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“ANJANA KARMA: A REVIEW LITERATURE”

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Abstract:

Shalaky tantra is branch of Ayurveda (one of the eight specialty of Ashtanga Ayurveda) which deals with disease of urdhva jatrugat vyadhi i.e. disease present above the clavicle which is also the place of sense organ. Among all of the sense organ, eye holds the special position as it plays a crucial role in social and intellectual development of human being. So it is our prime duty to protect eyes from any kind of disease and for that, our ancient text has mentioned various preventive and curative treatments which is Sarvadehic as well as sthanic chikitsa and those sthanic chikitsa is known as Kriyakalpa. As we know that Panchakama is root treatment of Kayachikitsa, in Shalakyatanta “Kriyakalpa” holds the same position as that of Panchakama. Kriyakalpa include various preparations like Tarpan, Putpak, Seka, Ashchyotana, Anjana etc. In our Ayurvedic text Anjana has been mentioned to be used in both Swasth Purus i.e. healthy person as well as Rogi i.e. diseased person. Anjana is a medical preparation which is applied on lower palpebral conjunctiva. Anjana is of three types i.e. gutika, raskriya and choorna these types can be correlate with ophthalmic suspension, aqueous solution and ophthalmic ointment. Anjana have micro particle which may be deposited in the cul-de-sac and therefore increase the bioavailability to enhance ocular absorption. Hence in this article the detail study about Anjana karma and its mode of action will be mentioned according to Ayurvedic text.

Key words: Eye, Kriyakalpa, Anjana, Mode of Action

INTRODUCTION:

Eyes hold special status among all the sense organs because good vision is crucial for social and intellectual development of human beings and the knowledge from direct observation i.e. Pratyaksha pramana which can be achieved only by eyes. Other sense organs also depend on the eye sight. Without eyes, this world is useless because day and night will appear same for them. Thus it's our prime duty to protect the eyes throughout the life. Hence authentic classics prescribed several preventive and curative measures to protect the eyes. Almost all the Acharya prescribed several treatment procedures for the management of ophthalmic disorders such as systemic, topical and surgical treatments. Among these several types of treatment modalities, local treatments are very specific, effective and unique to the eye diseases and called as "Netra Kriyakalpa". It is similar as Panchakama in Kayachikitsa. Netra Kriyakalpa has very fast action to the target tissues including posterior segment of the eye. There are seven Netra Kriyakalpa namely Tarpana, Putapaka, Seka, Ashchyotana, Anjana, Bidalaka and Pindi. The first 5 procedures were mentioned in Sushruta Samhitha¹ and last two were prescribed only in Sharangadhara Samhitha² along with other

5 procedures. Among all the Kriyakalpa, Anjana has unique therapeutic efficacy and recommended for swasthPurus as well as rogi Purus.

AIMS & OBJECTIVE:

1. To elaborate Anjana Karma in detail.
2. To discuss about its mode of action.

MATERIAL & METHOD:**Anjana:**

The Vyutpati of word "Anjana" is "AnaktaAanenaIttiAnjanam" which means the process of applying various types of medication in eye.

Anjana YogyaAvashtha (Ideal condition to apply Anjana):

According to Sushruta Samhitha Anjana should be performed only after Doshas are fully manifested and are localized in the eye and should be free from AamDosaLakshana like severe itching sensation, sliminess of eye, thick eye discharge, and Kapha, Pitta, Raktaja eye diseases specially Vataja eye disorders and only after administration of shodhana chikitsa^[3, 4].

Anjana AyogyaAvashtha(When to not apply Anjana):

According to Acharya Sushruta, Anjana should not be applied to those person who are tired due to their work, cried a lot, alcoholic, angry, scared, who has fever,

Whose been suppressing their nature urges, and who is suffering from shirorog, whose suffering from Nidrnas, after Nasya karma, after having head bath and in those who is suffering from indigestion^[5].

