



ROLE OF VIDDHAKARMA IN THE MANAGEMENT OF VATAJA ABHISHANDYA (ALLERGIC CONJUNCTIVITIS)- A CASE REPORT

Ayurveda

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ABSTRACT

Human body is gifted with five sensory organs i.e Eyes, Nose, Ears, Tongue, and Skin, among which eyes are considered to be the most important one. In Ayurveda it is said by Acharya Sushruta that "Sarvendriyanam Nayanam Nradhanam" At present the world faces an enormous number of challenges when it comes to eyes. According to Acharya Sushruta often all types of eye diseases arise due to Abhishyanda. Vataja Abhishyanda is characterized by Toda (Pricking pain), Sangharsha (foreign body sensation), Achhasruta (watery discharge), Alpa Shopha (mild chemosis), Vishushka Bhava (feeling of dryness), Parushya (roughness), Shirobhatapa/shirshoola (headache) etc which are very similar to the most of signs and symptoms of the Allergic Conjunctivitis. So, Vataja Abhishyanda can be co-related with Allergic Conjunctivitis. Allergic conjunctivitis is the most common type of eye allergy and is widely experienced by global population. Among them allergic conjunctivitis is managed by ophthalmologists with the help of antihistamines, NSAIDs, corticosteroids etc. Whereas the same condition can be almost correlated with Vataja Abhishyanda in Ayurveda and its treatment is remarkable with less possibilities of recurrence.

KEYWORDS

Vataja Abhishyanda, Allergic Conjunctivitis, Viddhakarma.

INTRODUCTION-

Ayurveda is divided into eight specialities or branches namely Ashtanga of Ayurveda by Acharyas of Bruhatrayee. Acharya Sushruta is the first person who explained the ophthalmology and ENT & Dental Disorder in systematic manner in Uttartantra. According to Acharya Sushruta often all types of eye diseases arise due to Abhishyanda^[1]. Vataja Abhishyanda is characterized by Nistodana (Pricking Pain), Sangharsha (Foreignbody sensation), Acchaashruta (watery discharge), Alpa Shopha (Mild chemosis), Vishuskabhava^[2] (feeling of dryness) and so on. The symptom of Vataja Abhishyanda is very similar to the most of the symptom of Simple Allergic Conjunctivitis^[3]. Based on the symptoms, Vataja Abhishyanda is co-related with simple Allergic conjunctivitis. Prevalence rate of allergic conjunctivitis is 6-30% of general population^[4]. So Vataja Abhishyanda is common disease in a day today practice. There is need to find a proper effective treatment in Ayurveda. More over contemporary medicine have lot of side effects associated with it. Acharya Sushruta has described Viddha karma (bloodletting) as treatment modalities in AkshiRoga (eye disorder). Viddha karma (bloodletting) is also known as Vedhanakarma. Acharya Sushruta explained Ashtavidha Shastra Karma, Vedhana is one of them^[5]. Viddha derived from the word Vyadha, Vyadha means bore a hole to drain the entrapped Vayu. In Sushruta Samhita Acharya Sushruta described different points for Viddhakarma (bloodletting)^[6].

Case History-

In this case study, a 45 years old female patient, working as housewife was selected for Viddhakarma (bloodletting) in the management of Vataja Abhishyanda. The patient visited our OPD of Shalakyatantra with c/o of Nistodana from both eyes, Sangharsha, Alpa Shopha and Headache and dryness since 4-5 days. Patient has no h/o of any major illness/drug allergy/addiction. Two treatment modalities wise modern (topical decongestant drops) and Ayurveda (Viddhakarma) procedure were explained in detail to the patient. Hence with all above conditions, it was decided to treat the patient with Viddhakarma (bloodletting).

MATERIALS AND METHODS

Material

26 number and 1/2-inch needle, cotton gauze, spirit.

Methodology

Study location - Shalakyatantra Outpatient department.

Duration of study - 3 sittings.

Follow up - Consequent day.

Standard Operating Procedure of Viddhakarma Method

Poorvakarma

1. Written informed consent taken.

2. Patient was made to lie down in supine position.
3. BP and Pulse of patient taken.

Pradhankarma

1. The points of Viddhakarma (bloodletting) were cleaned with spirit swab.
2. With the help of 26 number and ½ inch needle, a gentle prick of 1.5 -2.5 mm deep made firstly at Upanasika (lateral aspect of ala), Lalate (on the forehead one and half finger above the eyebrow), Apang (Depression at lateral end of the eyebrow).



Figure 1



Figure 2

Pachyat Karma

Blood oozed out from the pricked site was wiped out with the help of sterile cotton swab.

Criteria For The Assessment Of Effect Of The Treatment

The assessment was done on the basis of relief found in the clinical symptoms and signs of the Vataja Abhishyanda. According to their severity clinical symptoms and signs were given suitable gradation and assessment done before, during and after treatment.

