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“CASE STUDY OF EFFECT OF SARVATOBHADRA VARTI ANJAN  
IN PRASTARI ARMA W.S.R TO PROGRESSIV PTERYGIUM”

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**Abstract:**

Acharya Sushruta had described seventy six eye diseases in his precious and unbeatable treatise “Shalakyta tantra” which is the most important branch of Ayurveda.

“Arma” is described under “Shuklagata netraroga”. “Arma” is a mansal vrudhi developing either from Kaneenika or Apanga Sandhi, which may progress towards Krishna Mandal. Arma can be correlated with eye disease “Pterygium”

Pterygium in modern science which is a wing shaped fold of conjunctiva encroaching upon cornea from either side within interpalpebral fissure.

Among the 7 kriyakalpa described in Ayurveda, Anjankarma has been found to be most effective and most convenient mode of administration of drugs locally, hence it has been decided to use Anjana in this project.

For this study Sarvatobhadra Varti Anjana will be used for studying its effect in Prastari Arma chikitsa.

**Keywords:** Arma, Shuklagata netraroga, Pterygium etc

**Introduction:**

Ayurveda, the endless mine of knowledge that has served from thousands of years to help human lives and to adopt the healthy lifestyle. The 'light house' for the surgeon that is sailing from centuries is 'Acharya Sushruta'. Acharya Sushruta had described seventy six eye diseases <sup>[1]</sup> in Shalaky tantra which is the most important branch of Ayurveda. Netra which gives sight is a most important sense organ which is described in Shalaky tantra.

“Arma” is described under “Shuklagata netraroga” <sup>[2]</sup>. “Arma” is a mansal vruddhi developing either from Kaneenika or Apanga Sandhi, which may progress towards Krishna Mandal <sup>[3]</sup>.

Pterygium in modern science which is a wing shaped fold of conjunctiva encroaching upon cornea from either side within interpalpebral fissure.

Pterygium is commonly found in high temperate region (hot dusty and sandy weather) and due to ultra violet irradiation and it is most common in farmers and outdoor workers). It Causes symptoms like foreign body sensation, redness, watering of eye and cosmetic defect. There are two types of Pterygium i.e. Progressive and Regressive

Pterygium. Out of which Progressive Pterygium is thick, fleshy and vascular with the few whitish infiltrates in front of head of the Pterygium known as Fuch's spots or Islets of Vogt also called as cap of Pterygium and whereas Regressive Pterygium is thin, atrophic, attenuated with very little vascularity and there is no cap, but deposition of iron (Stocker's line) may be seen sometimes, just anterior to the head of Pterygium <sup>[4]</sup>.

In India the prevalence rate of Pterygium is 9.5 -13% among adult <sup>[5]</sup>.

Many a times patient having “Arma”, desire for conservative treatment rather than for surgical treatment. In this condition current medicinal science is limited to symptomatic relief and surgical intervention only. In this space for our ancient and prosperous science of life the Ayurveda, where the number of formulations has been depicted for treatment of Prastari Arma.

There are 7 kriyakalpa described in Ayurveda<sup>[6]</sup>, Anjankarma has been found to be most effective and most convenient mode of administration of drugs locally, hence it has been decided to use Anjana in this project.

For this study Sarvatobhadra Varti Anjana <sup>[7]</sup> will be used for studying its effect in Prastari Arma chikitsa.

**AIMS & OBJECTIVE:**

1. To study the efficacy of “Sarvotobhadra Varti Anjana” in the management of Prastari Arma with special reference to Progressive Pterygium.

Vision	6/9	6/9
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Based on above complaints & finding, patient was diagnosed with Prastari Arma

**OBSERVATIONS:**

**MATERIAL & METHOD:**

Name of patient- Pravin Dange Age / sex - 42yr/ Male Occupation- Farmer

Chief complaints – since 15 days Red fleshy growth in right eye. Pricking sensation. Watery discharge.

