

Ayurveda Consideration of Abhishyanda and its Management: A Review

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REVIEW ARTICLE

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ABSTRACT

Abhishyanda is considered as *Sarvagata Netraroga* which is a dreadful disease and possess symptoms of conjunctivitis as per the modern science. The inflammation of conjunctiva mainly occurs in *Abhishyanda* which can spread through *Rakta*. *Abhishyanda* if not cured then it can causes *Adhimanth* associated with acute pain. The other complication may includes *Sandhigat roga*, *Shuklagat roga*, *Krishnagat roga* and *Vartmagat roga*, etc. *Abhishyanda* is put as disease amongst the seventeen *Sarvagat rogas*. Ayurveda classics mentioned various types of *Abhishyanda* including *Vataja Abhishyanda*, *Pittaja Abhishyanda*, *Kaphaja Abhishyanda* and *Raktaja Abhishyanda*. The disease involves *Kledana* in *Doshas* and *Dhatu* due to which profuse discharge comes out from the eye. Therefore excessive discharge from eye is the major feature of *Abhishyanda*. Ayurveda described different approaches such as *Anjana*, *Pariseka*, *Pralepa*, *Aschyotana*, *Tarpana*, *Sweda* and *Putpaka* for the management of various *Netraroga*. Some ayurveda formulations and herbs also offers relieves in the symptoms of *Abhishyanda*.

Keywords: Ayurveda, Netraroga, Abhishyanda, Shalakya Tantra

1. Introduction

Conjunctivitis is condition of eye involving inflammation of conjunctiva mainly occurs due to the infection of the membrane. This condition causes irritation and discomfort, Ayurveda described conjunctivitis as *Abhishyand*. As per Ayurveda *Abhishyand* involve pathological changes in the *Strotas* leading to the congestion of vessels of the eye. The

symptoms include *Rag* and *Lohit Netrata*, *Sangharsh*, *Nistoda*, *Daha* and *Paka*, etc.

The literal meaning of *Abhishyanda* is depicted in **Figure 1**, which indicates condition of profuse discharge. The excessive profuse discharge from eye is main feature of *Abhishyanda* which is a *Sarvagata Netra Roga* that affects all parts of the eye (1-5)

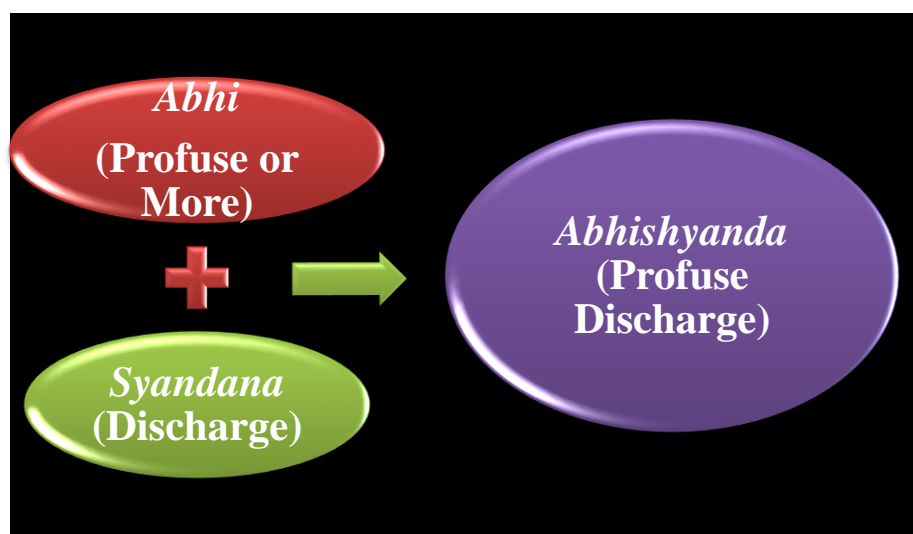


Figure 1. Ayurveda meaning of word Abhishyanda

Conjunctival congestion, sensation, pricking sensation, burning sensation, and inflammation, etc. are common symptoms of conjunctivitis as per the modern science. Conjunctiva becomes reddish and inflamed in conjunctivitis which mostly seen in summer season. Eye drops, lubrication, ointment and antibiotics etc., are major therapeutic approaches for managing symptoms of conjunctivitis.

Symptoms as per modern science:

- Redness in eyes
- Itchiness in eyes
- Irritation in eyes
- Discharge in eyes
- Difficulty to open eye in morning
- Tearing and burning sensation, etc.

