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### The role of *palash mul arka ashotana* in *kaphaja timira* and *kaphaja kacha* W. S. R. immature cataract

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**Abstract:**

Blindness results due to numerous causes, Cataract is one of them, it is also major cause of blindness in tropical and developing countries all over the world due to direct effect on eye lens. In view of *ayurved* literature *Kaphaja timira* and *kaphaja kacha* is a dreadful disease of eye lens mentioned in *drishtigat roga vidyaniya addhyay*.

The disease shows gradual –progressive decrease in vision. *Ayurved* literature have recorded single drug and compound formulation for treatment of *Timir, Kacha* (Imm.cat.) as *Chakshushya* or *Netrya* (sight, vision improving) so that *Palasha* a *Chakshushya* drug in the form of *arka*, which is *kaphahara* is taken for the treatment of same and results are noted according to CRF and improvement in visual acuity and disappearance of symptoms are statistically analyzed. Results are significant and no side effects of *arka* are seen.

## INTRODUCTION

Age related cataract is the most common cause of visual impairment and blindness. Only second to death, loss of vision is one of the greatest fears among the elders.

While working in OPD of GAC Nanded, it has been observed that there is the good no. of patient of *Immature Cataract*. Their worries for diminishing vision and asking for medical treatment for the same provokes to study the topic to observe the role of medical t/t in cataract.

The present study is designed to evaluate the role and efficiency of *Palash-Mul Ark Aschotana* used as eye drop with special reference to *Aschotana karma* in the management of *Kaphaja Timira* and *Kphaja Kacha* to confirm it's role and therapeutic efficacy.

## OBJECTS

- To prevent further degenerative changes in eye lens
- To determine confirm efficacy
- Therapeutic role of *Palash –Mul Ark*

## REVIEW OF LITERATURE-

According to *Ayurved* literature *Kaphaja Timira* and *Kaphaja Kacha Nidan* is characterized by following cardinal symptoms.

1. *Dhusardrishtita*
2. All the objects seen whitish, dull, lazy, oily, cloudy or laid down under the sheet of water.

According to Modern science the same disease (cataract) shows signs having

1. Decreased distant vision
2. Iris shadow

3. Lens opacity through ophthalmoscope

All above signs are noted in a clinical Pro-forma and statically analyzed.

## ASCHOTANA

Instillation of medicated eye drop in an open eye towards inner *canthus* from a distance of 2 *anguli* is known as *Aschotana*

In *Kaphaja Timira* and *Kaphaja Kacha a Lekhana Aschotana* is taken so 8 drops of *Palashmul-Ark* are instilled in patient of immature Cataract

## METHODOLOGY (APPROACH):

Above clinical study of *Aschotana karma* was done in G.A.C. Nanded in April 2002 to March 2005. 30 patient of bilateral *Kaphaja Timira* and *Kaphja Kacha* have been selected .In this way 60 eyes will be studied. Patient's were scrutinized for any unwanted sign. In this study all patient's Right Eyes considered as Experimental Group Eyes and Left Eyes as Controls Group Eyes. In Experimental group Eyes *Palashmul Ark* drop is instilled and in Controls Group Eyes distilled water eye drop is instilled. Observations were recorded and patient were told to review on 8<sup>th</sup>,15<sup>th</sup>,30<sup>th</sup> and 60<sup>th</sup> day. The *aschotana* therapy was completed by 2 month. After completion of drug course, observations and results were recorded as per norms and regulations of standard criteria of parameter.

## SELECTION CRITERIA-

Bilateral immature Cataract, Bilateral progressive cataract, Bilateral early cataract, Bilateral *Kaphaja Timira*

and *Kaphaja Kacha* with age group 40 to 70 yrs of age

### REJECTION CRITERIA-

Complicated cataract, glaucoma, blind-eye, corneal, uvula, retinal, vitreous, anomalies, dislocated lens, Bilateral *vataj and pittaja Timira* and *Kacha*, patient below 40 and above 70 years of age

### PARAMETERS-

1. Both eye visual acuity will be recorded
2. Both eye auto refractometer reading will be recorded

### 3. Colour of lens with fundoscope

- Whitish colour optic disc and retinal vessels are not clearly seen+++
- Whitish bluish colour optic disc and retinal vessels are seen++
- Lens hazy no opacity with fundoscope

### 4. SLIT LAMP EXAMINATION-

1. Thick whitish opacity+++
2. Blackish opacity ++
3. Whitish hazy opacity+
4. Lens transparent 0

### 5. PATIENTS VISION COLOUR-

1. *Dhusardrishtita*++
2. Patient seen all the things whitish+
3. Patient not sees all the things whitish 0

### PROCEDURE OF FORMATION OF PALASH –MUL-ARK:

In the night 10gm of *palash mul sukshma churna* is mixed in 100ml of distilled water. This mixture kept as it is up to the next morning about 8 to 10 hours.

