



EFFECT OF AYURVEDIC TREATMENT ON ALLERGIC CONJUNCTIVITIS : A REVIEW

Medical Science

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ABSTRACT

Allergic Conjunctivitis is a common clinical condition faced by practitioners. About 15 to 20 percent of the world population suffer from some sort of allergic ocular disease. In *Ayurveda* it can be correlated with *Abhishyanda* on the basis of symptoms like *Toda* (Pricking pain), *Sangharsha* (foreign body sensation), *Achhasruta* (watering), *Alpa Shophya* (mild chemosis), *Vishushka Bhava* (feeling of dryness), *Parushya* (dryness), *Alpa Dushika* (discharge), *Kandu* (itching) etc. *Vata* is the chief culprit and other *Doshas* are associated with it. Present study is aimed to review clinical research works which were carried out on Allergic Conjunctivitis in *Shalaky Tantra* Department of IPGT and RA, Gujarat Ayurved University, Jamnagar to find out the effect of *Ayurvedic* treatment. In these studies, *Mahatriphaladya Ghrita*, *Haridrakhand*, *Rasayanadi Yoga* as internal medicine and *Triphala Ashchyotana*, *Bilvadi Ashchyotana*, *Shigruadi* eye drop and *Shigruharidradi* eye drop topically were used as treatment. These treatment modalities showed highly significant results in relieving the signs and symptoms of disease with no adverse reaction.

KEYWORDS

Ashchyotana, Allergic conjunctivitis, *Abhishyanda*.

INTRODUCTION

Allergic conjunctivitis is the most common type of eye allergy and is widely experienced by global population. It has an equal distribution more or less throughout the world, without any exception to the developed and under developed countries having a prevalence rate of 5-22% in general population and a recurrence rate of 41-62%.¹ Due to increased incidence of allergens world-wide and environmental pollution, it stands to be an unsolved mystery in modern medicine. Hypersensitivity of the body's immune system to these allergens is the main etiological factor and also it is common in people who have other signs of allergic diseases, such as asthma, eczema, hay fever and rhinitis. Signs and symptoms of allergic conjunctivitis like redness, itching, watering, burning, F.B sensation, photophobia and rosy discharge which simulates with signs and symptoms of *Abhishyanda* explained in our classics, that are *Ragata*, *Kandu*, *Achhasruta*, *Daha*, *Sangharsha*, *Prakash Asahishmuta* etc. It is of four types depending upon the predominant *Dosha* viz- *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja Abhishyanda*.² *Vata Dosha* is the main culprit with other associated *Doshas*. The drugs having multiple pharmacological mechanism of action like histamine H1 receptor antagonist, mast cell stabilizer, non steroidal anti-inflammatory drugs (NSAIDs) and corticosteroids inhibits infiltration, activation and degranulation of eosinophils and other late phase reaction such as the effect of platelet activating factors are useful in the treatment of Allergic Conjunctivitis, but they are very costly and have their own limitations. Allergic Conjunctivitis is one of such conditions in which all the patients do not respond equally to available anti allergic drugs. None of the anti-allergic drugs available in the market can cure the Allergic Conjunctivitis completely in all the patients. After stopping the treatment there may be chances of recurrence of symptoms. More over these drugs are to be used for longer period to keep the condition under control.

Present study is aimed to highlight effect of *Ayurvedic* Treatment. In this study review of previous research works which were carried out in IPGT and RA, Gujarat Ayurved University, Jamnagar, under department of *Shalaky Tantra* on Allergic Conjunctivitis is done. Therapies like *Kriyakalpa* (Ocular therapeutic procedure), *Snehapana* (Internal administration of medicated ghee) and *Rasayana* (Rejuvenating drugs) were used in these studies.

MATERIALS AND METHOD

Works carried out at IPGT and RA, Gujarat Ayurved University, Jamnagar, under department of *Shalaky Tantra* during 2010-2017 were compiled and screened to assess the impact of *Ayurvedic* treatment modalities in Allergic Conjunctivitis.

