



CLINICAL EFFICACY OF TARPAN WITH SHATAVARI GHRIIT IN MANAGEMENT OF SHUSHKA-AKSHIPAK WITH SPECIAL REFERENCE TO DRY EYE

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ABSTRACT

Now a days, every person is running after life's goal. Hence, does not have time to think and act for the healthy life and not able to follow the proper Dincharya, Ritucharya, Dietetic rules and Regulations. It may responsible to the aetiopathogenesis of visual disorders

5-6% individuals are affected by dry eye, the prevalence rises to 6-9.8 % in post menopausal women and as high as 34% in the elderly person. In modern aspect, dry eye is a group of disorder of tear film due to deficiency of lacrimal secretion or excessive tear evaporation which causes damage to interpalpebral ocular surface, it is associated with symptoms of ocular discomfort, so Tear substitutes are only treatment modality which provides symptomatic relief.

Ayurveda described a similar condition known as shushka – akshipaka which shows symptoms like gharsha, tod-bhedvatvedana, rukshata, kruchhronmilan etc. In Ayurveda many preventive topical and systemic treatment modalities are mentioned for netravayadhirsons. Patients were selected from OPD & IPD of shalakya dept of Eknath Ayurved Rungalaya, Shevgaon and were selected randomly divided into two groups. 30 patients of trial group were treated with Shatavari ghrit tarpan.

30 patients of control group were treated with Carboxy methyl cellulose eye drop. Duration of treatment was 10 days. Results-final assement was done at 28th day.

Both treatments are effective in shushka-akshipak

CONCLUSION- Tarpana with shatavari ghrit and carboxy methyl cellulose eye drop were found equally effective in Shushka-akshipak (Dry eye).

KEYWORDS : Dry eye, shushka-akshipak, shatavari ghrit tarpan, carboxy methyl cellulose eye drop.

INTRODUCTION

Ayurveda the ancient science of india, has describe the importance of eye, without which a life is miserable.

Diseases are classified according to its site. Involvement of most of eye considered as sarvagata vyadhi, numerated as 17, one of the common is shushkaakshipaka. Acharya sushruta described the shushkaakshipaka in Su.Ut. 6/26 also Acharya vagbhat describe it in As.Ut. 18/16.

The disease in which patients shows symptoms of gharsh, todvat vedana, rukshata, kruchhonamilan, shitaichha etc. at eye known as shushkaakshipaka Acharya sushruta consider vatprakop while Acharya vagbhat consider vat-pitt a prokop as its predisposing factor.

Based on similarities of sign and symptoms Shushka-akshipak can be co-related with dry eyes. 5-6% individuals are affected by dry eye, the prevalence rises to 6-9.8 % in post-menopausal women and as high as 34% in the elderly person.

Patients suffering from shushka-akshipak very commonly found in OPD. Hence it has been selected shushka-akshipak for the study can be co-relate with dry eye.

Various acharyas described systemic as well as topical treatment for shushkaakshipaka. As sushruta included shushka-akshipaka in vataroga and Acharya vagbhat described the treatment of shushka-akshipak as a tarpan by snigdhadravayas.

So, I selected shatavari and goghrith both having chakshushya, rasayan, snigdha, guru properties both act as lubricant and vatghna.

AIM

Study the efficacy of Shatavarighrit tarpana in management of shushkaakshipaka with special reference to dry eye.

OBJECTIVES

- (1) To study the concept of shushkaakshipaka in Ayurvedic aspect.
- (2) To study the concept of dry eye in modern medicine.
- (3) To correlate the Shushkaakshipaka & dry eye.
- (4) To study the properties of shatavarighrit & corboxy methyl cellulose in detail
- (5) To access the lubricant vataghna effect of shatavarighrit (6) To compare effect of shatavari ghrit tarpan and carboxy methyl cellulose in group A and B.

MATERIAL AND METHODOLOGY

Inclusion criteria -

- 1] Patient willing for trial.
- 2] Patient of age group 15-60 years irrespective of sex, educational status, Marital status, caste etc
- 3] Patient having symptoms of shushkaakshipaka.

EXCLUSION CRITERIA-

- (1) Patient with known case of DM or any immune compromise symptoms or hypertension.
- (2) Patient with having any other ocular pathology.
- (3) Patient with other systemic drug which may alter the result of study.
- (4) Patient who is contraindicated in tarpan procedure
- (5) Sjorgen's syndrome

METHODOLOGY:

After history had been taken regarding sign and symptoms of patients, selected patients were drawn into 2 groups i.e. Group A and Group B

DRUG ADMINISTRATION

Group A: Patients was treated with shatavari ghrit tarpana Once in a day for 1000 matra (10 min) for 10 days.

