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“EFFICACY OF TRIPHALA KWATH ASHCHOTAN IN THE MANAGEMENT OF ANJANNAMIKA W.S.R. STYE”

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ABSTRACT:

Anjananamika is a Raktapradhana Vartmagata Sadhya Netra Vikara caused by the vitiation of Rakta and Mamsa of Vartma due to improper Ahara and Viharas. The Lakshanas of Anjananamika appears to be similar to that of “Stye” or “Hordeolum externum”. Stye is an infection of the sebaceous glands of zeis at the base of the eye lashes, or an infection of the apocrine glands of moll. In Ayurvedic science, based on clinical signs and symptoms, stye can be correlated to *Anjananamika* where the symptoms include *Dahatodavatitamrapidaka*– i.e., boil which will be in *Tamravarna* associated with burning sensation and pricking sensation at *Vartma pradesha* i.e., in the lid and the other symptoms includes *Mridvimandaruja* it will be soft and associated with mild pain. The line of treatment of the disease *Anjananamika* (stye) includes *Swedana* (hot compress), *Nishpidana* (pressure applying to drain out pus), *Bhedana* (incision), *Pratisarana* (rubbing of medicaments over the lids), *Anjana* (collyrium). The objective of the present study is to evaluate the effect of Triphala Kwath Ashchotan followed by draining out pus. In present study total 10 patients were involved and were treated for 7 days. Before-after observations were noted and results were obtained. Statistical analysis shows that trail drug has proven significantly effective to reduce the cardinal symptoms.

KEY WORDS: Anjananamika, Vartma, Stye, Triphala Kwath, Ashchotan

INTRODUCTION:

Ayurveda, one of the world's oldest holistic healing systems has a unique approach in treating every disease. The growth of knowledge of Ayurvedic medicine attained such proportions that it has classified into Ashtangas. Shalakya tantra is one among the Ashtangas of Ayurveda which deals with diseases of EYE and ENT.

According to Acharya Charaka, Asatmyendriyarthasamyoga (conjugation of sensory organs with object), Prajnaparadha (intellectual blasphemy) and Parinama (transformation) are three factors that are the root causes of all disease. The above three factors are very important in preventive and curative aspects.

Chakshu means the Eye; organ of sight. It is the most emergent sense organ among the all five is quoted in Ayurveda. Netra Rogas are classified in a specific way by the different Acharyas. Acharya Sushruta, the ancient surgeon has contributed to a maximum extent in the field of ophthalmology. He described 76 types of eye diseases. Anjanamika is one among these twenty one Vartmagata Roga and it is Raktaja Sadhya Vyadhi. On the basis of stage of Anjanamika selection of particular drugs and treatment helps to combat the pathology easily.

According to western medical view, Stye (Hordeolum Externum) is an infection of the sebaceous glands of Zeis at the base of the eyelashes, or an infection of the apocrine sweat glands of Moll. External styes form on the outside of the lids and can be seen as small red bumps. Internal styes are infections of the meibomian sebaceous glands lining the inside of the eyelids. They also cause a red bump underneath the lid with only generalized redness and swelling visible on the outside. Styes are more painful and are chronic in nature. They usually do not resolve without intervention. The disease is commonly caused by a Staphylococcus aureus-bacterial infection, or by the blocking of an oil gland at the base of the eyelash. Although they are particularly common in infants, styes are experienced by people of all ages. Styes can be triggered by poor nutrition, sleep deprivation, or rubbing of the eyes. Using the same razor to shave hair both near the eyes and moustache should be avoided to prevent spreading the infection between individuals.

Treatment in western medical science includes hot compresses in the stage of cellulitis, evacuation of pus, rarely surgical excision, antibiotics eye drops, eye ointment, systemic anti-inflammatory and analgesics to relieve pain and reduce

odema. Similarly in Ayurveda line of treatment of the disease *Anjananamika* (stye) includes *Swedana* (hot compress), *Nishpidana* (pressure applying to drain out pus), *Bhedana* (incision), *Pratisarana* (rubbing of medicaments over the lids), *Anjana* (collyrium)

METHODOLOGY

Study Design: Patients diagnosed with *Anjananamika* were selected from the O.P.D. in a randomized manner. After taking informed written consent from them, the diagnosed cases were registered for the study. Out of 12 registered patients, 10 patients completed medicine course and 2 patients left the treatment schedule between the times, which were counted as dropout cases.

Duration of Study: 7 days

Aschothana Procedure:

Aschothana is the one of the unique procedure done for the eye disorders. The procedure where the medicated drops are surged on the open eyes from a height of two inches in prescribed format is called as Aschothana. Aaschotana is the first line of treatment in the eye diseases.

A) Matching criteria:

- As per clinical features of *Anjananamika* mentioned in classics,

cases were diagnosed & patients were selected for study.

