

ERANDADI PINDI IN MANAGEMENT OF VATAJA ABHISHYANDA -A CASE REPORT

Ayurveda

Dr. Pallavi
Gangadhar
Nimalwar*

PG. Scholar, Department of Shalakya Tantra, Sumatibhai Shah Ayurved College, Hadapsar, Pune, Maharashtra, India. *Corresponding Author

Prof. Dr. Nilakshi
Shekhar Pradhan

Professor and HOD, Department of Shalakya Tantra, Sumatibhai Shah Ayurved College, Hadapsar, Pune, Maharashtra, India.

ABSTRACT

Vataja Abhishyanda is one of the most common eye disorders affecting people of all ages due to allergens like dust, pollen from trees and grass, animal dander, chemical scents, etc. It is observed to be a seasonal disease, i.e. during summer and spring. It can be correlated with Allergic Conjunctivitis based on their signs and symptoms. *Abhishyanda* (Conjunctivitis) is the root cause of most eye disorders and must be treated early in effective ways as possible otherwise it may lead to severe complications (Glaucoma, etc.) making the disease unmanageable and would be very difficult to save the eyesight. Allergic Conjunctivitis has symptoms like itching, burning sensation, watery, mucous, or stringy discharge, mild photophobia, and eye hyperemia. Modern medicine treats it by administering eye drops and anti-allergic drugs, which may have some adverse effects. *Ayurvedic* management of Allergic conjunctivitis has shown some effective results in overcoming the disease with no such effects. According to *Acharya Sharangdhara*, *Erandadi Pindi* was done on the patient, who had symptoms of *Vataja Abhishyanda* (Allergic Conjunctivitis) for 7 days. *Vata* is said to be the predominant *Dosha* of *Vataja Abhishyanda*, *Erandadi Pindi* has *Vataghna* properties (pacify *Vata Dosha*); thus, will reduce the symptoms. The assessment of the condition was done before and after treatment.

KEYWORDS

Abhishyanda, Conjunctivitis, Vataja Abhishyanda, Pindi

INTRODUCTION-

According to *Acharya Sushruta*, *Abhishyanda* (Conjunctivitis) is said to be the main cause of almost all ocular diseases and, if not treated properly within time, may lead to chronic conditions and cause severe complications such as *Adhimantha* (Glaucoma)¹. *Acharya Sushruta* described that *Netrabhishyanda* (Conjunctivitis) is a contagious (*Aupsargic*) disease, which means it may be transmitted through contact with the infected person². This explains the urgency of treating the disease to avoid further spread. *Acharya Sushruta* has described *Vataja Abhishyanda* (Allergic Conjunctivitis) in one of the four types of *Abhishyanda* (Conjunctivitis) that can be differentiated in patients with symptoms like *Netra Toda* (pricking sensation), *Shishirashruta* (cold lacrimation), *Shangharsha* (itching), *Parushya* (roughness), *Vishushkabha* (dryness)³ etc. Due to *Vata Dosha Vikruti* (vitiated *Vata Dosha*), all of these symptoms are correlated to Allergic Conjunctivitis. Allergic Conjunctivitis is characterized by clinical features like itching, burning sensation, watery, mucous or stringy discharge, mild photophobia, and eye hyperemia⁴. In India, the prevalence rate of Allergic Conjunctivitis is on the higher side, affecting 15% to 40% of the total Indian population, and is observed to be a seasonal disease, during summer and spring. There are more than 10 million cases per year in India of Conjunctivitis⁵.

Pindi is a line of treatment explained by *Acharya Sharangdhara* for all *Abhishyanda*⁶. *Pindi* is medicated gauze that is applied to the eye. *Erandadi Pindi* was done on the patient having symptoms of *Vataja Abhishyanda*⁶. The treatment of Allergic Conjunctivitis in modern ophthalmology is costly, and it gives temporary relief. Continued use of these drugs has lots of side effects and may develop resistance too. Hence here an effort has been made to elucidate *Vataja Abhishyanda* and its management that is outlined in *Ayurvedic* classics.

