



Research Article

TO STUDY THE EFFICACY OF YASHTIMADHU KWATH AASHCHONTANA IN SIMPLE HYPERAEMIA OF CONJUNCTIVA WSR SIROTPATA

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KEYWORDS: Conjunctival hyperaemia, *Sirotpata*, *Yashtimadhu*, *Aashchontana*.

ABSTRACT

This is a study of Effect of *Yashtimadhu kwath Aashchontana* in simple Hyperaemia of Conjunctiva (*Sirotpata*). Simple Hyperaemia of conjunctiva means congestion of the conjunctival vessels without being associated with any of the established disease. Acharya Sushruta describe *Sirotpata Netra-vikar* in Uttartantra. In *Sirotpata* eyes becomes reddish “*tamra* with or without pain”. According Acharya Vagbhatta, in *Sirotpata* eyes becomes reddish because of conjunctival vessel congestion and *Netra daha* is also present but there is no pain, watering or mucous discharge. Sushruta described *Sirotpata* as a *Raktavikarjanya – Sadhya vyadhi*, so *Chikitsa* of *Sirotpata* is described in *Raktaabhisandhya prathishodhan Aadhyaya*. So we can correlate conjunctival hyperaemia with *Sirotpata*. *Yashtimadhu* is one of the well known *Chakshushya dravya* in Ayurveda. *Yashtimadhu* have *Madhur rasa*, *Madhur vipaka*, *Snigdha*, *Guru-guna* and *Shitviriya* so it is good *Rakta pitta shamak*. In hyperaemia of conjunctiva, *Rakta-pitta dushti* is present. *Yashtimadhu kwath aashchontana* help to reduce *Vata-pitta dushti*. We use *Yashtimadhu kwath aashchontana* in simple hyperaemia of conjunctiva i.e. *Sirotpata*. We choose fifteen patients of conjunctival simple hyperaemia to give *Yashtimadhu kwath Aashchontana* 10 drops per day for 7 days. After 7 days out of 10, in most of the patients conjunctival congestion as well as ocular discomfort decrease. It can be concluded that *Yashtimadhu Kwath Aashchontana* is useful in conjunctival hyperaemia w.s.r. *Sirotpata*.

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INTRODUCTION

Eyes are rightly regarded as “windows to the soul” and the precise meaning of this phrase would mean that you can look into the eyes of an individual and decipher the nature of the soul. In Ayurveda the eye related disease is not restricted to the eyes itself but is considered as a result of imbalance of *Doshas* in human body. All type of eye disorder are broadly described in Sushrut samhita – Uttartantra, Sarth Vagbhata and in Ashtang sangrah and many other Samhitas. According to Ayurveda eyes are developed with *Pruthvi aadi Pancha mahabhutas* among all *Panchamahabhuta Teja mahabhuta* is dominating *Mahabhuta* in the development of eyes. *Teja Mahabhuta* means *Agni* - That means *Pitta Dosha*. Ayurveda says *Aalochak Pitta* situated in the eyes with the help of which we can do *Rupadarshana*. According to Acharyas our

eyes are made up of five -*Mandalas*, six- *Patalas* and six *Sandhi*. Among five -*Mandalas* *Shukla Mandala* is third one. *Shukla Mandala* is clean, clear, *Varnantar-rahit mandal*. *Shuklamandal* is also called as *Shuklawaran* can correlate with Conjunctiva.

Conjunctiva is a translucent mucous membrane which lines the posterior surface of eyelids and anterior aspect of the eye ball. It stretches from lid margin to the limbus and encloses a complex space called as conjunctival sac which opens in front at the palpebral fissure. conjunctiva can be divided into three parts 1) palpebral conjunctiva 2) Bulbar conjunctiva 3) fornix conjunctiva.^[1]

Hyperaemia of conjunctiva is one of the common symptomatic conditions.

Simple hyperaemia of conjunctiva means congestion of conjunctival vessel without being associated with any of the established diseases.

Hyperaemia of conjunctiva is

1. Acute transient hyperaemia
 2. Recurrent or chronic hyperaemia
 1. Acute transient hyperaemia occur because of
 - a) Direct irritant such as dust, misdirected cilia, smoke, strong wind, chemical fumes, concretions or simple rubbing of eyes
 - b) Due to eye strain.
 - c) Inflammation of nasal cavity, lacrimal passage and lid causes reflex hyperaemia
 - d) Hyperaemia associated with systemic febrile condition.
 2. Recurrent or chronic hyperaemia usually found in chronic smokers, alcoholics, people residing in dust, ill ventilated room, inpatient suffering from insomnia or having less sleep.
- Clinical feature – Patient usually complaints of redness in eyes feeling tiredness and discomfort.

