

AN ANALYTICAL REVIEW OF ASCHOTTANA YOGAS AS PER BRIHATRAYEE AND LAGHUTRAYEES IN THE MANAGEMENT OF VATAJA ABHISHYANDA W.R.T ALLERGIC CONJUNCTIVITIS (SEASONAL /PERENNEAL).

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ABSTRACT

Abhishyanda is the main cause for all the disease of eye and is also one of the aupasargika roga. If not treated in time, may lead to vataja adhimanta, hatadhimantha, drushtinasha. Vataja abhishyanda is characterised by toda, harsha, sangharsha, parushya, shiroabhitapa, vishushkabhava and shishirashrutha. Allergic conjunctivitis symptoms consist of redness due to vasodilatation of peripheral small blood vessels, oedema of conjunctiva or chemosis, itching and increased lacrimation. Allergic conjunctivitis is a one of the current ocular problem. The management of ocular allergy involves the use of anti-allergic therapeutic agents such as antihistamine, multiple action anti-allergic agents and mast cell stabilizers. Bruhatrayees and laghutrayees have given a vast group of therapeutic measures to be followed for vataja abhishyanda. Aschotana is nothing but instilling the medicated drops in the conjunctival sac at a distant of 2 angulas. The medicaments may be decoction/ kashaya, ksheera/milk, sneha-ghrita etc. Eyedrops are prove to be one of the remedial measures to be followed. In Brihatrayee's and Laghutrayee's many of the aschotana yogas have been advocated for vataja abhishyanda along with other line of treatments.

KEYWORDS: Aschottana, mast cells, Sarvagatha rogs.

INTRODUCTION

Allergic diseases have significantly increased in the last decades. Ocular allergies are much common condition found in a day to day life. The single causative factors of allergens cannot be identified easily and hence the many researchers have reviewed multifactorial origin of allergens like genetical factors, pollution factors, urbanization etc. the present population is much exposed to various types of allergens, in other words, leading a life amid many allergens ocular allergies can produce irritating symptoms from mild to severe forms such as kerato-conjunctivitis and if neglected, may lead to visual loss. Vataja abhishyanda explained by many acharya's since 5000 years is much significant in today's world. It is one among the Sarvagatha Netra roga. According to Acharya Sushruta, Abhishyanda is the main cause for all the disease of eye and is also one of the aupasargika roga. If not treated in time, may lead to vataja adhimanta, hatadhimantha, drushtinasha. Vataja abhishyanda is characterised by toda, harsha, sangharsha, parushya, shiroabhitapa, vishushkabhava and shishirashrutha.^[1]

Allergic conjunctivitis symptoms consist of redness due to vasodilatation of peripheral small blood vessels, oedema of conjunctiva or chemosis, itching and increased lacrimation. Allergic conjunctivitis is a one of the current ocular problem. The line of management as per ayurveda has been advocated in Bruhatrayees and Laghutrayees. Aschotana yogas, anjana, putapaka, neyraseka, netrapindi and internal medications/ shamanaushadis are useful depending on the doshic vitiation and condition of disease.^[2]

Treatment for Allergic Conjunctivitis

Avoidance of the offending antigen is the primary behavioral modifications for all types of allergic conjunctivitis. The use of antiallergic therapeutic agents such as antihistamines multiple action anti allergic agents and mast cell stabilizers. Corticosteroids remains the most potent pharmacological agents used in most severe variants in ocular allergens. Though they are having immunosuppressive and anti-proliferative properties. They have some limitations including ocular adverse

effects such as increased IOD, formation of cataract, secondary infections etc.

The management of ocular allergy involves the use of anti-allergic therapeutic agents such as antihistamine, multiple action anti-allergic agents and mast cell stabilizers. Topical antihistamines competitively and reversibly block histamine receptors and relieve itching and redness but only for a short time. These medications do not affect other pro inflammatory mediators, such as prostaglandins and leukotrienes, which remain uninhibited. Therefore, these treatments are suitable only for short-term symptom relief.

Management of Vataja Abhishyanda

Bruhatrayees and laghutrayees have given a vast group of therapeutic measures to be followed for vataja abhishyanda.

