



MANAGEMENT OF VERNAL- KERATOCONJUNCTIVITIS (VKC) OR SPRING CATARRH WITH LEECH APPLICATION. ONE OF THE REMEDY OF RAKTAMOKSHANA. (CASE-STUDY)

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ABSTRACT

: A 11 year child complaining of itching, watering, redness, photophobia, visual disturbances due to photophobia since last 2 years intermitantly in both EYES. He was diagnosed as allergic conjunctivitis (VKC) and treated with Raktamokshana principle. So Ubhaya Netra Apang Pradeshi Jalaukavcharana after Mahatikta ghrutpana and shows good reduction in symptom. The study needs to be further continued with larger samples to generalize results.

KEYWORDS : Allergic conjunctivitis(VKC),Leech application, Jalaukavcharana,Mahatikta ghrut

INTRODUCTION:

VERNAL- KERATOCONJUNCTIVITIS (VKC) or Spring catarrh is a recurrent ,bilateral,interstitial,self limiting ,allergic inflammation of conjunctiva having a periodic seasonal incidence.

Etiology:

It is considered a hypersensitivity reaction to some exogenous allergen in which IgE mediated mechanism play an important role .Such patients gives personal or family history of allergy and their peripheral blood shows eosinophilia and increased serum IgE levels

Pathology:

conjunctival epithelium undergoes hyperplasia .Adenoid layer shows marked cellular infiltration with conjunctival blood vessels .Fibrous layer shows proliferation.

Clinical Features:

Spring catarrh is characterised by marked burning and itching sensation along with photophobia,lacrimation ,strigy (ropy) dischargeand heaviness of lids bilaterally.

Case study and Treatment:

A 11 year child complaining of itching, watering, redness, photophobia, visual disturbances. Taking allopathic treatment for the same with local decongestant drops and steroid .The effect of treatment is very short and the disease shows recurrency.

So he was diagnosed as Netragat Raktadushti and treated with parasurgical method i.e. with Ubhaya Netra Apang Pradeshi Jalaukavcharana after mahatiktaghrut snehapana.

Dose:

- 1 Mahatiktaghrut 10ml with warm milk for 3 days
2. Ubhaya Netra Apang Pradeshi Jalaukavcharana After 7days Interval for 1 month.

Drugs:

Mahatikta ghrut- Saptaparna, Ativisha,Tiktrohini, Patha, Musta, Ushira, Triphala, Patola,Parpataka, Dhnavyasa,Chandana, Pippali, Gajpippali, Daruharidra,Uragandha,Vishakha, Shatavari, Sariva, Vasa, Murva, Amruta,Kirattikta, Yashtimadhu, Trayamana, cow ghrut, Amalaki swarasa. And ghrut is prepared

CONCLUSION:

As VKC is an allergic inflammation it shows recurrency with modern treatment .Recurrent use of steroid may shows adverse effect on eyes.According to ayurved it was taken as Netragata Raktadushti along with vata predominance.So Mahatikta ghrutpana and Jalaukavcharana is taken to recover netragata vataraktadushti. In this case patient get complete relief from all symptom with no recurrency during follow up of 6 month.

The results were observed needs to be evaluated with larger samples.

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