अवेदना वाअपी सवेदना वायस्याक्षिराज्यो हीभवन्तिताम्राः ।

सुहृर्वीरज्यान्ती च समन्ताद् व्याधीः सिरोटपात् इति प्रदिष्टः ॥ (सु. उ. ६/२९)

Aacharya Sushruta describes *Sirotpata* – *Netra vikar* in Uttar-tantra. In *Sirotpata* eyes becomes reddish “tamra –with or without pain”^[2]

According Aacharya Vagbhatta, in *Sirotpata* eyes becomes reddish because of conjunctival vessel congestion and *Netra daha* is also present but there is no pain, watering or mucous discharge.^[3]

Sushruta described *Sirotpata* as a *Raktavikarjanya* – *Sadhya vyadhi*, so *Chikitsa* of *sirotpata* is described in *Raktaabhishandya prathishodhan aadhyaya*.

कशेरूमाधुकाभ्याम वा चूर्णमम्बरसमवृत्तम् ।

न्यस्तंस्वानतन्तरीक्षासू हितमाश्रोतनम्भवेत् ॥ (सु. उ. १२/१०)

Yashtimadhu churna should be kept in *Aantriksha jala* and that *Yashtimadhu siddha jala* should be used for *Aashchontana* in *Raktaja Aabhishyanda*, *Aadhimanth*, *Sirotpata* and *Sirapraharsh*.

Yashtimadhu is one of the well known *Chakshushya dravya* in Ayurveda. *Yashtimadhu* have *Madhur rasa*, *Madhur vipaka*, *Snigdha*, *Guru-guna* and *Shitviriya* so it is good *Rakta pitta shamak* also. We can correlate hyperaemia of conjunctiva with *Sirotpata* so we can use *Yashtimadhu kwath Aashchontana* in simple hyperaemia of conjunctiva i.e., *Sirotpata*.

Aim and objectives

1. To study effect of *Yashtimadhu kwath Aashchontana* in the management of hyperaemia of conjunctiva wsr to *Sirothaparta*.
2. To study etiopathogenesis of hyperaemia of conjunctiva- *Sirotpata* according to both Ayurveda and modern point of view.

Material and method

Yashtimadhu kwath – *Yashtimadhu* is one of the well known *Chakshushya dravya*.

Botanical name – *Glycyrrhiza glabra* linn.

Latin name – Liquorice

Hindi name – Mulethi

Rasa – *Madhur*

Guna – *Guru, Snigdha*

Vipak – *Madhur*

Virya – *Shita*

Because of *Madhur-rasa*, *Madhur-vipak*, *Guru. Snigdha-Guna* and *Shit-virya yashtimadhu* is one of the best *Pitta rakta shamak dravya*.^[4]

सिराअनुसरीभीदोषर्विगुनैरुध्वमागत्तेः ।

जायन्ते नेत्रभागेपुरोगः परमदारुणाः ॥ (सु. उ. १/२०-२१)

Mithya aahar vihar causes *Vatadi dosha prakop*. All *Prakupit dosha* gather at *Netragat sira* and become *Pitta anusari* different type of *Netra-vikar* develops.

In hyperaemia of conjunctiva *Rakta-pitta dushti* is present. *Yashtimadhu kwath aashchontana* help to reduce *Vata-pitta dushti*.

Yashtimadhu contain glycyrrhizia which is useful for its anti-inflammatory and anti-allergic effect.

The main part of plant used in medicine is the root. This root is demulcent and soothing the mucus irritations.

Yashtimadhu also contain anti-oxidant - flavonoids, saponins, caumorins, sterolscholine, lignins, triterpenoids, amino acids including asparagine, gums, biotin, folic acid, inositol, lecithin, aminobenzoic acid, para-aminobenzoic acid, phosphorous sugar, a yellow dye, vitamin B1, B2, B3, B6 and vitamin E.

Yashtimadhu is good for eyes and eyesight research has been proved that it has anti-allergic properties, so beneficial in allergic conjunctivitis also. It is also anto-viral, anti-bacterial, and anti-fungal properties.

Aashchontana

सर्वेषामक्षिरोगानामादावाआश्रोतनम् हितम् ।

रक्तोदकंङ्घर्षअश्रूदाहरागविबर्हनं ॥ (वा. सु. २३/१)

According to Acharya Vagbhata *Aashchantana* is the most useful *Kriyakalpa* in all eye disease/*Netra-vikar*.