CASE HISTORY-

Case report- A 45-year-old male patient visited the outpatient department of *Shalakya Tantra* on 19/12/2024, with complaints of itching, burning sensation, redness, and watery discharge since the last few days. No any medical history. No allergy known till today. After assessing the symptoms diagnosis was made as *Vataja Abhishyanda* and the presence of Eosinophil in the tear film of the patient under the microscope was noted for diagnosis.

On the first day of examination clinical findings

Table No. 1: Clinical Findings

Sr. no.	Heading	Right Eye	Left Eye
1.	Lids	Normal	Normal
2.	Conjunctiva, sclera	Congestion	Congestion

3.	Cornea	Clear	Clear
4.	Pupil	No abnormality noted	No abnormality noted
5.	Anterior Chamber	Normal	Normal
6.	Lens	Normal	Normal
8.	Distant Vision	6/9	6/6partial
9.	Colour Vision	Normal	Normal
10.	Near Vision with Glasses	N/6	N/6

Treatment- The patient was treated with *Erandadi Pindi* once a day for 7 days after taking written informed consent. Routine follow-up after every 3 days was taken, and regression in the symptoms was noted

Material Used For The Procedure: -

Eranda Patra, *Mula*, *Twaka Churna*, Gauze piece, sterile water.

Standard Operating Procedure: -

Preparation of *Pindi*-

Erandadi Churna paste was prepared by mixing a sufficient amount of water in *Churna*. Then it was covered by a gauze piece.

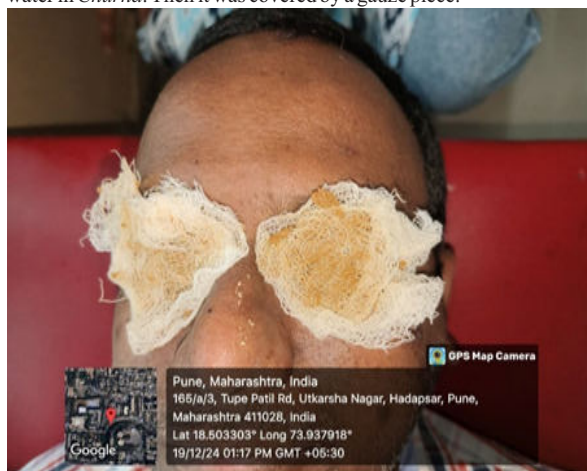


Figure 1: Pindi application

The procedure of application: -

A) *Poorvakarma*-

- Wash hands with water.
- Clean both eyes and the surroundings with a wet gauze piece.

B) *Pradhan Karma* -

- The patient is given a supine position with closed eyes.
- Erandadi Pindi* is applied under aseptic precaution on both eyes.

C) *Paschatkarma* -

- Pindi* is removed after 10-15 minutes.
- Both eyes were cleaned with sterile water.

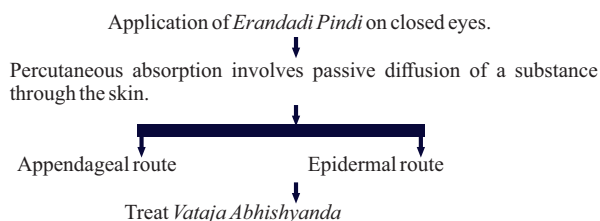
Table No. 2: Observation table: -(Gradation)⁷

Sr. no.	Signs and Symptoms	Day 0	Day4	Day7
1.	<i>Nistodana</i>	02	02	0
2.	<i>Sangharsha</i>	02	01	0
3.	<i>Shishirashruta</i>	03	02	01
4.	<i>AlpaShoph</i>	01	01	0