Kriya kalpas^[6]

Netra kriya kalpas which have been specially indicated for the management of the ophthalmic disorders by sushruta, Vagbhata and Sarangadara are still time tested. Aschotana, netra seka, pindi, bidalaka, anjana are much beneficial in the management of anterior segmental disorders of eye, whereas netratarpana and putapaka are beneficial in management of posterior segmental disorders of eye. Aschottana, seka, anjana kriyakalpas are used in all types of abhishyanda. Aschotana is the first line of treatment to be followed in all the ophthalmic disease irrespective of doshic vitiation and stage of disease.

Aschotana vidhi

Aschotana is nothing but instilling the medicated drops in the conjunctival sac at a distant of 2 angulas. The medicaments may be decoction/ kashaya, ksheera/milk, sneha-ghrita etc.^[4]

Procedure- Instilling drops of fluids such as decoctions, milk, fats or other fluids into the open eye from the height of 2 angulas (3.6cm) is known as aschotana (eye drops) for lekha (scarifying action), the number of drop should be right, for snehana (oleation/lubrication). 12 drops of ideal the liquid should be lukewarm during cold seasons and cold during hot seasons, this is the rule at all places for mitigation of vata, liquid should be bitter and unctuous, for mitigation of pitta, liquid should be sweet and cold, for kapha it should be bitter and hot in potency and dry respectively. The duration of instilling the drop will be 100 matra (time of uttering hundred hard letters) for all types and then it will be 300 matras for retaining into decide its mechanical effects. Aschotana should not be done at night for any purpose or in any condition.

As the eye of a large area in which conjunctiva has spread in all the parts of the exterior eye⁷. It is a mucus sheath which has spread on all the contents of eye like cornea, sclera, pupils, eyelids etc. Any allergens will

come in contact with conjunctiva and with various biochemical changes produces conjunctival allergy⁵. Hence various eyedrops are prove to be one of the remedial measures to be followed. In Brihatrayee's and Laghutrayee's many of the aschotana yogas have been advocated for vataja abhishyanda along with other line of treatments.

Aschotana Yogas

Sushruta samhita

1. Aja ksheera boiled with eranda (eranda moola, eranda pallava and eranda twak) has to be prepared and filtered, used as aschotana- Ajaksheeraerandadi asschotana yoga.
2. Saindhavadi aschotana yoga- saindhava boiled with udichya, yastyakua + pippali, add half the quantity of water that can be used.
3. Ajaksheeradi yoga – ajaksheera boiled with hrivera, tagara, manjista, udumbara twak and jala, kashaya prepared and ilteed used for aschotanartha.

Aschotana Yoga's As Per Ashtanga Hrudaya

1. Bilwadi panchamooladi aschotana- (Bruhat panchamoola) Brihati along with root of eranda, madhu, shigru kashaya has to be prepared and used for aschotana.
2. Kashaya prepared with hrivera, tagara, manjista, udumbara twak mixed with goat milk and filtered is used for aschotana – Hrideradi aschotana yoga.
3. Kashaya prepared with manjista, haridra, laksha, draksha, madhuka, utpala added with sarkara used for aschotana- Manjistadhi aschotana yoga.
4. Saindhava nagaradhi ghrita aschotana – in vataja abhishyanda, ghrita prepared with saiindhava, nagara, tarkshya and lodra to be used for aschotanartha? Lepanartha.

Aschotana Yoga As Per Bhavaprakasha^[8]

1. Bhavaprakasha and vagbhata has explained Bilwadi panchamoola asschotana.
2. Triphala kashaya asschotana is beneficial in all types of abhishyanda.

Aschotana Yogas As Per Yogaratnakara^[3]

Yogaratanakara has explained Bilwadi brithat panchamoola aschotana in management of vataja abhishyanda

1. Nimba lodradi aschotana – the leaves of nimba, the bark of lodra should be grind with water and heated, grind again to extract swarasa which is filtered and used as aschotana which may be used in vataja, raktaja, pittaja abhishyanda.
2. Punarnavadi aschotana yogam- sweta punarnava moola kashaya mixed with madhu may be used in management of vataja abhishyanda.

