has an elaborate collection of Abhishy and management. In lieu of above facts an attempt has been made to evaluate the effectiveness of Bilvadi Yoga Aschyotana for the treatment of Abhishyanda by keeping this mind that content of Bilvadi yoga are Vatashamaka with anti allergic property and Aschyotana is an Ayurvedic procedure which can be very firstly used in treatment of all Sadhya Netrarogas there for in Abhishyanda also.

Material and methods

Place of study

Department of Shalaky Tantra, Government Autonomous Dhanwantray Ayurved College, Ujjain.

Aim of study

1. To explore the disease Vataja Abhishyanda and Simple Allergic Conjunctivitis as per Ayurvedic and Modern parlance.
2. To assess the efficacy of Bilvadi Yoga Ashchyotana in the management of Vataja Abhishyanda.
3. To provide an effective, economic and easily available regime for the Vataja Abhishyanda.

Plan of study

15 cases were selected of 10 to 45yr age group with sign and symptoms of Vataja Abhishyanda and treated with Bilvadi Yoga Aschyotana for 7 days.

These individuals were randomly selected from the Shalaky O.P.D of Government Autonomous Dhanwantari Ayurved College, Ujjain.

The patients were selected randomly, irrespective of their sex, religion, occupation, education etc. the written consent of the patients were taken before starting the clinical study.

Criteria for Diagnosis

The diagnosis of Vataja Abhishyanda– Simple Allergic Conjunctivitis was done on basis of the modern and Ayurvedic science. After taking ophthalmic and systemic history, a detailed conjunctival examination was carried out by torch light before and after study. Routine blood investigations were done to rule out any systemic disease.

Inclusion Criteria

Patients in the age group of 10 to 45 years presenting with signs and symptoms of Simple Allergic conjunctivitis or

Vataja Abhishyanda as mentioned in classical text were included in the trial.

Exclusion Criteria

1. Patients not willing for trial.
2. Abhishyanda associated with Corneal Ulcer.
3. Abhishyanda associated with Trachoma.
4. Simple Allergic conjunctivitis with other forms of allergy like skin rash and allergic Asthma.
5. Any individual above 45 years and below 10years of age either of any sex.
6. Cases complicated with dacryocystitis.
7. Patients suffering from other systemic disorders.

Investigational Criteria

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

1. Complete blood count.
2. Erythrocyte Sedimentation Rate.

Method of study

All patients selected for clinical trial were explained about the nature of the study and they all were treated with Bilvadi Ashchyotana.

Drug: Bilvadi Yoga

Dose: 10 drops two times daily for local application.

Duration: 07 days

Criteria for Selection of medicine: The drug having Vata Shamaka property might be helpful for treating the disease Vataja Abhishyanda (Simple Allergic Conjunctivitis). In this study, an Ayurvedic formulation has been selected on the basis of the reference Bilvadi Yoga Ashchyotana (Chakradata 59/13)

Criteria for Selection of procedure: As Abhishyanda is the initial pathological change in developing eye disease and Ashchyotana is one of the most important procedure and Acharya Vagbhatta quoted that it is Aadya Upakrama in all the eye diseases^[6] and can be done at anytime in emergency conditions, hence it is selected for this study.

Content of drug

S. No.	Drug Name	Botanical Name	Family Name	Used Part	Quantity
1	Bilva	Aeglemarmelos	Rutaceae	Root	1 Part
2	Agnimantha	Premna Mucronata	Verbenaceae	Root	1 Part
3	Shyonaka	Oroxylum indicum	Bignoniaceae	Root	1 Part
4	Gambhari	Gmelina arborea	Verbenaceae	Root	1 Part
5	Patala	Stereospermumsuaveoleus	Bignoniaceae	Root	1 Part
6	Eranda	Ricinus communis	Euphorbiaceae	Root	1 Part
7	Brihati	Solanum indicum	Solanaceae	Root	1 Part
8	MadhuShigru	Moringaolifera	Moringaceae	Seed	1 Part

Preparation of drug:

Bilvadi Yavkuta Churna was taken in one part (10gm) to that ten times water (100ml) was added and boiled till one fourth quantity remains and then filtered. When Kwatha becomes luke warm then filtered solution was transferred in sterile plastic bottles of 5 ml. under aseptic conditions. Plugging and capping was also done in aseptic condition then instillation of 10 drops was done with eye drops bottle from 2 Angula heights in Kaninikasandhi (Inner canthus area).

Duration of the Trial

The trial of the therapy was carried for 7 days.

Follow Up

The follow up study was done once in 15 days after treatment for month.

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 by adopting suitable scoring method. The details are as follows:

S.N.	Signs and Symptims	Normal	Mild	Moderate	Severe
1	Nistoda (Pricking sensation)	0	1	2	3
2	Stambha (Stiffness of lids)	0	1	2	3
3	Sangharsha (Foreign body sensation)	0	1	2	3
4	Vishuskabhava (Feeling of Dryness)	0	1	2	3
5	Shishirashruta(Cold lacrimation)	0	1	2	3
6	Kandu (Itching)	0	1	2	3
7	Raga (Congestion)	0	1	2	3

Observations and results

Statistical analysis - The scoring criteria of assessment was analyzed statistically in terms of mean values of B.T. (Before Treatment), A.T (After treatment), S.D (Standard Deviation), and S.E (Standard Error). Various observations were made and results obtained were computed statistically using Wilcoxon matched pairs signed ranks test on Graph

Pad Instat III software. Finally result were shown in terms of probability (p value) as $p > 0.05$ -Not Significant, $p < 0.01$ -Significant, $p < 0.001$ - Highly Significant, $P < 0.0001$ -Extremely significant.

