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"A study the effect of *Vacha Haridra Shunthi Lepa* in the management of *Krimigranthi* with special reference to blepharitis."

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ABSTRACT

Ayurveda is one of the oldest holistic health care system & whose aim is to prevention and cure. *Shalakya* is vital branch of *Ayurveda* specialization in the diagnosis and treatment disease related to the eye, head, ear, nose and throat. Among this the *krimigranthi* is a chronic inflammatory disease of the eyelid. That is frequently seen in ophthalmic practice. It cannot be cured but fortunately it can be controlled. According to Sushruta *krimigranthi* is a swelling in which organism gets lodged in the junction of the eyelid and eyelashes to produce severe itching, inflammation in eyelid⁽¹⁾. According to Sushruta gives wide description of *Shalakya Tantra* totally 9 *sandhigata rogas*, one of the *krimigranthi* can be comparing with blepharitis in modern view. It is one of the *kriyakalpa* mentioned in *Ayurveda* in which drug

are made into paste form and applied to the outer surface of the eyelid leaving the eyelashes. *lepa* tissue contact is more helpful in large absorption of drug having anti-inflammatory, anti-infective properties patient could get quick relief from the symptoms.⁽²⁾ **AIMS:** To study the effect *vacha haridra shunthi lepa* in the management *krimigranthi* with special reference to blepharitis⁽³⁾. **OBJECTIVE:** to study the role of *lepa* to reduce the sign and symptoms of *krimigranthi*. **RESULTS:** *vacha haridra shunthi lepa* reduces the sign and symptoms of *krimigranthi*. **DISCUSSION:** *vacha haridra shunthi lepa* is significantly effective in *krimigranthi*.

INTRODUCTION

In ophthalmic practice one of the most common complaints of the patient itching,

irritation, inflammation of lids, lacrimation, gluing of cilia. in *Ayurveda* it can be compared with *krimigranthi* according to *sushrut krimigranthi* is *sandhigata roga* ⁽¹⁾. which is characterized by *kandu, ganthi, shula pakshamapata*. Its very common eye disorder which affect the people age group 10 to 50. generally does not cause any permanent damages to the eyesight.

CASE REPORT

- A 29 yr old male patient come to the *Shalakya* opd smbt ayurved college
- Name of patient: xyz
- Age :29 yr /male
- OPD no: 150182
- Occupation: teacher
- Consultation date : 09/09/2024

Complaints of patient :

Rt eye swelling, itching irritation, burning, whitish scaly wrinkled lid margins, since 10 days patient already treatment taken from allopathic practitioner(2) but not get relief from medication, so I approached to the patient with parents for ayurvedic treatment.

ON EXAMINATION :

Visual Acuity ; RT EYE : 6/6 PLT EYE ; 6/6

SLIT FINDINGS : (6)

	RT EYE	LT EYE
Eye lid	Inflammation of eyelid Gluing of eye lid Whitish scaly lid	Normal
Conjunctiva	Conjunctival congestion	Normal
Cornea	Clear	Normal
Anterior chamber depth	Normal	Normal

Iris	Normal	Normal
Pupil	NSRL	NSRL
Lens	CLEAR	Normal

SYSTEMIC EXAMINATION ;

- RS-clear
- CVS -s1s2 normal
- CNS – normal

TREATMENTS :

- *Vacha haridra shunthi lepa* is uses in treatment (3)
- Dose – 3 to 4 gm *churna* taken once a day for medicine paste
- Duration of therapy – 7 days once daily morning

DRUG REVIEW :

रसाञ्जनेन वा लेपः पथ्याबिल्वदलेरपि । वच्चाहरिद्रा विश्वैवा तथा नागरगैरिकैः ॥

(भा.प्र. मध्यम खंड -१६३ ॥ P.n०.६५८) (3)

DRUG	PHARMACOLOGICAL ACTION (4)
VACHA	It has antibacterial activity & analgesic properties
HARIDRA	It has antimicrobial, anti-inflammatory properties, so it has ability to heal minor wounds, due to its <i>vranropan</i> property the scaly skin along with minor wound get heal, it's <i>pitta</i> balancing nature reduces the inflammation too. Chemical composition:- Curcumin-shows antimicrobial/anti-inflammatory/Anti-allergic volatile Oil, vit A.
SHUNTHI	It shows significant reduction in pain and swelling so these is anti-inflammatory actions are a result of inhibition of prostaglandin release

	and hence it may act in a similar as NSAID, 6- gingerol & 6- shagol have analgesic and antipyretic properties.
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Lepa ⁽⁸⁾ :