In Madhav nidana and Charaka samhitha, no aschottana yogas described.

DISCUSSIONS

In Brihatrayees and Laghutrayees many of the Aschotana yogas has been explained with different combinations to treat abhishyanda as aschotana is first line of treatment to be followed in all sarvanganetrarogas.

In sushruta samhita, Sushrutacharya has explained ajaksheera erandadhi aschotana yoga in management of vataja abhishyanda. The ingredients of this preparation contains snigdha guna, laghuta, vata shamaka, krimighna and conjunctival protective agents.

In allergic conjunctivitis, the conjunctival allergens, the oedema/ chemosis, vascularity and epiphora will be subsided with this preparation. The pricking sensation, pain and giddiness this yoga is prone to be beneficial

1. Ajaksheeraderandadi aschotana
2. Saindavadi aschotana yoga explained by sushruta is useful in allergic conjunctivitis in which kaphaja bhavas are associated. The stickiness, heaviness of eye lids and itching sensation can be relieved.
3. Ajaksheeradi yoga aschotana which has the properties of tridosha shamaka, raktasthambhaka, pitta shamaka, hence beneficial in the management of pittadoshavruta vataja abhishyanda. It subsides burning sensation of eyes, jalasrava and discomfort.

Vagbhata in Ashtanga hrudaya has explained many of the kashaya Aschotana yogas. Among them 4) bilwadi panchamooladi aschotana is important. This preparations contains tridosha shamaka dravyas and will exhibit the properties of antiallergic, antipruritic activities which is useful in the seasonal/ perennial allergic conjunctivitis.

In the management of pitta samsargaja vataja abhishyanda, vagbhata has explained 5) Hrivaradi aschotana yogas. Which contains pittashamaka, vata shamaka dravyas which is useful in the dilution of allergance and stanika shodana can be attained.

6) Manjistadi aschotana yogas is also beneficial in pitta dosha samsargaja, vataja abhishyanda. This is useful in perennial allergic conjunctivitis. The contents of this preparation are having antiallergic, anti odematic bacterial properties with anti- oxidents.

7) Saindhava nagaradi ghrita aschotana, indicated in vataja abhishyanda is effective in kapha samsargaja vataja abhishyanda. The itching sensation, grittiness, stickiness of eyelids are effectively controlled with this Aschotana yogas.

- Vagbhata and bhavaprakasha and yogaratnakara have explained bilwadi panchamula aschotana which denotes its potentiality in the management of vataja abhishyanda. This preparation is very useful in the management of toda, srava and related symptoms.
- Thiphala kashaya aschotana can be used widely in all the stages of the disease. In acute and chronic

stages of allergic conjunctivitis, this yoga is beneficial.

- Yogaratnakara has contributed nimbalo dradi aschotana which is effective in the vitiation of raktasamsargaja vataja abhishyanda. The drugs of this yoga will pacify the allergies of conjunctival flora and relieves the discomfort and burning sensation.

Punarnavadi yoga aschotana has got the properties of antimicrobial, antifungal, antioedematic, antiallergic, wound healing and smoothening hence in many of the tribal communities of India, this drug is used for various ocular problems.

Even though all aschotana yogas explained by bruhatrayees and laghutrayees are effective in the management of allergic conjunctivitis, specific yogas have the specific properties on allergens of the conjunctiva. Hence while selecting the aschotana yogas, the vaidya should be capable of diagnosing the doshic vitiation with tara, tama adhikyatha and corresponding knowledge of dravyaghataka's of yoga are essential.

CONCLUSIONS

1. In Brihatrayee and Laghutrayee, the aschotana yogas indicated for vataja abhishyanda with different combinations can be used in different conditions of the disease w.r.t. samsargaja dosha.
2. Many of the aschotana yogas contain tridosha shamaka dravyas, but one dosha shamaka dravya adhikyata will be dominant in the combination, hence while advising the yogas, the vaidya has to assess the dosha dooshyas sammurchana, and treat.
3. Aschotana karma (eye drops) are the first line of treatment to be followed in the management of ocular allergies.^[10] (vataja abhishyanda).

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