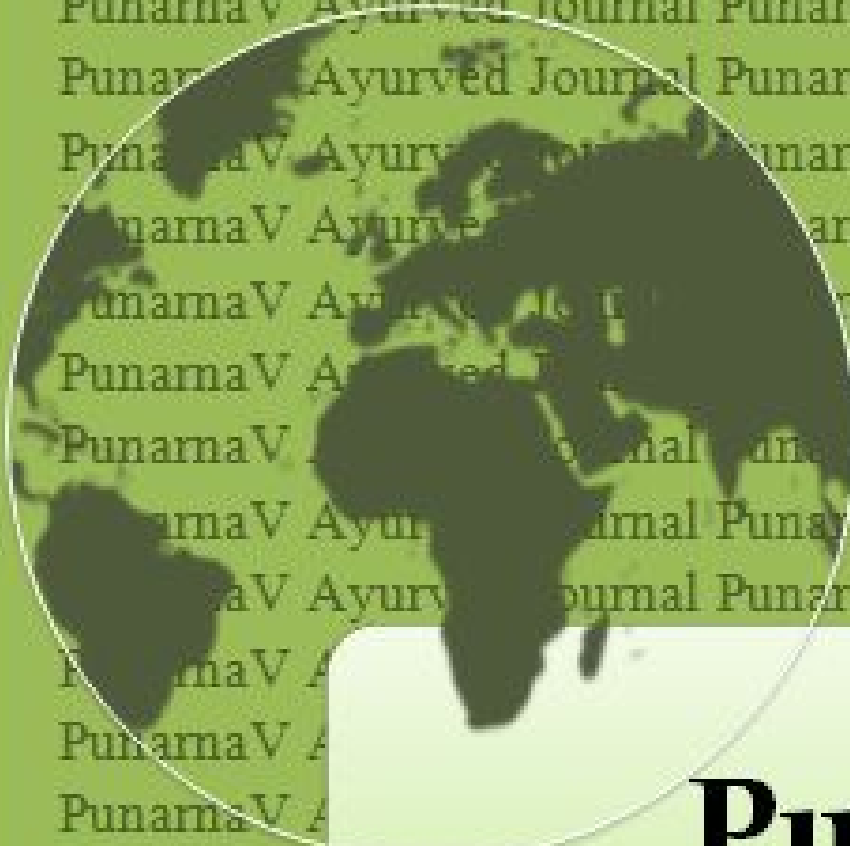


MONTH: JAN-FEB: 2017

VOLUME: 5, ISSUE: 1

ISSN: 2348-1846



Punarna V

TITLE

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**AN INTERNATIONAL PEER REVIEWED AYURVED JOURNAL
ON LINE BI-MONTHLY AYURVED JOURNAL**

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EFFECT OF AYURVEDIC DRUGS IN THE MANAGEMENT OF DRY EYE SYNDROME W.S.R. TO *SHUSHKAKSHIPAKA*

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ABSTRACT

Shalakyā Tantra is one of the branches of Astāngā Ayurveda and Netra Roga Vigyāna is its sub division. Shushkakshipaka is one of the Sarvagatā Netra rogas according to Sushruta and Sadhyavyadhi according to Vagabhata characterized by Gharsha(Irritation), Kunita(Photophobia), Avilā Darshana(Blurred vision), Toda(Pricking type of pain), Daha(Burning sensation) and Raktharaji(Congestion). It can be correlated to Dry eye syndrome on the basis of etymological derivation and clinical picture. The Dry eye is a common condition that occurs when your tears are not able to provide adequate lubrication for your eyes. It is an ocular surface inflammatory syndrome rather than simply a tear film insufficiency. Dry eye is a common & often chronic problem, particularly in adults over 65 years. Women are most likely to develop dry eyes due to hormonal changes caused by pregnancy, use of oral contraceptives & menopause. In modern practice, tear substitutes are the only treatment modality with the preservatives which have their own side effects. As per Ayurveda, Vata-Pitta/Rakta vitiation in Shushkakshipaka is the basic pathology due to disturbed system biology which needs holistic approach to deal with the problem. In the present study, effect of Ayurvedic approach to Shushkakshipaka has been evaluated with three works done on dry eye in the department of Shalakyā I.P.G.T. & R.A. Jamnagar. The study done by Sreekumar K. (2010) on Shushkakshipaka with Mridweekaadi eye drops and Nayanaamrita eye ointment shows 13.73% marked improvement, 52.94% moderate improvement in 51 patients. The study done by Rajesh C Gadhiya(2012) on dry eye syndrome with Mahatriphaladi Ghrita(Tarpana & orally) shows 46% marked improvement, 44% moderate improvement in 50 patients. The study done by Jadhav Nandini (2014) on dry eye with Drakshadi Ghritpana, Vasanjana & Anutail nasya shows complete remission 18%, 64% marked improvement, 8% moderate improvement in 50 patients.

KEY WORDS: Anjana, Nasya, Shushkakshipaka, Tarpana.

