



ANALYTICAL STUDY OF SPECIFIC PATHOLOGICAL MEASURES OF DRY EYE IN AYURVEDA

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ABSTRACT Before the creation of Universe, the self-born lord Brahma created the Ayurveda, Which, always provide a number of passages to the human beings to go through their healthy and healing life. At present human lifestyle as well as the environmental conditions changes in such a way that their overall physiological, vital and sense organs get affected drastically. One such physio-environmental condition noted out at present era significantly, among all ages of humans. That is the dry eyes disease also considered to be the Shushkakshipaka. It is a disease which occurs due to change in life style. In Modern science, it can be correlated with Dry Eye Disease. However, in modern ophthalmic pathology dry eye is not an ocular surface inflammatory disease rather than it is tear film insufficiency disease. As per Ayurveda, aetiology and pathology of dry eye are variable. The Samprapti of Shushkakshipaka mainly occurs by vitiation of Vata and Pitta. In Shushkakshipaka, Vata & Pitta obstructed channels of the tear which clear by Shodhana Nasya of Anutaila. After getting clear tear channel, need to nourish the eye for proper formation of tear by Santarpana means Tarpana with yashtimadhusiddha Ghrita. Anutaila Nasya and yashtimadhusiddha Ghrita Tarpana improve netrabala-visual efficiency. According to Acharya Susruta Anutaila Nasya is beneficial in the management of Shushkakshipaka. Anutaila Nasya as a Shodhana Nasya which clear the obstructed srotas and increases local circulation and due to this nourishment of organ increased, hence forming the tear.

KEYWORDS : Shushkakshipaka, yashtimadhusiddha, Samprapti, Tarpana

INTRODUCTION:

Eyes are greatest gift of God and window to our soul. Changing lifestyle invariably cause metabolic changes that influence the normal function of eye, resulting in disease state. Major eye complaints are associated with the lifestyle disorders. Dry Eye is one of them. Modern medical science has made tremendous and remarkable progress and advances in the field of Ophthalmology and E.N.T. in recent times. No doubt that the understanding of human anatomy in recent era has revolutionized the medical science and the method of diagnosis. Still for many diseases, final solution is not yet achieved. Today we are living in a highly sophisticated environment due to the development of the science. This has also an effect on our lifestyles and dietary habits. Shushkakshipaka is one of the outcomes of this changing lifestyle, food habits and environment. Because of these reasons, the disease Shushkakshipaka had been selected for present study.

In Sushruta Samhita similar condition is termed as Shushkakshipaka, which matches etymological derivation and clinical picture like burning sensation, irritation, strain, redness in eyes along with blurring of vision and headache¹.

Shushkakshipaka is caused by vata vitiating nidana. Later on, pitta vitiating factors also contribute to the disease pathology. There are two types of nidanas to be considered. One is the general vata/pitta vitiating factors and vishesha achakshushya nidanas that affects netra avayava specifically.

Samanya Nidana:

Nidana which can cause vitiation of vata and pitta are²:

- Vegavinigraha or suppression of natural urges causes vata vitiation and Suppression of adhovata, mala, mutra and nidravega can initiate ocular pathology.
- Dhoomanishavana – direct exposure to smoke causes vitiation of pitta dosha by its ushna teekshna guna. Also vata dosha is aggravated by its ruksha, laghu, sookshma guna.
- Rajodhumanishavanath(Bhavamishra) – exposure to dust and smoke.
- Atisheegravyanata – traveling in vehicles.
- Atisheeta sevanata-It may be in the form of airconditioned environment, this leads to vata prakopa.
- Hot, dry climate – Vata Pitta kopa.
- Older age – Vata prakopa is common in this age. It has been recognised as a cause of dry eye.
- Intake of food predominantly katu, kashaya and tikta rasa, dried leafy vegetables, roasted meat (vallura), pulses like mudga, masura, kalaya causes vata prakopa.

Vishesha Nidana:

Nidana that are responsible for eye disease are mentioned in detail by Susruta. Amongst these nidana, those that lead to shushkakshipaka are³:

- Doorekshanata or looking at distant object for a long time. This results in infrequent blinking resulting in decreased secretion from meibomian glands. Prolonged visual efforts associated with decreased blink rate such as reading or watching TV.
- Swapna viparyaya or altered sleep pattern. Night awakening cause vata pitta prakopa.
- Prasakta Samrodana or continuous weeping. It causes vata vitiation. It leads to neuro deprivation resulting in less tear secretion.
- Kopa and Shoka or excessive anger and grief also leads to pitta and vata vitiation respectively which affects the tear secretion.
- Food like shukta, amla, aranala have alcoholic properties, leads to vata pitta aggravation.
- Kulattha is kashaya rasa ushna veerya and amla vipaka. If taken for long time causes rakta and pitta disorders.
- Asatmendriyatha samyoga especially atiyoga and mithya yoga of chakshur indriya.