The next day, that *mixture* is taken in a distillation apparatus as shown in photographs it is heated and *vapours* are collected and cooled by tap water it is obtained in liquid form known as ARK 50cc of ark was collected in a measuring conical flask.

### PARTICULARS OF PALASH –MUL-ARK:

**PH-value-7.03**

**Acidity-0.0009%**

**Volatile content-0.20%**

### Follow up:

Follow of these patients were taken on 8<sup>th</sup>, 15<sup>th</sup>, 30<sup>th</sup>, 60<sup>th</sup> day.

These observation were subjected to analysis.

Sr. No.	Signs	Gradation	Before treatment		After treatment	
			No. of Pts.	Score	No. of Pts.	Score
1.	Colour of lens with Fundoscope	Mild	00	00	05	05
		Moderate	01	02	25	50
		Severe	29	87	00	00
2.	Slit-lamp examination	Mild	00	00	22	22
		Moderate	10	20	08	16
		Severe	20	60	00	00

**STATISTICAL ANALYSIS: TABLE SHOWING THE RESULT OF PALASH-MUL- ARKA –ASCHOTANA AS WHOLE ACORDING TO SCORES OF BOTH SIGNS:**

Sr. No.	Signs	Gradation	Before Treatment		After Treatment	
			No. of Pts.	Score	No. of Pts.	Score
1.	Colour of lens with <i>Fundoscope</i>	Mild	00	00	00	00
		Moderate	01	02	01	02
		Severe	29	87	29	87
2.	Slit-lamp examination	Mild	00	00	00	00
		Moderate	11	22	10	20
		Severe	19	57	20	60

**Table showing the result of distilled water as whole according to scores of both signs:**

**DISCUSSION:**

1.ON VISUAL ACUITY:-During the clinical trial vision according to snellens chart with and without glass has been observed for each patient in experimental and control eyes. There will be seen visual improvement in each patients of E.G.eyes and not improvement in C.G. eyes. Also stastical analysis shows satisfactory effect on E.G. eyes with PALASH-MUL-ARK aschotana but non satisfactory result of distilled water aschotanain C.G. eyes.

**2. GRADATION OF LENS OPACITY:-**

lens opacity observed through colour of lens with fundoscope and slit lamp examination in E.G.eyes shows satisfactory effect of PALASH –MUL-ARK aschotana.but in C.G.eyes results are unsatisfactory with distilled water.

**BREAKING OF KAPHAJA TIMIRA AND KAPHAJA KACHA SAMPRAPTI (PATHOGENASIS):-**As PALASH having *katu, tikta, kashaya rasa* which are having *agni, vayu mahabhutadhikya, katu rasa* specially having *chakshuvirechana*

property, *katu vipaka, ushna virya* help in *kapha lekhana* thus PALASH –MUL –ARK treats *kaphaja timira and kaphaja kacha* (Immature Cataract).

**SUMMARY AND CONCLUSION:-**The study was carried out to study the role of and efficacy of PALASH MUL ARK aschotana in KAPHAJA TIMIRAAND KAPHAJA KACHA Tdrug means *palash mul ark* of concentration of 0.26% is used in experimental group eyes as *lekhana aschotana* of *matra* 8 drops/day in the morning up to two months. There were no bad effect or any complication due to *aschotana* were seen except mild irritation and watering ,which is self-limiting without intervention of any drug.

The effect of treatment on visual acuity for distance vision with and without glasses improved, also changes are seen in gradation of lens opacity and it effects on *auto refractometer* reading also. All results are statistically satisfied. SO”, CONCLUDED THAT, above treatment in experimental eyes not seems to be curative in *kaphaja timira and kaphaja kacha*

Reason behind it may be that-

Poor concentration of drug.

Treatment administered in severe gradation of lens opacity and severe visual loss, it should be started in mild grade of lens opacity and mild visual loss

Chemical analysis of *palash mul ark*.

Follow up of patients till the maturity of both eye.

As treatment shows it's effect on gradation of lens opacity so according to contents of cataractous and non cataractous eye lens which contents are reduced due to *PALASH MUL ARK Aschotana* should be observed .

These points of thinking left to the future study workers as Topic of further study”

So the “NEGATIVE NULLHYPOTHESIS” of *Kaphaja Timira and Kaphaja Kacha* TREATMENT OF *PALASH MUL ARK Aschotana* is proven and accepted.

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