INTRODUCTION

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Eyes are Gods greatest gift and window to our soul. Tear secretion in eye provides the lubrication and continuous moisture on ocular surface to maintain comfort, corneal and conjunctival health and vision. The secretions from the lacrimal gland, accessory gland and meibomian gland, compositely from a layer on ocular surface called tear film. Dry eye per se is not a disease entity, but a symptom complex occurring as sequelae to deficiency or abnormalities of tear film¹. Dry eye is especially common in the elderly, occurring in approximately 5–30% of the general elderly population, and affects women more commonly than men . The prevalence disparity by age ranges from 8.4% in subjects younger than 60 years old to 15% in patients 70–79 years old and 20% in those older than 80 years . Various factors predispose older adults to dry eyes including higher rates of systemic and topical medication use, lid laxity, hormonal changes (menopause), inflammatory systemic conditions, and oxidative stress. With greater life expectancy, a growing number of people are expected to join the over-60 age group and the

prevalence of dry eye disease is therefore expected to increase even more². In *Sushruta Samhita* similar condition is termed as *Shushkakshipaka*, under *Sarvagata Netra roga* which matches etymological derivation and clinical picture like irritated eyes, eye strain, burning in eyes, blurring of vision, red eyes, double vision and headache. As per *Ayurveda*, dry eye needs a different approach as the etiology and pathology are variable. *Vata-Pitta/Rakta* vitiation in *Shushkakshipaka* is the basic pathology due to disturbed system biology which needs holistic approach to deal with the problem. And in modern practice it is an ocular surface inflammatory syndrome rather than simply a tear film insufficiency. Tear substitutes are the only treatment modality with preservatives added which also causes the dry eye providing only symptomatic relief and those without preservatives are not cost effective³. In the present study, works done on dry eye in the department of *Shalakya*, I.P.G.T. & R.A. Jamnagar has been reviewed and tried to find out the efficacy of *Ayurvedic* management.

MATERIALS AND METHODS

All the thesis work has been collected from department of *Shalakya*, IPGT & RA, Jamnagar.

METHODS Hand search

The procured thesis were studied in detail and scientific review was done.

OBSERVATIONS

Following studies had been conducted till date on dry eye in *Shalakya* dept.

1. Sreekumar K. Manjusha R et al (2010), I.P.G.T. & R.A., G.A.U., Jamnagar- A clinical study on *Shushkakshipaka* w.s.r to dry eye

syndrome and its management with *Mridweekaadi* eye drops and *Nayanaamrita* eye ointment.

In the study, total 101 patients were reported . In group A *Mridweekaadi* eye drops thrice a day and *Nayanaamrit* eye ointment in night was given. In group B ecotears and lacrigel was

given for two months. Both the drugs are equally effective to manage the disease & to increase the tear break up time, *Mridweekaadi* eye drops and *Nayanaamrit* eye ointment were found to be more effective than ecotears eye drops and lacrigel eye ointment.

TABLE 1:Effect of therapy on chief complaints in group A & B

Complaints	Group	No of eyes	Mean BT	Mean AT	% of relief	'p' value
Discomfort	A	100	2.26	0.99	56.20	<0.001
	B	96	2.323	0.979	57.85	<0.001
Photophobia	A	66	2.061	0.576	72.06	<0.001
	B	74	1.918	0.622	67.61	<0.001
Burning sensation	A	92	2.239	0.859	61.65	<0.001
	B	102	2.137	0.706	66.97	<0.001
Lacrimation	A	46	1.804	0.522	71.08	<0.001
	B	34	1.50	0.265	82.36	<0.001
Feeling of dryness	A	70	1.757	0.657	62.60	<0.001
	B	60	1.617	0.60	62.89	<0.001
Itching	A	51	1.784	0.627	64.84	<0.001
	B	55	1.745	0.764	56.25	<0.001
Heaviness of lids	A	66	1.772	0.712	59.83	<0.001
	B	66	2.00	1.00	50.00	<0.001

2. Rajesh Gadhiya, K S Dhiman et al(2012)- A clinical study on *Shushkakshipaka*(dry eye syndrome) and its management with *Mahatriphala Ghrita*(*Tarpana* & orally).

Total 50 patients were reported . In this *Mahatriphala ghrita* was given orally as well as for *Tarpana* for 12 weeks. First *Deepana* was done followed by *Snehana*, *Swedana* and *Virechana* for *Kayasuddhi*, then *Pratimarsha*

Nasya of Anu tail was given twice a day for *Shirovirechana*. After that *Mahatriphala ghrita* was given orally 15ml twice daily with lukewarm water for 12 weeks and *Mahatriphala ghrita* for *Tarpana* 20ml once a day for 12 weeks. By this clinical study it was proven that *Ayurvedic* treatment is effective to control the disease *Shushkakshipaka*.