Subjective Parameter –

- 1) Nistodan (Pricking Sensation)
- 2) Sangharsha (Foreign Body Sensation)
- 3) Alpa Shopha (Conjunctival edema / Chemosis)
- 4) Shirobhatapa/Shirshoola (Headache)

Subjective Criteria^[8]

- 1] Nistodan (Pricking sensation)
 - 0 – Absent (no pain)
 - 1 – tolerable and not affect routine work
 - 2 – Tolerable but affect routine work but get relieved by hot fomentation.
 - 3 – It is not tolerable and affect routine work and not get relieved by hot fomentation.

2] Sangharsha (Foreign Body Sensation)

0 – Absent

- 1 – Feeling of discomfort in eye due to FB sensation only but without lacrimation.
 2– Feeling of discomfort in eye due to FB sensation and lacrimation only up to Kaninika sandhi i.e upto inner canthus.
 3 – Feeling of discomfort in eye due to FB sensation with continues lacrimation

3] Alpa Shopha (Conjunctival edema/Chemosis)

- 0 – Absent (no edema)
 1 – Mild (slightly edema detectable only by slit lamp)
 2 – Moderate (more diffuse edema visible in normal room light)
 3 – Severe (ballooning of overall conjunctiva)

4] Shirobhatapa/Shirshoola(Headache)

- 0 - Onset of ShirahShoola is tolerable and patient can perform routine work
 1- Onset of ShirahShoola is not tolerable but patient can perform routine work
 2- Onset of ShirahShoola is not tolerable and patient cannot perform routine work but relieved after Shirobandhan
 3- Onset of ShirahShoola is not tolerable and patient cannot perform routine work and not relieved after Shirobandhan

Objective Parameter^{9]}

1] Vishuskabhava (Feeling of dryness):

Schirmer's Test:

Level of wetting of tear strip above 15mm in 5 minutes	0
Level of wetting of tear strip above 10mm-15mm in 5 minutes	1
Level of wetting of tear strip above 5mm-10mm in 5 minutes	2
Level of wetting of tear strip above 1mm-5mm in 5 minutes	3

Site of Viddhakarma (bloodletting)

Viddhakarma points described by Sushruta in Sushruta Samhita Nidan Sthana are

1. Upanasika (lateral aspect of ala)
2. Apang (depression at lateral end of the eye brow)
3. Lalate (on the forehead one and half finger above the eyebrow)

Table No:1

Symptom	Day 1	Day 2	Day 3
Nistodan (Prickingsensation)	2	1	0
Sangharsha (Foreignbody sensation)	2	2	1
AlphaShoppha (Conjunctival edema/chemosis)	2	1	0
Shirobhatapa/Shirshoola (Headache)	2	1	0

Table N0.2 Objective Parameter –

Parameter	Day1		Day2		Day3	
	Right	Left	Right	Left	Right	Left
Schirmer's test	8mm	10mm	8mm	10mm	9mm	10mm

Ayurvedic Diagnosis-

निस्तोदनं स्तम्भनरोमहर्षसङ्घर्षपाण्यशिरोभितापाः //

विशुष्कभावः शिशिराश्रुता च वाताभिपुन्ने नयने भवन्ति //

(सु. उ. 6/6)^[2]

Vataja Abhishyanda is characterized by Nistodana (Pricking Pain), Sangharsha (Foreignbody sensation), Acchaashruta (watery discharge), Alpa Shopha (Mild chemosis), Vishuskabhava (feeling of dryness), Shiroabhitapa(headache).

Treatment-

सिरामोक्षेणेत्यत्र सिरा औपनासिक्या लालाट्या वा आपांग्या वा ||

(डल्हन-सु. उ. 9/3)^[7]

Viddakarma at Upanasika, Lalata, Apanga.

DISCUSSION-

Vataja Abhishyanda Vyadhi was explained by Acharya Sushruta in Sarvagata Vyadhi of Netrarog. In this Vyadhi there is Vitiation of Vata Dosha. Acharya Sushruta has described Vedhana karma. Acharya Sushruta has mentioned that pain is chief symptom of Vata Dosha. In Viddha Karma (bloodletting), the hallow fine needle is used for piercing at points given by Acharya Sushruta like Upanasika (lateral aspect of ala), Lalate (on the forehead one and half finger above the eyebrow) Apang (Depression at lateral end of the eye brow). After inserting needle at these three point, patient feel lightness at that site due to Vatanulomana with its Laghu and Chala Guna^[10]. A little blood oozed out which gives symptomatic relief in Vataja Abhishyanda

Nistodana, Sangarsha, Alpa shopha, Shirshoola get decreases^[11]. Main mechanism of Viddhakarma is stimulation to sensory fibres from peripheral receptors reduce the transmission of irritating signals from the affected area.

CONCLUSION-

Viddhakarma treatment shows significant results in Netraroga like Vataja Abhishyanda. Patient got 50% relief after first sitting. Viddhakarma gives better symptomatic relief in Vataja Abhishyanda. It is simple, economical, and cost-effective treatment which does not produce any adverse effect.

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