OBSERVATIONS

Ashchyotana In Allergic Conjunctivitis

Bilvadi Yoga was used in the form of *Ashchyotana* (traditional method) in the dose of 10-12 drops, three times per day for three months which was compared with *Bilvadi* eye drop formulation (one drop, three times per day for three months). Total 27 patients completed the treatment. Statistically highly significant difference were found in *Sangharsha* and *Toda*, while significant difference was found in *Parushya* and *Ragata* on comparing both type of formulations. This study has established that *Bilvadi Ashchyotana* showed better results in the clinical symptoms of *Vataja Abhishyanda* but still the results obtained in *Bilvadi* Eye Drops group are also encouraging. So, in patients who cannot come for *Ashchyotana* procedure eye drops can be an alternative treatment modality.³

Hingvashtaka Churna 3-5 gm before meal twice a day with Lukewarm water for *Deepana* (Stomachic) and *Avipattikar Churna* 5gm at bed time with lukewarm water for *Virechana* (Purgation) was done before *Triphala Ashchyotana* (10 drops in conjunctiva sac twice a day for 12 weeks) along with *Mahatriphaladya Ghritapana* 15 ml twice daily with lukewarm water for 12 weeks. Total 50 patients completed the treatment. Effect of therapy was highly significant in relieving most of the symptoms of Allergic conjunctivitis but in case of papillary hyperplasia, which shows the chronicity of the disease, it was insignificant. It indirectly shows that the following treatment protocol helped very well in managing the disease but not curing the disease completely.⁴

Shigruadi eye drop was used 6 times per day for 6 weeks which provided statistically highly significant relief in *Toda*, *Achcha-Sruta*, *Alpa Shophya*, *Alpa dushika*, *Ragata* and *Kandu* in 14 patients.⁵

Study conducted with *Shigruharidradi* eye drop (6 times per day for 6 weeks) containing *Shigru* (*Moringa oleifera* Lam.), *Haridra* (*Curcuma longa* Linn.), *Daruharidra* (*Berberis aristata* DC), *Yashtimadhu* (*Glycyrrhiza glabra* Linn.) and *Madhu* (Honey) on 15 patients showed statistically highly significant relief in *Kandu*, *Ragata*, *Prakashsangyata* (photophobia), *Guruta* (heaviness), *Srava* (discharge), *Pichhil Srava* (mucus rosy discharge), *Muhurmuhur Srava* (repeated lacrimation), Foreign body sensation, Burning sensation, *Achcha-Sruta*, *Alpa Shophya* and statistically significant relief in *Toda*.⁶

Rasayana in Allergic Conjunctivitis

Haridrakhand 5gm twice daily for 6 weeks was given with *Shigruadi* eye drops in 15 patients. Study provided statistically highly significant relief in sign and symptoms like *Toda*, *Achcha-Sruta*, *Alpa Shopha*, *Alpa dushika*, *Ragata*, *Kandu* etc.⁷

Rasayanadi Yoga (5gm two times per day) containing *Amalaki* (*Emblca officinalis* Gaertn.), *Guduchi* (*Tinospora cordifolia* Willd.), *Gokshura* (*Tribulus terrestris* Linn.), *Khadira* (*Acacia catechu* Linn.), *Haridra* (*Curcuma longa* Linn.) and *Arogyavardhini Rasa* was given along with *Shigruharidradi* eye drop. It showed statistically highly significant relief on all signs and symptoms of Allergic Conjunctivitis.⁸

RESULT

Table 1: Overall effect of therapy

| Studies | Therapies | Overall Effect % | | | | |
|---------|--|------------------|--------------------|----------------------|------------------|-----------|
| | | Cured | Marked improvement | Moderate improvement | Mild improvement | Unchanged |
| 1 | <i>Bilvadi Ashchyotana</i> | 0 | 42.85 | 50.00 | 07.14 | 0 |
| | <i>Bilvadi eye drop</i> | 0 | 23.07 | 76.92 | 0 | 0 |
| 2 | <i>Mahatriphaladya Ghrita & Triphala Ashchyotana</i> | 0 | 32 | 60 | 04 | 04 |
| 3 | <i>Shigruadi eye drop</i> | 0 | 21.42 | 78.57 | 0 | 0 |
| | <i>Haridrakhand & Shigruadi eye drop</i> | 0 | 26.66 | 73.33 | 0 | 0 |
| 4 | <i>Shigruharidradi eye drop</i> | 0 | 6.66 | 66.66 | 26.66 | 0 |
| | <i>Rasayana Yoga & Shigruharidradi eye drop</i> | 0 | 0 | 73.33 | 26.66 | 0 |