Showing effect of therapy on Clinical Features

Symptom	Mean		Dif.	% of Change	SD	SE	W	P value	Results
	BT	AT							
Nistoda	1.467	1.00	0.4667	31.81%	0.6399	0.1652	35	0.0391<0.05	S
Stambha	0.5333	0.3333	0.2000	37.50%	0.4140	0.1069	6	0.2500 $p > 0.05$	NS
Sangharsha	2.000	1.200	0.8000	40%	0.5606	0.1447	66	0.0010 $P \leq 0.001$	ES
Vishuskabhava	0.6667	0.1333	0.5333	79.99%	0.7432	0.1919	21	0.0313 $P \leq 0.05$	S
Shishirashruta	1.467	0.6667	0.8000	54.13%	0.5606	0.1447	66	0.0010 $P \leq 0.001$	ES
Kandu	1.933	1.133	0.8000	41.38%	0.5606	0.1447	66	0.0010 $P \leq 0.001$	ES
Raga	2.267	1.133	1.133	49.97%	0.9155	0.2364	66	0.0010 $p \leq 0.001$	ES

Results

- Extremely Significant Statistically ($p \leq 0.001$) result was found in Nistoda/Pain (51.99%).
- Very Significant Statistically ($p \leq 0.01$) were found in Shishirashruta/Cold lacrimation (31.99%), Kandu/Itching (25.80%), Raga / Congestion (31.71%)
- Statistically Significant ($p \leq 0.05$) Stambha / Stiffness of lids (91.66%), Sangarsha / Foreign body sensation (20.69%)
- Statistically Non Significant ($p > 0.05$) results was found in Vishushkbhava / Feeling of dryness (24.99%).

Discussion

Abhishyanda is the commonest defect affecting the eyes leading to functional disturbances and can even account to impairment of vision if cornea is involved. It has been observed that the persons who do household work, cleaning of dust and other professionals requiring field work, working in polluted atmosphere have more chances of developing Simple Allergic Conjunctivitis at an early age. Good numbers of patients of Simple Allergic Conjunctivitis are reporting daily practice hence this study was planned on the common ocular problem on Vataja Abhishyanda (Simple Allergic Conjunctivitis).

In Abhishyanda Nistoda (Pricking sensation), Stambha (Stiffness of lids), Sangharsha (Foreign body sensation), Vishuskabhava (Feeling of Dryness), Shishirashruta (Cold lacrimation), Kandu (Itching) is present, in this stage effect of Bilva, Agnimantha, Shyonaka, Gambhari, Patala, Eranda, Brihati, Madhu Shigru was seen due to its vednasthapana, vatashamaka, Ushana Virya, anti-allergic and anti-inflammatory properties.

All the contents are having Ushna Veerya so they possess Vata Shamaka property which is the main Doshha involved

in the disease Vataja Abhishyanda. Moreover all the contents also have Shothahara property which helps in subsiding features like Alpa-shopha (mild chemosis) of Vataja Abhishyanda. The Vednasthapana property of the contents helps in relieving Nistoda (pricking pain).Laghu, Ruksha guna of the contents helps in better penetration of the drug. Kashaya rasa of the contents promotes healing (Ropana) and reduces the discharges. So it is helpful in the relief of the symptom Shishirashruta i.e. watery discharges. Administration of Ashchyotana in the eye causes absorption of the drug through various layers of the eye and spread of the drug to the deeper tissues through Siras, Srotasa and Sandhi of Netra will occurs.

Due to properties of Bilvadi Yoga and process of Ashchyotana Doshas bring towards the Netra and further elimination of these Doshas occurs through Aushadha Prabhava and relief in symptoms of Abhishyanda will obtain.

Conclusion

- Vataja Abhishynda is one of the most common disease affecting man in present era.
- On the basis of signs and symptoms the Vataja Abhishyanda can be correlated with Simple Allergic Conjunctivitis.
- Management of the Simple Allergic Conjunctivitis in modern ophthalmology has considerable side effects and is also not cost effective.
- Aschyotana is the preferred mode of Kriyakalpa which is widely practiced when considering the dose maintenance, easy and safe administration.
- Bilvadi yoga Aschyotana gave better results in the clinical features like Nistoda (Pain in eyes), Stambha (Stiffness in lids), Sangarsha (Foreign body sensation),

Vishushkabhava (Feeling of dryness), Shishirashruta (Cold lacrimation) Kandu (Itching) and Raga (Congestion).

- No adverse effects were observed during the study in both of formulations viz. Bilvadi Yoga Aschyotana.
- No recurrence during follow up was observed after completion of trial.
- These are safe, economical and procedure is easy to perform.
- Thus, it can be concluded that Bilvadi yoga Aschyotana showed better results in the clinical symptoms of Vataja Abhishyanda- Simple Allergic Conjunctivitis.

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