Aashchantana helps to release pain, itching, pricking, sensation, watering, redness and burning in eyes.

Aashchanatana vidhi: Patient is allow to lie down in supine position, then with the help of our left hand, we have to open the patients eye gently and put 10-12 drops of medicated liquid in patients eye at inner canthus, keeping the distance of 2 *Anguli* approx. 3-4 cm.

Yashtimadhu kwath was prepared by a standard method for *Aashchanata*. Acharya suggested to use *Madhur* and *Shitadravya* for *Pitta dashti* with that reference we choose *Yashtimadhu aashchantana* for hyperaemia of conjunctiva.^[5]

METHOD

15 patients attended at the OPD and IPD of Shalakya Department of SMBT Ayurved College and Hospital, Dhamangaon, Nashik.

Yashtyadi Kwath aashchontana 10 drops per day for 7 days. *Yashtimadhu* brought from G.M.P. approved standard pharmacy.

We choose fifteen patients of conjunctival simple hyperaemia to give *Yashtimadhu kwath Aashchantana* 10 drops per day for 7 days.

Criteria of Assessment

- 1) Conjunctival congestion
- 2) Ocular discomfort

Grading of criteria of Assessment

1) Conjunctival congestion

Grade 3 - Bulbar and Palpebral conjunctival congestion

Grade 2 - Only bulbar conjunctival congestion

Grade 1- Only nasal or temporal bulbar conjunctival congestion

Grade 0 - No conjunctival congestion

2) Ocular discomfort

Grade 3 - Severe ocular discomfort

Grade 2 - Moderate ocular discomfort

Grade 1 - Mild ocular discomfort

Grade 0- No ocular discomfort

Observation Day- 1st day, 3rd day, 5th day, 7th day

	1 st day at OPD	3 rd day at OPD	5 th day at OPD	7 th day at OPD
Conjunctival congestion				
Ocular discomfort				

Inclusive Criteria

- 1. Age - 15 – 35 years
- 2. Patient having classical sign and symptoms of as prepared proforma will be selected randomly for present study
- 3. Selection of patient will be irrespective of both sexes.
- 4. Subject who will give written consent.

Exclusive Criteria

- 1. All Conjunctival infections
- 2. All lid infections
- 3. Other eye infections

RESULT

Table 1: Effect on Conjunctiva Congestion

Day	Mean	S.D	T	P Value	Percentage
1	2.600	0.507	-	-	-
3	1.800	0.561	7.48	P < 0.001	30.77%
5	1.133	0.516	11.00	P < 0.001	56.42%
7	0.267	0.458	18.52	P < 0.001	89.73%