Group-B : Patients was treated with topical carboxy methyl cellulose eye drop 1 drop 5 times a day for 10 days.

Assessment was done at last follow up i.e. 30th day.

FOLLOW UP:

Follow up of these patients were taken on 5th, 10th, 20th and 30th day. This observation were subjected to analysis. At first visit routine ophthalmological examination was done.

ASSEMENT CRITERIA

Table No.2 Gradation Of Sign And Symptoms

Parameter	0	1	2	3
Gharsh	No Irritation.	Mild, discontinue, tolerable. Grade d)	Moderate, continuous, tolerable.	Severe, continuous, intolerable.
		Grade +3:		

Todavat vedana	No foreign body sensation Grade +1 : Mild, discontinue, tolerable. Grade +2 : Moderate, continuous, tolerable. Grade +3 : Severe, continuous, intolerable	Mild, discontinue, tolerable.	Moderate, continuous, tolerable	Severe, continuous, intolerable.
Rukshata	No feeling of dryness. Grade +1 : Mild Grade +2 : Moderate Grade +3 : Severe.	Mild.	Moderate,	Severe
Kricchhona milan	No ocular discomfort.	Mild, episodic, occurs under stress.	Moderate, episodic or chronic, stress or no stress.	Severe, frequent or constant, without Stress.
Schirmer's test (Waiting of filter paper)	>15mm	10-15mm	5-10mm	<5mm

OBSERVATION AND RESULTS:

Statistical test used
Wilcoxon sign rank test for subjective criteria.
Unpaired t test.

Table No.3 Findings In Group A

	Mean	S.D.	S.E.	W	Z	Result
Gharsh	0.367	0.49	0.089	465	-4.78	Significant
Todavat vedana	0.267	0.52	0.095	435	-4.70	Significant
Rukshata	0.367	0.49	0.089	465	-4.7	Significant
Kricchhonamilan	0.4	0.498	0.09	231	-4.014	Significant
Schirmer's test	0.46	0.507	0.092	28	-1.36	Insignificant

Table No.4 Findings In Group B

	Mean	S.D.	S.E.	W	Z	Result
Gharsh	0.5	0.629	0.115	406	-4.78	Significant
Todavat vedana	0.433	0.727	0.132	406	-4.622	Significant
Rukshata	0.467	0.628	0.114	465	-4.78	Significant
Kricchhonamilan	0.567	0.626	0.114	276	-4.19	Significant
Schirmer's test	0.433	0.504	0.092	45	-1.66	Insignificant

DISCUSSION

It is the commonest defect affecting the eyes leading to functional disturbance and can even account to impairment of vision if cornea is involved. Local area being polluted, having hot and dry climate can be considered as Sadharan Desh (Charak Samhita).

So most of the patients attending the OPD of Shalakya department of our college are dry eye cases. Because of these reasons, the disease Shushkaakshipaka (dry eye) had been selected for present study.

According to Ayurveda treatment of any disease means its 'samprapti bhanga'. In this study shatavarighrit has been used for this purpose. Probable mode of action of shatavari ghrit tarpana- In the present study, shatavari ghrit has been used as a topical application in the form of Tarpana. Ghrita is effective in subsiding Vataja and Pittaja disorders.

Bhavaprakasha has also described Ghrita as Rasayana, Chakshushya, Balya and protects body from various diseases.

Shatavari are also having Chakshushya, balya, rasayana, snigdha properties. So, these drugs processed with Ghrita are beneficial for the strengthening of the eyes.

The Garsha, Todvat vedana, Rukshata, Kricchhonmilan are the vata predominant conditions. While the all ingredients have vatashamaka properties like snigdha, guru, madhura, veepaka, sheeta, veerya and also

chakshushya property, must be responsible for relieving the symptoms of shushka-akshipaka.

CONCLUSION

Shatavarighrit tarpan and carboxy methyl cellulose eye drop can be considered as equally effective in treating Shushka-akshipaka.

Shatavari ghrit tarpan has not shown any side effect. Shatavari ghrit tarpan is safe, effective, easily available and applicable treatment for shushka-akshipaka.

Tarpana is the procedure of choice for treating shushka-akshipaka.

In future this may be a valuable clue for further study

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