TABLE 2: Effect of therapy on chief complaints

Complaints	No of eyes	Mean BT	Mean AT	% of relief	'p' value
Feeling of dryness	41	37.8	7.32	80.63	<0.0001
Burning sensation	50	61	2.50	95.90	<0.0001
F.B sensation	50	58	10	82.76	<0.0001
Sticking of lids	36	31.25	0	100	<0.0001
Blurred vision	45	28.9	10.5	63.67	<0.0001
Redness	44	36.36	0	100	<0.0001

3. Jadhav Nandini M. K S Dhiman et al(2014)- A clinical study on Ayurvedic treatment protocol of *Shushkakshipaka*(dry eye syndrome) with *Drakshadi Ghritapana, Vasanjana, Anutaila Nasya*.

Total 100 patients were reported . In group T (trial group) *Drakshadi Ghrita* orally 25 gms at bed time with hot milk after completion of *Marsh Nasya* course of *Anu Taila* for 24 days & *Vasanjana* 1 drop twice a day was given for one

month. In group C(control group) Carboxymethyl cellulose eye drops was given for one month. It is observed that there is no significant difference on most of the parameters indicating that the group T is similarly effective as that of standard control. However, on percentage improvement basis group T is superior than group C.

TABLE 3: Effect of therapy on chief complaints

Complaints	Groups	No of eyes	Mean BT	Mean AT	% of relief	'p' value
Discomfort	T	49	2.80	0.35	87.59	<0.01
	C	50	2.70	0.68	74.81	<0.01
Irritation	T	45	2.71	0.33	87.70	<0.01
	C	36	2.67	0.81	69.79	<0.01
Redness	T	49	2.04	0.24	88.0	<0.01
	C	48	2.02	0.46	75.74	<0.01
Photophobia	T	25	2.16	0.64	70.37	<0.01
	C	29	2.07	0.55	73.33	<0.01
Burning sensation	T	66	2.94	0.39	86.60	<0.01
	C	66	2.59	0.35	86.55	<0.01
Lacrimation	T	44	2.16	0.30	86.32	<0.01
	C	40	2.28	0.25	89.01	<0.01
Feeling of dryness	T	45	2.69	0.40	85.12	<0.01
	C	49	2.55	0.53	79.20	<0.01
Itching	T	37	2.35	0.27	88.51	<0.01
	C	41	2.39	0.61	74.49	<0.01
Heaviness in lids	T	31	2.26	0.48	78.57	<0.01
	C	29	2.00	0.59	70.69	<0.01

TABLE 4: RESULT

Thesis works	Groups	Cured	Marked improvement	Moderate improvement	Mild improvement	Unchanged
Sreekumar K	A	0%	13.73%	52.94%	25.49%	7.84%
	B	0%	5.88%	66.67%	27.45%	0%
Rajesh C. Gadhiya	A	0%	46%	44%	8%	2%
Jadhav Nandini	T	18%	64%	8%	10%	0%
	C	14%	54%	24%	4%	4%

DISCUSSION

As the disease *Shushkakshipaka* is a *Vata-Pitta/Rakta* vitiated condition, the drugs having properties like *Madhura Rasa, Snigdha Guna* are highly beneficial. Local therapeutic measures of

eye i.e *Kriyakalpa* are highly useful to treat the ophthalmic diseases. *Mridweekaadi yoga* (eye drop) and *Nayanamrita* ointment has *Madhura Tikta Kashaya Rasa, Snigdha Guna, Sheeta*

Virya, Vata-Pitta Shamaka properties which has counter effect on pathology of *Shushkakshipaka*. They have also immunomodulatory, anti inflammatory, antioxidant functions⁴. *Mahatriphala Ghrita* is the best immunomodulator, it confers anti inflammatory activity and in dry eye syndrome thereby prevents T – cells from releasing cytokines (primarily interleukin) that incite the inflammatory component of dry eye. *Tarpana* stimulates the reconstruction of the tear film having greater tissue contact time and the

Shothahara property of *Mahatriphala Ghrita* reduces the inflammatory changes due to *Shushkakshipaka*⁵. *Drakshadi Ghrita* and *Vasanjana* has also *Chakshushya* and *Rasayana* properties which are beneficial to maintain healthy eyes. *Nasya Karma* treatment is mentioned for *Shushkakshipaka*. *Nasya Karma* not only act as *Shirovirechana* i.e elimination of *Doshas* and as *Shamana*, controlling the *Doshas* but also plays vital role in nourishing the *Panchgyanendriya Adhithana* located in *Shira*.

CONCLUSION

As we grow old the *Kshaya* of *Kaphashrayi Dhatus* especially *Rasa, Mamsa, Meda* and *Majja* (lipid/mucin layer deficient) takes place which leads to tear film instability. *Ayurvedic*

drugs having *Chakshushya* and *Rasayana* properties give nourishment to these *Dhatus* and also reduce the ocular surface inflammation in *Shushkakshipaka*.

ACKNOWLEDGEMENT

I would like to sincerely thank my co-authors for their valuable guidance and understanding.

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