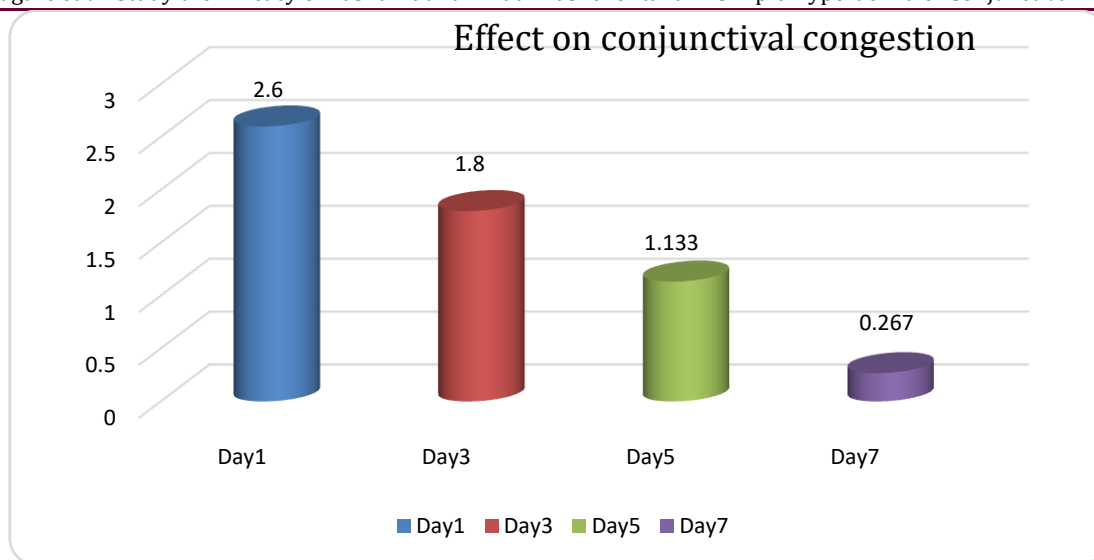
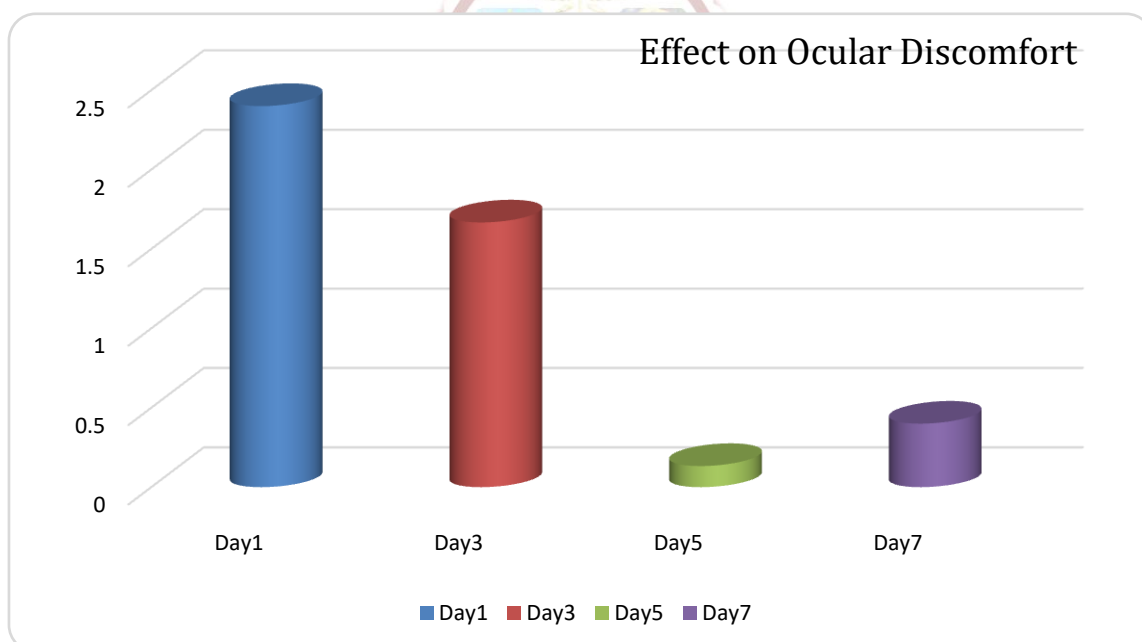


Table 2: Effect on Ocular Discomfort

Day	Mean	S.D	T	P Value	Percentage
1	2.400	0.507	-	-	-
3	1.667	0.617	6.20	P < 0.001	30.54%
5	0.133	0.352	10.72	P < 0.001	94.46%
7	0.400	0.507	14.49	P < 0.001	83.33%



DISCUSSIONS

According to Ayurvedic point of view misdirected cilia, strong wind causes *Vata dushti* while chemical fumes, smoking, alcohol, less sleep causes *Pitta Dushti* even systemic febrile condition causes *Pitta dushti*. Rubbing of eyes causes *Sthanik vata dushti*

Yashtimadhu having *Madhur rasa*, *Madhur vipak*, *Guru*, *Snigdha guna*, *Shitavirya* so it is *Chakshushya* as well as *Vata-Pitta Shamak*.

Glycyrrhizin glabra in *Yashtimadhu* has minercorticoid activity so it is established as anti-inflammatory drug.

Yashtimadhu is demulcent and soothing the mucus irritation. It has also anti- allergic property.

It is anti-viral, anti-bacterial, and anti-fungal properties. With the help of all these information we use *Yashtimadhu Kwath Aashchontana* in simple hyperaemia of conjunctiva.

CONCLUSION

According to Acharya Vagbhata selection of a drug is based on many subtle factors that are involved in the pathogenesis of that particular disease. According to Ayurveda drug that reverses or break the *Samprapti* is ideal.

The drug having *Chakshushya* and *Vata-Pitta Shamak* properties is helpful for treating the *Sirotpata*-Hyperaemia of conjunctiva, so *Yashti madhukwath Aashchontana* as per reference of Sushruta has been selected for the present study. *Yashtimadhu Kwath Ashchontana* shows quiet good result in *Sirotpata*.

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