Types of Anjana Karma:

According to Action:	Acharya Sushruta	Acharya Vagbhat
	Lekhan Ropana Prasadana	Lekhan Ropana Prasadana Snehana

According To Gundharma	Mrudu Tikshna
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According to formulation	Gutika Rasakriya Choorna
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According to their action-Acharya Sushruta has mentioned 3 types i.e. Lekhan, Ropana and Prasadana^[6] by Acharya Vagbhat has mentioned 4 types in which he added Snehana^[7] also. According to their formulation, Acharya Sushruta has mentioned 3 types i.e. Gutika, Rasakriya and Choorna^[8]. Acharya Susruta and Vagbhata mentioned that the strength of Anjana increases in preceding order as Gutika, Rasakriya and Churna^[9].

Composition of Anjana^[10]:

NAME	RASA	GUNA
Lekhana Anjana:	Except Madhur rest of the 5 Rasa i.e. Amla, Lavan, Katu, Tikta and Kshaya	Ushna & Tikshna
Ropana Anjana	Tikta and Kshaya	Snigdha & Sheeta
Prasadana Anjana	Madhur + Sneha(oil)	Sheeta
Snehana Anjana^[11]	All type of sneha is used like taila, ghrit, vasa and majja.	Snigdha

Anjana Matra^[11]:

	Lekhana	Ropana	Prasadana
Gutikanjana	1 Harenu	2 Harenu	1 ½ Harenu
Rasakriya	1 Vidanga	2 Vidanga	1 ½ Vidanga
Choorna	2 Shalaka	3 Shalaka	4 Shalaka

Note: 1 Harenu = 1 vatana; 1 shalaka = the amount of Anjana on the tip of the shalaka. Practically the individual response of eye and patient may vary which depends on various factors like the tolerance capacity of the patient, the Prakriti of patient, type of Anjana used, the amount applied etc, so

it is better to apply least quantity of Anjana when it is applied for the first time, especially tikshna Anjana and gradually the amount can be increased to a maximum for e.g. of Gutika Anjana.

Anjana Kaal:

1. According to Ritu for Healthy Individual^[12]:

Hemant & ShishirRutu	Madhyanna i.e. Afternoon.
Grishma & SharadRutu	Morning & Evening.
Varsha Rutu	When sky is not cloudy.
Vasant Rutu	One should not perform Anjana karma when there is extreme hot weather.

2. For Rughnai.e Diseased Individual^[13]:

Kaphaj Vyadhi	Lekhana Anjana	Morning
Vataj Vyadhi	Ropana Anjana	Evening
Pittaj Vyadhi	Prasadana Anjana	Night

Anjana Patra^[14]:

MadhurRasatmak	SuvarnaPatra
AmalaRasatmak	RajatPatra
LavanRasatmak	MeshashrunngaPatra
Katu Rasatmak	KansyaPatra
TiktaRasatmak	VaiduryaPatra
KasayRasatmak	Tamra & LohaPatra

Anjana Shalaka^[15]:

Lekhana Karma Sathi	Tamra Shalaka
Ropana Karma Sathi	Loha Shalaka or Anjuli
Prasadan&Snehana karma sathi	Suvarna&Rajat shalaka

Shalaka Swaroop^[16]:

Acharya Sushruta has mention that the shalaka should be thick as pea but thin in the middle and 8 anguli in length and it should be tapered like a bud at both the ends so that it should be easy to hold.

Anjana Procedure: ^[17]:

Purvakarma:

Anjana will perform in a place having sufficient light and devoid of direct blowing winds and dust. Patient will asked to lie comfortably in supine position on a table and eyes will be cleaned using sterile cotton swab

Pradhankarma:

Doctor with his left hand, has to open the eyes of the patient and with his right hand he has to hold Anjana Shalaka and has to do Anjana from Apanaga Sandhi to Kaneenak Sandhi. Anjana should not be more or less, hard or soft, Teekshna or Mrudu, quick or delayed, if it occur it cause injury to eyes. After Anjana Vidhi by closing the eyes, eye ball should be rotated gently, eye lids should be moved slowly, and by this the medicine perfectly spreads in the eyes and the Doshas

dissolves and comes out through the lacrimation.