DISCUSSION

General lines of treatment explained by our *Acharya* for *Abhishyanda* are: *Langana* (fasting), *Tikta Anna sewana* (intake of bitter food), *Alepan* (application of medicated paste), *Swedana* (sudation), *Siravedhana* (blood letting), *Virechana*, *Anjana* (eye ointment) and *Aschyotana*.⁹ References of the trials used in the studies are listed in Table 2. Among these treatments *Virechana* and *Ashchyotana* were used in studies.

Ashchyotana is said to be the first line of treatment in all eye diseases. It provides relief in *Toda*, *Kandu*, *Sangharsha*, *Ashru*, *Daha*, etc.¹⁰ According to our *Acharyas* when *Ashchyotana* (Topical drop) is instilled in eye, it passes through *Netra Sandhi* (Ocular junction), *Sira* (Blood vessels), *Nasika* (nose), *Mukha Srotas* (oral cavity) and expelled the *Mala* (waste) of *Urdwajatru* (above clavicle).¹¹ In two trials *Ashchyotana* was used and it was seen that due to busy life style patients want easy treatment modality that's why *Ashchyotana* was modified and used in the form of eye drops in rest of trials.

Allergic conjunctivitis is due to hypersensitivity of body towards specific allergen. The decreased immune system of body is responsible for recurrent pathology. So the ultimate aim of approach was to enhance the general immunity. Oral compound used as *Rasayana* containing drugs like *Amalaki*¹², *Guduchi*¹³, *Gokshura*¹⁴, *Haridra*¹⁵, etc are reported for their immunomodulatory action. Hence, to correct the disease from its root level, local as well as oral formulations were used that proved to be helpful in pacifying sign and symptoms of Allergic conjunctivitis.

No adverse effects of *Ayurvedic* treatment were reported in any of these studies. Hence all studies validate the potential of *Ayurvedic* treatment principles in the treatment of Allergic Conjunctivitis.

TABLE 2: References of drugs under trails

| Trial drug attempted | References |
|---------------------------------|---|
| <i>Bilvadi Yoga</i> | Bhaishajya Ratnavali by Kavirj Ambikadata Shastri, 15th edition, 2002, 64/15 pg.565 |
| <i>Hingvashtaka Churna</i> | Ashtanga Hridaya by Pandit Hari Sadashiva Shastri, chikitsasthana ch-14/35, page 687 |
| <i>Avipattikar Churna</i> | Ashtanga Hridaya by Pandit Hari Sadashiva Shastri, Kalpasthana ch-2/21-23, page 362 |
| <i>Mahatriphaladi Ghrita</i> | Bhaishajya Ratnavali Netrarogadikara 173-180 (API Part II, Vol II) |
| <i>Triphala Ashchyotana</i> | <i>Anubhuta Yoga</i> |
| <i>Haridrakhand</i> | Bhaishajya Ratnavali, Govind Das Sen, Chaukamba Sur Bharati Publication, chap-11/51-58. |
| <i>Shigruadi eye drop</i> | Bhaishajya Ratnavali, Govind Das Sen, Chaukamba Sur Bharati Publication, chap-64/6 |
| <i>Rasayanadi Yoga</i> | <i>Anubhuta Yoga</i> |
| <i>Shigruharidradi eye drop</i> | <i>Anubhuta Yoga</i> |

CONCLUSION

In nutshell, all *Ayurvedic* therapies were found to be significantly effective and clinically safe as no adverse events of adverse drug reactions were reported during treatment period. It was concluded that *Rasayana* with *Ashchyotana* treatment protocol yield more significant result than only applying *Ashchyotana* in the disease.

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