B) Inclusion criteria:

- Patient was selected irrespective of gender, occupation and habitat.
- Age group – 8 to 60 yrs.
- Patient presenting signs and symptoms of *Anjananamika*

C) Exclusion criteria:

- Any fatal and emaciated disease.
- Pregnant and lactating women.
- Anjananamika* associated with any other complications are excluded.

D) Withdrawal criteria:

- Patient not giving proper follow-up and showing any adverse effect was withdrawal from the study.

A) ASSESSMENT OF SUBJECTIVE PARAMETERS:

| Parameters | Grade |
|--------------------------------|-------|
| No Pain | 1 |
| Eye movements with little pain | 2 |
| continuous bearable pain | 3 |
| continuous Unbearable pain | 4 |

• Ruja:

| Parameters | Grade |
|--------------------------------------|-------|
| No Discolouration No Pidika | 1 |
| No Discolouration with little Pidika | 2 |
| Pidika with Red color | 3 |
| Pidika with Red color and Pus | 4 |

• Vaivarna:

• Daha:

| Parameters | Grade |
|-----------------------------|-------|
| No Burning | 1 |
| Mild Burning sensations | 2 |
| Moderate Burning sensations | 3 |

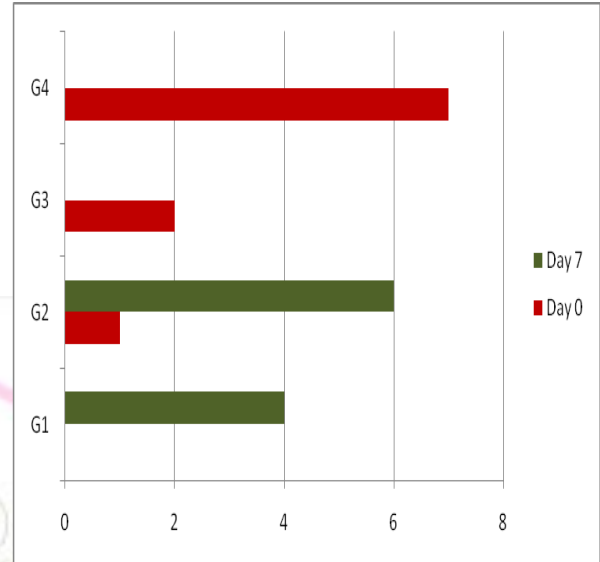
| | |
|---------------------------|----------|
| Severe Burning sensations | 4 |
|---------------------------|----------|

Toda:

| Parameters | Grade |
|------------------------------|----------|
| No Pricking Sensations | 1 |
| Mild Pricking Sensations | 2 |
| Moderate Pricking Sensations | 3 |
| Severe Pricking Sensations | 4 |

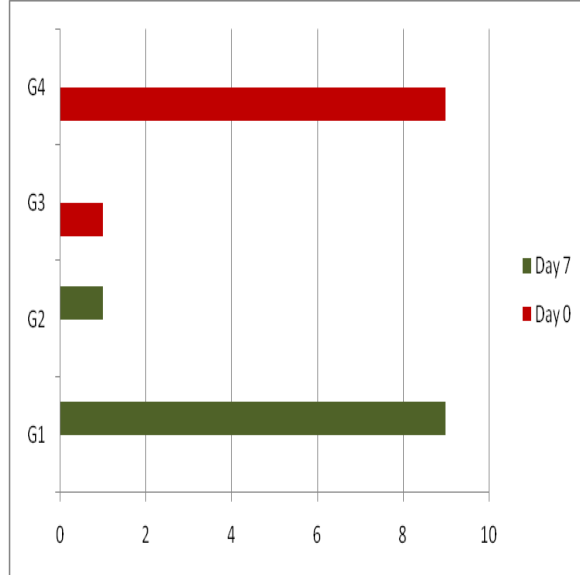
Observations & Results:

The observat atment, during the procedures and after the treatment ions before tre were recorded carefully presented as a result below:



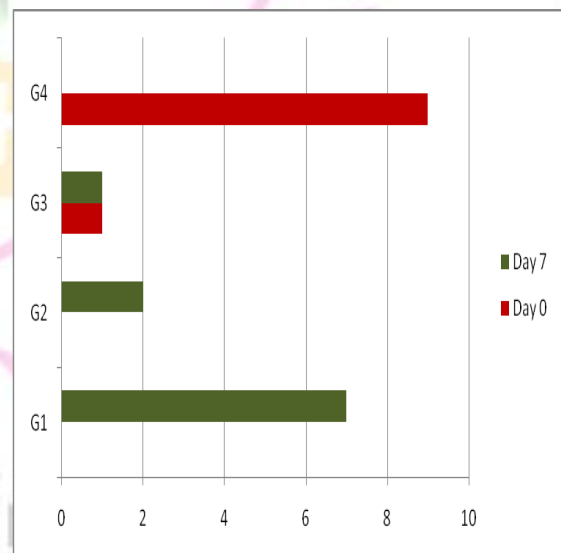
OBSERVATIONS OF RUJA:

| Ruja | Day 0 | Day 7 |
|------|-------|-------|
| G1 | 0 | 9 |
| G2 | 0 | 1 |
| G3 | 1 | 0 |
| G4 | 9 | 0 |