Causes:

- Viral infection
- Bacterial infection
- Effects of allergens
- Chemical splash in the eye
- Foreign object
- Blockage of tear duct especially in new born, etc.

Types of Abhishyanda:

- Vataj Abhishyanda
- Pittaj Abhishyanda
- Kaphaj Abhishyanda
- Raktaj Abhishyanda

Samprapti Ghataka:

- **Dosha:** Kapha Pradhana Tridosha
- **Dushya:** Rasa and Rakta
- **Srotasa:** Rasavaha and Raktavaha Strota
- **Dushti:** Sanga and Atipravriti.

The etiological factors causes *Sarva deha syandana* leading to the *Siro-abhishyanda* which in later stage causes *Netra-Abhishyanda* involving *Khavaigunya* associated with *Acaksusya sevana*. The

major *Dosha* involve in condition is *Kapha*, while *Rasa Dhatu* along with *Rasavaha Strota* produces condition of *Sanga* and *Atipravriti*.

Abhishyanda Chikitsa:

Snigdha or *ushna* drugs used for *Vataj abhishyanda*, *Mrudu* and *shitala* therapy recommended for *Pittaj abhishyanda* while *Tikshna*, *Ruksha* and *Vishada* drugs advised for *Kaphaj abhishyanda*.

Snehan, *Swedana*, *Anjana*, *Seka*, *Ruksha Aschyotan* & *Ruksha Putpaka*, etc. are useful for *Kaphaj Abhishyanda*. Local application of paste of drugs to eyelids externally, here drugs like *Rasanjan*, *Shunthi*, *Vacha*, *Haridra* and *Murungi*, etc. can be used for the purpose of local application in case of *Abhishyanda*.

Tikshna gandusha & *Nasya* also advised when symptoms are manifested, *Snehana* with *Ghee*, *Sneha virechana*, *Snehana nasya* and *Sirobasti*, etc. also advocated to relieves symptoms of *Abhishyanda* (6-10)

- Oral administration of *Sahacharadi ghruta* or *Taila*
- *Sneha Virechana* of *Tilwak ghruta* with *Tilwak kashay*
- *Sneha basti* or *Anuvasana basti* to removes vitiated *Doshas*.
- *Nasya* with *Shatavari*, *Dashmula*, *Balamula* and *Siddha Tail*, etc.
- *Tarpana* with *Shriparni*, *Eranda* and *Nagarmotha*, etc.
- *Snehik putpaka* also advised.
- *Ascyotana* of goat's milk boiled with the bark of *Tagara*, *Manjishta* & *Hribera*, etc.
- *Anjana* formed due to the mixture of *Haridra*, *Jeshtamadha* and *Haritaki*, etc. with goat's milk.
- *Aanupves varena shiro vadana lepa* is considered useful.
- *Saktu pindika* is used for *Vataj Abhishyanda*.
- *Granny leaf* paste relieves pain and swelling.
- *Chirchite* paste reduces inflammation.

- *Prajmoda* juice when applied externally then helps in conjunctivitis.
- *Chandi* milk provides soothing effect.
- Rose-paste mixed with butter relieves symptoms of conjunctivitis.
- *Tulsi* leaves helps to reduce inflammation.
- *Triphala Churna* is considered good for spurring allergic inflammation and burning sensation.
- *Chandroyati Vati* improves allergy resistance, thus can be advised for conjunctivitis.

Conclusion

Abhishyanda is Sarvagata Netraroga which affects eye in all ways and possess symptoms of conjunctivitis as per the modern science. The inflammation of conjunctiva leads profuse discharge from eye associated with other symptoms like; Lohit Netrata, Sangharsh, Nistoda, Daha and Paka, etc. Ayurveda mentioned various types of Abhishyanda i.e.; Vataja Abhishyanda, Pittaja Abhishyanda, Kaphaja Abhishyanda and Raktaja Abhishyanda. Ayurveda described different approaches such as Anjana, Pralepa, Aschyotana, Pariseka, Tarpana, Sweda and Putpaka, etc. for the management of various Netraroga. These Kriyakalpas offers several health benefits in case of Abhishyanda and Kaphaghna Dravyas plays important role in Abhishyanda Chikitsa since it is Kapha dominant condition. Eye drops, lubrication, ointment and antibiotics etc., are major therapeutic approaches for managing symptoms of conjunctivitis as per the modern science.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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