Pachatkarma:

The eyes should be cleaned when discharge stops. Eye wash with water or suitable medicines for the respective disease, Doshas or season is recommended. Otherwise remaining medicines may vitiate the Doshas and give rise to the disease and caused itching sensation. To control these Dhumpana (medicinal smoking) can be performed. Pratyjanjana (restorative collyrium) can be applied to control the irritation as well. The patient will advised to avoid to expose wind, sun, dust, not to looking minute or bright objects and to follow hygienic measures.

Caution that should be taken while performing Anjana karma:

One should be carefull that Anjana should not be applied excessive on Apanga or kaninika Sandhi, rubbing eyelid after Anjana karma.

Anjana Dosha^[18]:

Aati-Tikshna	Aati-Mrudu
Aati-Alpa	Aatipramanat
Aati-Piichil	Aati-Ghana
Aati-shita	Aati-Ushna
Karkash	-

Result:

Mode of action^[19]:

According to Acharyas,

1. LekhanAnjana because of its tikshna property, eliminate the doshas from the siras pertained to vartma& eye and from the tissue, from related srotas and also from the sringatakamarma through mouth, nose and eye.
2. Ropana Anjana with his healing property helps to heal wound and with its Tikta Kashay rasatmak helps to shaman Pittaj Vyadhi.
3. Snehana and Prasadana Anjana because of its Madhur, Shita and Snigdha guna it act as a balya and provide strength to eye.

Samyakyog, atiyoga and Heenayogalakshana of anjanaKarma^[20]:

Anjana	Samyakyog	Atiyoga	Heenayoga
Lekhana Anjana	Lakshana of Lekhan Anjana are non-sliminess of eye, lightness of eye, not any discharge, cleanliness, swift in action and free from any complication.	Atiyoga Lakshan a of Lekhana a Anjana causes deviation of eye, hardness, discoloration, excessive discharge and dryness of eye.	When Lekhana Anjana is applied in HeenaM atra the Doshas get aggravated. Chikitsa: Dhoom, Nasya, Anjana & Lepa should

		a:Santarpan and Vata shaman	be used for doshaharan
Prasada Anjana	Samyakyoga Lakshana of Prasada Anjana are eyes attain unctuousness, good colour and strength, cheerfulness and cleanliness of eyes and it functions perfectly	Atiyoga Lakshana of Prasada Anjana the eyes are affected in mild disorders. Chikitsa: Kapha Nashak, Ruksha and MruduAushadiPrayoga.	Prasada Anjana should not be applied. Chikitsa: One should use it in correct quantity.
Ropana Anjana	Same as that of Prasada Anjana	Same as that of Prasada Anjana	Same as that of Prasada Anjana

Discussion:

Considering all of the factors, Anjana therapy is a well-developed method of local/topical drug administration of eye diseases. Anjana which was described in detail in our authentic Ayurvedic books with its indication, contraindication, pre-

procedure, post procedure and its doses as well as time of administration like morning, evening and seasonal etc. are still applicable in this era as it is like as it was mentioned that Anjana should be applied from Apanga Sandhi (lateral canthus) to Kaninika Sandhi (medial canthus) to increase its bio availability and it was also mentioned that after administration of Anjana asks to patient rotate eye ball slowly so that the medicine spreads all over the eye including anterior as well as posterior segment for example now a days Anjana has been popularly used in myopia, hypermetropia, cataract, diabetic retinopathy etc. which are the disorder of posterior segment. It was also mentioned that Anjana should be used in swasthPurus i.e. healthy person to protect eye from kapha dosha which is still effective in this era.

Conclusion:

In present era, most of the local or topical medicine developed but it not able to reach posterior segment of eye ball except injectable medicine, but Anjana will reach anterior as well as posterior segment of eye and cure the diseases. Anjana is not only used for treatment of ophthalmic disorders but it also used in Swasthavritta. The Anjana procedure is ideal therapy for various type of ophthalmic disorders,

which can be used preventive as well as curative purpose.

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