History of present illness- Patient was alright before 1 month. Then he started complaining of above complaints. History of past illness- not significant

Family history- not significant

On examination-

BP-130/80mm of Hg, Pulse- 68/min, RR- 16/min

RS- AEBE Clear, CVS- S1S2normal,

CNS- Conscious, well Oriented

1. Subjective Criteria: Pricking sensation. Watery discharge.

2. Objective Criteria:- Color of Pterygium. Size of Pterygium.

**Grading: 1. Pricking sensation:**

No Irritation.	0
Occasional Irritation.	1
Present but do not disturbed routine work.	2
Continuous irritation disturbing routine work.	3

**II. Watery discharge:**

No discharge	0
Mild (Intermittent only while exposure to wind, sun, working).	1
Moderate (3-4 times a day)	2
Severe (continuous discharge)	3

**III. Size of Pterygium:**

Absent.	0
1-4mm from canthus.	1
5-8mm from canthus.	2
Pterygium touching limbus.	3

L/E	Right eye	Left eye
Lid	N	N
Conjunctiva	Red fleshy growth at inner canthus Grade 2	N
Cornea	Clear	Clear
Pupil	RRR	RRR
AC	ND	ND
Lens	Clear	Clear

**IV. Color of Pterygium:**

Absent.	0
Faint Red.	1
Red.	2
Cherry Red	3

**Treatment Given:**

Procedure – Anjan Karma

Drug – Sarvatobhadra varti anjan Duration - 30 days

Kaal: Anjana karma will be done in morning as sarvatobhadra varti anjana is tikshna and has lekhan karya<sup>8</sup>. Route of Administration – apply it in a Right eye with the help of Netra Shalaka, starting form Kaninika Sandhi to Apanga Sandhi.

Matra – 1 Harenu Matra (40mg)<sup>9</sup>

Instruments – Torch, Slit Lamp, Castroviejo Calliper, Tamra shalaka, Sterile Cotton, Sterile water

- I. Retracted lower eyelid with left hand and asked patient to look upward.
- II. Sarvatobhadra Varti was holded in right hand and rubbed it on shila with the help of sterile water.
- III. Then applied it in on right eye with the help of Netra Shalaka, starting form Kaninika Sandhi to Apanga Sandhi.

IV. After application of Anjana, patient was asked to close his/her eye and move eyeball slowly to make uniform distribution.

V. Once the watery discharge stopped, eye was cleaned with sterile water.

**RESULTS AND OBSERVATIONS:**

	Subjective Criteria:	Before treatment	After treatment
1	Pricking sensation	Grade 2	Grade 1
2	Watery discharge.	Grade 2	Grade 1

	Objective Criteria:-	Before treatment	After treatment
1	Colour of Pterygium.	Grade 1	Grade 0
2	Size of Pterygium.	Grade 1	Grade 1`

**DISCUSSION:**

The primary objective of this study was to study the efficacy of Sarvatobhadra Varti Anjana in the management of Prastari Arma. Among the seven kriyakalpa described in Ayurveda “Anjankarma” has been found to be most effective treatment of Arma. Acharya Vagbhata had said in Uttartantra that Lekhan Anjana is most effective in Arma management. Arma which can be medically treated as per Samhitha and

Granthas and which was not encroaching to pupillary area was taken for the study.

Sarvatobhadra Varti is Kaphaghna and has lekhan property and contain predominantly katu, tikta rasa, hence it was decided to use Sarvatobhadra Varti Anjana in the management of Prastari Arma. Sarvatobhadra Varti Anjana was Lekhan Anjana 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 sringataka marma through mouth, nose and eye. Due to these properties Sarvatobhadra Varti Anjana was able to reduce pricking sensation, watery discharge and inflammations.

### **CONCLUSION**

On the basis of this single case study, it can be concluded that Sarvatobhadra Varti Anjana karma is effective in management of Prastari Arma.

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