Lepa Kalpana is herbal preparation used for external use. In Ayurveda *Lepa Kalpana* is mainly describe in *Sharangdhara Samhita*, *Sushruta Samhita* and *Vagbhata Samhita*. The main basic concept of *Lepa* is that, wet drugs are pounded to fine paste form and the dry drugs are pounded to fine powder form and mixed with any of the liquid media like *swaras*, *ghrita*, *taila*, *jala* etc. according to demands of particular disease. This paste is used for application as *Lepa*. Thickness of *Lepa Acharya Sushruta* has compared of *Lepa* to skin of Buffaloes.

Doshghna Lepa- 1/4 Angula.

Vishghna Lepa- 1/3 Angula.

Varnya lepa -1/2 Angula

Preparation of *Lepa*:

The preparation of *lepa* is similar to *Kalka*.⁽⁸⁾

- One or more herbs are taken in Fresh dried form and grounded to paste form In this formulation water is used as a liquid media or base.
- All the drug ingredient in respective drug soaked in water allow it to absorb water and make it soft.

Then the moist herb part is grounded in a mortar and pestle to obtain fine paste

Lepa vidhi:- ⁽⁸⁾

***Purva Karma* :-**

Mridu Swedana was done to the lids with cotton wool soaked in warm water to loosen the crusts followed by light scrubbing.

***Pradhan Karma* :-**

The patient was asked to close the eye lids and the index finger of left hand was kept on the outer corner of the eye lid.

Then the eye lid was pulled towards the ear to make it stretch taut

There after with index finger of the opposite hand medicine was applied with gentle massage over the taut eye lid starting from the inner cantus to the outer cantus for 10-15 Times.

The medicine was retained for 10 minutes but care was taken to see that it did not dry completely

***Pashchat Karma* :**

After 10 minutes the medicine was removed with sterile wet cotton.

The patient was advised to avoid exposure to dust, smoke etc.

Probable Mode of Action:-

Lepa is the topical formulation, it should be gently rubbed in an upward or reverse direction of the hairs over the skin to make the action of application more quick and effective. Due to this, the drug enters into the pores at the root of the hair through which the drug gets absorbed in the capillary network to minor veins and then further into the systemic blood circulations. This ultimately results in the absorption of

medicament and desired effects. The method of rubbing increases the skin temperature, which might be speeding up the pilosebaceous uptake and skin, permeation of the drug as heat causes dilatation of the capillary end. Drug Gets Absorbed into the Capillary network to minor veins, in this way, action Goal is Achieved.⁽⁸⁾

Results :

vacha haridra shunthi lepa shows significantly reduced the sign and symptoms of *krimigranhi*.⁽⁶⁾



Date	Treatment	Symptoms
09/09/24 1 st day	<i>Vacha haridra shunthi lepa</i>	Inflammation,(shoth) Redness (<i>lalima</i>) Itching(<i>kandu</i>),mild eyeache(<i>daha</i>) Gluing of cilia
11/9/24 3 rd day	<i>Vacha haridra shunthi lepa</i>	Mild inflammation,redness Mild itching
13/9/24	<i>Vacha haridra shunthi</i>	All significantly reduced
15/9/24	<i>Vacha haridra shunthi</i>	All significantly reduced

Discussion:

Kriyakalpa lepa has significantly effect in the *krimigranhi*,above selected drug provide anti infective,anti-inflammatory analgesic properties which is like in the management of modern science. *Haridra* act as act *Kandughana*,*Krumighana*,*Shothhar*, *twagdoshahar*, *Raktashodhak* & *vacha* act as *Granthishoth*

Shulhar,*krumighana*,*Dipan pachan*, *shunthi* act as *Kaphaghna*,*Shulghana*,*Shothhar*, *Anulomak* (11).Tissue contact time of lepa is more,so large absorption of drugs takes place therefore it provide quick relief in subsiding the symptoms.

Conclusion:

The study shows significant relief in patient symptoms therefore *lepa* is one of the line of management for blepharitis as per ayurvedic science and help to avoid recurrence of disease.

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