Table No. 3: Presence of Eosinophils present or absent in tear film

Sr. no.	Signs and Symptoms	Day 0	Day7
1.	Present /Absent		

Mode of action of *Erandadi Pindi* :-

**DISCUSSION-**

Vataja Abhishyanda (Allergic Conjunctivitis) is one among the *Sarvagata Netra Roga*, *Vataja Abhishyanda* has symptoms that are similar to allergic Conjunctivitis. It is a prevalent infection of the eye. According to modern science, the treatment includes local antihistamines, antibiotics, anti-inflammatories, and analgesics. Continuous use of these medications has lots of side effects and may develop resistance, too. Hence, to avoid these *Erandadi Pindi* was selected for the study to find an effective treatment for *Vataja Abhishyanda* (Allergic Conjunctivitis), *Pindi* is the line of treatment for *Vataja Abhishyanda* (Allergic Conjunctivitis) According to *Acharya Sharangdhara Pindi* is indicated for *Amavastha* (in acute conditions), mainly in *Abhishyanda* (Conjunctivitis). *Pindi* acts through percutaneous absorption which involves passive diffusion of substance through skin. The diffusional routes that penetrate normal intact skin involve two routes -the Appendageal and epidermal routes. The appendageal route involves transport through sweat glands and hair follicles. Epidermal route may take either transcellular - intra or intercellular pathways⁸. *Eranda* has *Vatashamaka* and *Snigdha Guna*, it works as *Shothahara* it relieves swelling, and edema, acts as an anti-inflammatory, and is *Shulahara*(reduces pain) and helps in reducing symptoms of allergic conjunctivitis.⁹So, the patient was advised for *Erandadi Pindi* for 7 days, having *Vataghna* (Pacify *Vata Dosha*) which reduces the signs and symptoms of *Vataja Abhishyanda* like *Netratoda* (pricking sensation), *Shishirashruta*(cold lacrimation), *Shangharsha*(itching), *Vishushkabhava*(dryness), *Aplashopha*(chemosis/conjunctival edema), *Erandadi Pindi* provides quick absorption of the drug along with soothing effect, so it is very effective in this condition, so patient get relief from the symptoms of *Vataja Abhishyanda* (Allergic Conjunctivitis).

CONCLUSION-

Vataja Abhishyanda has symptoms that are similar to allergic Conjunctivitis. *Vataja Abhishyanda* (Allergic Conjunctivitis). If not appropriately treated, it can lead to complications such as *Adhimantha* (Glaucoma).¹ If *Ayurvedic* treatment is given in the initial stage of allergic Conjunctivitis, then better results in a short duration can be expected, *Erandadi Pindi* is better in relieving *Netra Toda* (pricking sensation), *Shishirashruta* (cold lacrimation), *Shangharsha* (itching), *Parushya* (roughness) as *Eranda* have *Vatashamaka* properties. *Pindi* is an easy and effective method of drug absorption to the eye, especially during the first stage of the disease or acute condition of the disease (*Amavastha*).

REFERENCES-

- Shashtri, K.A. (2018) *Ayurvedatattva Sandipika* ,Hindi Commentary. Varanasi, Uttarpradesh: Chaukhamba Sanskrit Sansthan. Page no 34
- Ghanekar, A.A.S.B.G. (1975) *Sushruta Samhita* . 4th edn. Delhi: Motilal Banarasidas ,Nidansthan 5/33-34
- Shashtri , K.A. (2018) *Ayurveda tattva Sandipika* ,Hindi Commentary. Varanasi , U.P: Chaukhamba Sanskrit Sansthan. Page no 34
- Khurana, A. (no date) *Comprehensive Ophthalmology Diseases of conjunctiva*. 9th edn. New delhi : Jaypee brothers medical publishers . page no 75
- Azari, A. A., & Barney, N. P. (2013). Conjunctivitis: a systematic review of diagnosis and treatment. *JAMA*, 310(16), 1721–1729. <https://doi.org/10.1001/jama.2013.280318>
- Tripathi, B. (no date) *Sharangdhara Samhita*, Uttarkhanda, Adhyaya 13.sloke no26. Varanasi , UP: Chaukhamba Subharati Prakashan. Page no 280
- THE GRADATIONS OF SHALAKYATANTRA PART-I (NETRA ROG), 05 Gradition of Sarvakshigat Vyadhi THE ASSOCIATION OF SHALAKI-TAS INDIA 2019, Page no.91,92.
- Sivasankari N, B S, N., Viswam, A., & Namboodiri G, K. (2021). *Pindi and Bidalaka - A Review*. *Journal of AyurvedIntegratedMedical Sciences*, 6(5), 210 - 214. <https://doi.org/10.21760/jaims.v6i5.1373>
- Chunekar, P.K. (2020) *Bhavprakashnighantu*. Varanasi: Chaukhamba Bharati Akadami. Guduchyadi Varga,page no 288