Samprapti:

In case of shushkakshipaka, as the disease name suggests rookshata is the basic cause of disease. Nidana mainly vihara and environmental factors predominantly cause an increase of ruksha guna in netra. This rukshata is responsible for kshaya of vata. Since tear film (may be considered as tarpaka kapha as provides snigdhta to eye, also is involved in the nourishment of cornea) is the most external part of netra and is directly exposed to nidana, vata kshaya happens over the ocular surface, which is very evident from the reduced quality of components of tear film, which in turn affects the normal movements of lids especially unmeelana (opening) in the beginning. Because of this reason it is considered as vartmagataroga by Acharya Vagbhata and named as Krichonmeelan, gradually pitta get involved in the samprapti if the condition is not addressed properly. the samprapti penetrate deeper dhatus of conjunctiva and cornea so that more inflammatory changes develop and now the possible diagnosis is strictly from the context of sarvakshigataroga vijnaneeya i.e. sushkakshipaka.

Vata kopa causes stabdhatha. Tear film loses its snigdha quality and this affects the movement of vartma, causing vartmastabdhatta. For any action or movement there must be a factor responsible for stimulation as well as its transmission and also a factor responsible for

performing the act. Lacrimal Functional Unit is an integrated system comprising the lacrimal glands, ocular surface (cornea, conjunctiva and meibomian glands) and lids, and the sensory and motor nerves that connect them. Increased vata destabilises the lacrimal functional unit, this results in reduced tear flow which causes difficult in the opening and closing of lid⁴.

Lakshana:

Dry eye is now recognized as a symptom based disease. From the ayurvedic point of view the symptoms of dry eye can be grouped in two stages. In the first stage the symptoms are a manifestation of vata vitiation on the vartma (ocular surface) and in the second stage ocular inflammation due to pitta involvement is responsible for the symptoms.

Stage 1

1. Pain and Difficulty to move lids after waking from sleep,
 2. Gritty sensation inside eye,
 3. Difficulty to open lids,
 4. Watering,
 5. Vigorous rubbing reduces symptoms
- It helps in releasing secretions from the meibomian glands, thereby wetting the ocular surface.

Stage 2

1. Grittiness,
2. Pricking and cutting pain,
3. Sticky feeling,
4. Difficulty to open and close lids,
5. Roughness and disease of lid,
6. Dryness,
7. Inclination for cold,
8. Pain,
9. Inflammation,
10. Stiff and dry lids,
11. Blurred vision,
12. Opening of eye is difficult and painful.

Chikitsa:

Chikitsa is aimed at samprapti vighatana or interfering in the disease pathogenesis. In the first stage, when vata is predominant, disease is limited to vartma, vata hara treatment is done giving importance not to vitiate sthanika pitta. Hetuprathyaneeeka chikitsa in the form of life style modification also plays a key role. In the second stage, when pitta and vata are predominant, vattpitta hara chikitsa is advised⁵.

Stage 1

- Purana ghrit medicated with Yashtimadhu
- Nasya, dhoomapana, anjana – snigdha
- Purana ghrit helps in elevating vata vitiation and addition of pittasamana drugs like yashtimadhu helps to protect the sthanika pitta. Snigdha nasya, dhoomapana and anjana are helpful in treating vata vitiation

Stage 2

- Ghritpana with jeevaneeya gana, Tarpana with jeevaneeya ghrit, Nasya with anutaila
- Seka with kosha milk with saindhava or milk with haridra and devadaru
- Anjana

Jeevaneeya gana possess vathahara property. Nasya with anutaila is aimed at protecting kapha which can vitiate because of snigdha, brimhana treatment. Hetuprathyanika chikitsa plays a major role. Hence along with the treatment necessary lifestyle modifications has to be advised. Some of the required changes are:

- Avoid excessive air movement: windy conditions – outside or inside
- Avoid hot, dry environments and to add moisture to the air. Airconditioning is as bad as heaters for increasing the evaporation of tears.
- Wear glasses on windy days and goggles while swimming. The wraparound style of glasses may help reduce the effects of the wind. Goggles protect eyes from chemicals in pool water that can dry the eyes.
- Take frequent breaks: While watching TV, reading or working at a computer.

- Position the computer screen below eye level: Computer screen below eye level keeps the eye open narrowly. This may help slow the evaporation of tears between eye blinks.
- Stop smoking and avoid passive smoking.

Sadhya

Both Krichhonmeelan and Shushkakshipaka are sadhya or curable diseases. But if not treated properly it can lead to a chronic condition called pilla.

CONCLUSION

To our best knowledge this is the first article to incorporate Krichhonmeelan in the diagnosis of dry eye. There is a general tendency to consider dry eye as shushkakshipaka alone. But in practice, we see that dry eye begins with the symptoms of krichhonmeelan. If the symptoms are analysed deeply, we find that dry eye has two stages. Initial stage is caused because of vataakshaya in tear film leading to rukshata of tear film. This stage is named Krichhonmeelan by Vagbhata acharya. In the later stage, pitta is involved in the pathology and samprapti then involves other structures of eye, leading to a sarvakshi disease. This stage is stage of Shushkakshipaka. Treatment in the initial stage is aimed at relieving the vata vitiation and in later stages vata pitta treatment has to be administered.

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