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, vishushkabhabha 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/ ointment, ghrity etc. Eyedrops are prove to be one of the remedial measures to be followed. In Bruhatrayee’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, vishushkabhabha 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 line of management as per ayurveda has been advocated in Bruhatrayees and Laghutrayees. Aschotana yogas, anjana, putapaka, neyraseka, netrapindi and internal medications/ shamanashadhis are useful depending on the doshic vitiation and condition of disease. 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
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.

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 lekhana (scarring 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 decive 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 eye. 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 allergy. Hence various eyedrops are prove to be one of the remedial measures to be followed. In Brihatrayee’s and Laghutrayer’s many of the aschotana yogas have been advocated for vataja abhishyanda along with other line of treatments.

Aschotana Yogas
Sushrutha samhita
1. Aja ksheera boiled with eranda (eranda moola, eranda pallava and eranda twak) has to be prepared and filtered, used as aschotana- Ajaksheeraaandadi aschotana yoga.
2. Saindhavadi aschotana yoga- saindhava boiled with udichya, yasyakua + 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 panchamooladi) Brihati along with root of eranda, madhu, shrigu 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 – Hriveteradi 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 saindhava, nagara, tarkshya and lodra to be used for aschotanartha? Lepanartha.

Aschotana Yoga As Per Bhavaprakasha
1. Bhavaprakasha and vaghbhata has explained Bilwadi panchamoolas aschotana.
2. Triphala kashaya aschotana is beneficial in all types of abhishyanda.

Aschotana Yogas As Per Yogaratnakara
Yogaratnakara has explained Bilwadi brithat panchamoolas 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 aschotana yoga described.
DISCUSSIONS

In Brihattrayees 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 sarvanganeetrarogas.

In sushruta samhita, Sushrutacharya has explained ajaksheera erandadi asschotana 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 epithora will be subsided with this preparation. The pricking sensation, pain and giddiness this yoga is prone to be beneficial

1. Ajaksheeradierandadi aschotana
2. Saindavadi aschotana yoga explained by sushrutha 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 shama, raktasthambhaka, pitta shamaka, hence beneficial in the management of pittadoshavruta vataja abhishyanda. It subsides burning sensation of eyes, jalarasrava 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 shama, raktasthambhaka, pitta shama, hence beneficial in the management of pittadoshavruta vataja abhishyanda.

In the management of pitta samsargaja vataja abhishyanda, vagbhata has explained 5) hrireradi aschotana yogas. Which contains pittasamkara, vata shama, dravyas which is useful in the dilution of allergence 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 oedema and 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.

- Vaghbhata 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 nimbalodradi 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, anti oedematous, anti allergic, 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 laghusrayees 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 vitiating with tara, tama adhikyatha and corresponding knowledge of dravyaghataka’s of yoga are essential.

CONCLUSIONS

1. In Brihattrayee and Laghutrayee, the aschottana 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 aschottana yogas contain tridosha shama, dravyas, but one dosha shama dravya adhikyata will be dominant in the combination, hence while advising the yogas, the vaidya has to assess the dosha dooshya sammurchana, and treat.
3. Aschottana karma (eye drops) are the first line of treatment to be followed in the management of ocular allergies.[10] (vataja abhishyanda).

BIBLIOGRAPHY


