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Role Of *Yashtimadhu Phant Aschyotana* In Dry Eye Syndrome –

A Single Case Report

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Abstract :

In modern science, tear substitutes are the only treatment available for dry eye syndrome but preservatives added to these drops aggravates the dry eye syndrome. A patient of 35 yrs female working as a computer software engineer having symptoms of dry eye such as dryness of both the eyes, eye fatigue, eye irritation was treated with *yashtimadhu (Glycyrrhiza glabra) phant aschyotana*. In the present study, 10 *Bindu* (drops) of *yashtimadhu phant* were instilled in each eye in afternoon for a period of 15 days. There was a significant improvement in the condition especially

related to dry eye symptoms like eye irritation, dryness, and eye strain.

Shushkakshipak is a very chronic type of *Sarvagata Roga* producing *Rukshata* or dryness of the eyes. The mode of action of *Aschyotana* could be elaborated as the instilled medicine will penetrate into the Sandhi (*Kaninika Sandhi*) and will act on lacrimal apparatus.

Keywords: Dry eye syndrome, *Shushkakshipak*, *yashtimadhu (Glycyrrhiza glabra) phant*, *aschyotana*

Introduction :

Dry Eye Syndrome (DES)⁽¹⁾ is a common condition characterized by a feeling of dryness, irritation, and inflammation in the eyes. It occurs when there is a lack of adequate tear production or poor-quality tears. Conventional treatments for Dry Eye Syndrome typically include artificial tears, anti-inflammatory medications, and lifestyle changes. However, alternative therapies such as herbal remedies have gained attention for their potential efficacy in managing this condition.

Tear secretion provides continuous moisture and lubrication on the ocular surface to maintain comfort, corneal and conjunctival health and vision.

Dry eye is a multifactorial syndrome of the ocular surface characterized by loss of homeostasis of the tear film, and accompanied by ocular symptoms such as tear film instability and hyper osmolarity.

Aschyotan⁽²⁾ means the instillation of a few drops of medicines to the open eye from a height of 2 *Angula* (approx 5 cm) near *kanninika sandhi* (inner canthus). For *Aschyotana*, various herbal preparations like *Swarasa*, *Kashaya*, *rasakriya*, *putapaka*, *ghrita* is commonly used. *Aschyotana* is the primary treatment for all eye related diseases as per *ayurvedic* classical text where *Doshika* vitiation is minimal.

Case presentation :

A 35 -Year-old female patient came with complaints of dryness of both the eyes, eye fatigue, eye irritation particularly while using a computer or while reading. There was no history of trauma, no known allergies and

addiction. Her past medical and surgical history was nonspecific. She was already diagnosed with dry eye syndrome since last 6 months and used lubricating eye drops & lubricating eye ointments but patient got temporary symptomatic relief. Hence patient switched to *Ayurvedic* medicines.

Material and methods

- Drug name - *yashtimadhu phant*
- Dose - 10 *bindu* (drops)
- Time - *apranha* (at afternoon)
- Duration -15 days

Method of preparation of *yashtimadhu phant* – 1 part of *Yashtimadhu* powder is added into 4 parts of boiled water and kept covered overnight. In the morning, the solution is strained by using clean cotton cloth. This is called *Churna-drava or Phanta*.⁽³⁾

क्षुण्णे द्रव्यपले सम्यक् जलमुष्णं विनिक्षिपेत् ।

मृत्पात्रे कुडवोन्मानं ततस्तु स्रावयेत्पटात् ॥

स स्याच्चूर्णद्रवः फाण्टस्तन्मानं द्विपलोन्मितम् ॥ (शा. म. खं.)

Yashtimadhu Phanta -

Constituents :

Yashtimadhu (*Glycyrrhiza glabra*)⁽⁴⁾, water .

Rasa panchak (Pharmacological Properties):

Rasa (Taste)-*Madhura* (Sweet). *Guna* (Inherent Property)-*Guru* (Heavy), *Snigdha*(Unctuous)

Veerya (Potency) *Sheeta* (Cold). *Vipaka* (Effect after Digestion)- *Madhura* (Sweet)

Chemical composition :

Glycyrrhizin, Glycyrrhetic acid, isoliquiritin, isoflavones, etc enzymes are found which have following properties anti ulcer, anti viral, anti inflammatory etc.

Uses :

Daha Shamaka, Pita Shamaka, Keshya (good for hair), *Vedanasthapana, Shonitsthapana, Kandughana, Chakshushya, Balya, Medhya*

Procedure for *Aschyotana*

10 *bindu* (drops) of *Yashtimadhu phant* was instilled 2 *angula* (approx 5 cm) above eyes near *kaninika sandhi* (Inner canthus) for 15 days in the morning.

Follow-ups were taken on 7th day, 15th day and 28th day from day of starting *Aschyotana*

The patient should be in a supine position The eye is opened by mild stretching of both lids from the right hand, medicine is instilled into the opened eye. Same method is applied for the other eye.

The drugs is instilled by using dropper and excess flowing *yashtimadhu phant* was wiped out near *apanga sandhi* (Outer canthus).

Results and Observations

7th day -The patient reported a slight improvement in symptoms, with a reduction in the frequency of irritation and dryness, particularly after long screen time. However, mild dryness remained in the mornings. Symptoms of eye fatigue decreased significantly.

14th day -The patient reported good improvement in frequency of eye irritation and feeling of eye dryness was no more reported. Also eye fatigue was no more experienced by patient.

28th day - The patient's overall symptoms were decreased significantly with substantial relief from the dryness and other symptoms. Patient was comfortable with prolonged screen time. The improvement was observed to be sustained, and the patient expressed satisfaction with the results.

Discussion :

Yashtimadhu Phant Aschyotana showed promising results in managing the symptoms of Dry Eye Syndrome. The patient's subjective symptoms improved significantly. The anti-inflammatory, anti ulcerative and lubricating properties of *Yashtimadhu* likely played a role in reducing ocular irritation and dryness.

The study also highlights the potential of using herbal formulations as adjuncts to conventional treatments for Dry Eye Syndrome, especially for patients who are seeking alternative therapies or have not found relief with trending methods.

Conclusion :

Yashtimadhu Phant Aschyotana appear to be a viable option for managing Dry Eye Syndrome, particularly in cases where conventional treatments have been insufficient. This case study suggests that *Yashtimadhu* can offer symptomatic relief and improve quality of life making it a promising alternative for individuals suffering from dry eye-related discomfort.

However, further studies with larger sample sizes and longer follow-up periods are required to establish its efficacy and safety profile in broader patient populations.

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