OBSERVATIONS OF DAHA:

| Daha | Day 0 | Day 7 |
|------|-------|-------|
| G1 | 0 | 7 |
| G2 | 0 | 2 |
| G3 | 1 | 1 |
| G4 | 9 | 0 |

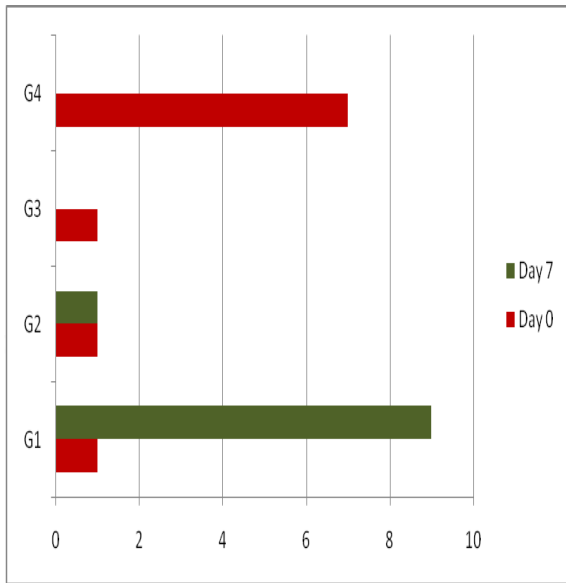


OBSERVATIONS OF VAIVARNA:

| Vaivarna | Day 0 | Day 7 |
|----------|-------|-------|
| G1 | 0 | 4 |
| G2 | 1 | 6 |
| G3 | 2 | 0 |
| G4 | 7 | 0 |

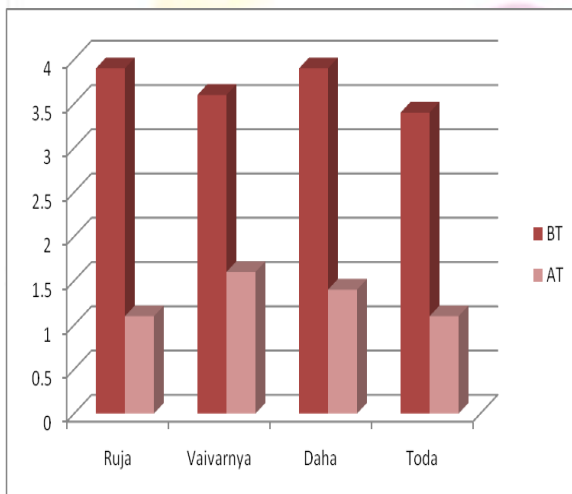
OBSERVATIONS OF TODA:

| Toda | Day 0 | Day 7 |
|------|-------|-------|
| G1 | 1 | 9 |
| G2 | 1 | 1 |
| G3 | 1 | 0 |
| G4 | 7 | 0 |



ALL RESULTS AT A GLANCE:

| Symptoms | Before Treatment | | | | | After Treatment | | | | |
|-----------|------------------|----|----|----|------|-----------------|----|----|----|------|
| | G1 | G2 | G3 | G4 | Mean | G1 | G2 | G3 | G4 | Mean |
| Ruja | 0 | 0 | 1 | 9 | 3.9 | 9 | 1 | 0 | 0 | 1.1 |
| Vaivarnya | 0 | 1 | 2 | 7 | 3.6 | 4 | 6 | 0 | 0 | 1.6 |
| Daha | 0 | 0 | 1 | 9 | 3.9 | 7 | 2 | 1 | 0 | 1.4 |
| Toda | 1 | 1 | 1 | 7 | 3.4 | 9 | 1 | 0 | 0 | 1.1 |



DISCUSSION:

Improper eye hygiene and unhealthy diet can produce *Anjananamika*. Though it common in children now days *Anjananamika* can be found in any one irrespective of age. Out of 10 patients of *Anjananamika* treated with Triphala Kwatha Ashotana, 70% patients had shown maximum improvement and 20% patients were moderately improved & only 10% patients showed unsatisfied improvement. Statistically it has been proven that the trial drug is significantly effective to reduce all the sign and symptoms of *Anjananamika*.

CONCLUSION:

From this study it is confirmed that Triphala Kwatha Ashotana is significantly effective in *Anjananamika*.

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