



A case report: “efficacy of *Ksheerbala Taila Nasya* & oral medication on Vitreous hemorrhage”

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ABSTRACT:

Background:

Today in Modern era, modern science has no answer & also no definite line of treatment for many ophthalmic diseases. The disease Vitreous Hemorrhage is one among them and treatment is Vitrectomy. The causes of Vitreous hemorrhage are Diabetic retinopathy (most common-31to 54%), trauma (especially in young people 12to18%), Retinal tear (12to20%) and posterior Vitreous detachment (4to11%)

Objectives:

- Detail study of Vitreous hemorrhage
- Detail study of *ksheerbala taila nasya* and *raktapittahara* medicine
- Detail study of *urdhavagat raktapitta*

Methods: A case study of 73yr/male patient presented with painless loss of vision (CF 2feet/left eye) which previously diagnosed as Vitreous hemorrhage (Acc to Ayurved: *Urdhavgata Raktapitta*) The Patient treated with *Ksheerbala Taila Nasya* and oral treatment of *Raktapittahar* medicine for 6 days.

Result: Patient's vision improved from C.F 2 feet to 6/9 partial (left eye) along with Haziness of media i.e clarity of Vitreous. B-Scan of the left eye also showed improvement after the treatment. The Media was hazy on 1st day which become clear on 21 st day.

Conclusion: This study proves that when the diagnosis of the disease and the treatment of the disease, both are done on the basis of Ayurvedic principles, the results brought to be positive and certainly

confirms that Ayurved definitely can be labeled as evidence based science.

Keyword: Vitreous hemorrhage, *Ksheerbala Taila*, *Urdhavagat Raktapitta*, *Kriyakalpa-Nasya*

Introduction:

The mechanisms of vitreous hemorrhage fall into three main categories: abnormal vessels that are prone to bleeding, normal vessels that rupture under stress, or extension of blood from an adjacent source. [1] The symptoms of vitreous hemorrhage are varied but usually include painless unilateral floaters and/or visual loss. Early or mild hemorrhage may be described as floaters, cobwebs, haze, shadows or a red hue. [2] More significant hemorrhage limits visual acuity and visual fields or can cause scotomas.[3] Patients often say vision is worse in the morning as blood has settled to the back of the eye, covering the macula.[4]

Case history: A case study of 73yr/male patient presented with painless loss of vision which earlier diagnosed as vitreous hemorrhage (*Urdhavgata Raktapitta*). Patient was examined by indirect ophthalmoscopy with scleral depression, gonioscopy to rule out neovascularization of the angle, IOP and B-scan ultrasonography to view of the posterior pole is obscured by blood. Dilated examination of the contralateral eye performed to know the etiology of the

vitreous hemorrhage, such as proliferative diabetic retinopathy.

Patient was regularly taking oral corticosteroids medicine (Prednisolone 10mg) as maintenance dose and putting *Nepafenac* eye drops for alternate 14 days, but he had no symptomatic relief and he was advised for vitrectomy. Patient was seeking Ayurvedic treatment for the same. On examination, visual acuity was 6/9 (p) for right eye and Counting Fingers (CF) 2 feet for left eye. Funduscopy examination not performed due to hazy media fundus.


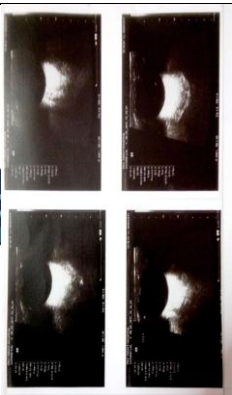
The patient treated with *Ksheerbala Taila Nasya* (6 drops in each nostril once in a day) and oral medicine *Vasaghanvati* (250mg) 2 Tab BID for 6days. Then patient is advised to continue the oral medicine and *Pratimarsha Nasya* (i.e. 2 drops in each nostril once in a day) for 15 days.

Result: Patient's vision improved from C.F 2 feet to 6/9 partial (left eye) along with haziness of media i.e. clarity of vitreous. After 7 days of treatment, fundoscopy findings showed improvement in left eye and which was continue till 21st day. B-Scan (USG of Eyeball) of the left eye also showed improvement after 21 days of treatment. The Media was hazy on 1st day which become clear on 21st day, details of vitreous hemorrhage improvement is as given;

Table. 1. Examination of eye and efficacy of *Ksheerbala Taila Nasya* (Liquorice Oil Nasal drops) on vitreous hemorrhage

Day	Vision	Digital Fundoscopy	B-Scan
1 st day	Counting finger 2 ft	Media hazy details are not seen	Vitreous hemorrhages
7 th day	6/18 partial	Media hazy, disc and vessels are visible.	Not done
21 st day	6/9 partial	Media clear, disc, vessels and macula visible but floaters present.	Relived symptoms

Figure1. Digital Fundoscopy before and after *Ksheerbala Taila Nasya* (Liquorice Oil Nasal drops) treatment.

BEFOR TREATMENT	AFTER TREATMENT
 <p>02/02/2017 GOVINDLAL B SCAN LEFT EYE</p> <p>There is echogenicity noted in the vitreous cavity. To rule out vitreous haemorrhage.</p> <p>The globe appears globular and unremarkable.</p> <p>The anterior chamber is clear and unremarkable.</p> <p>The lens appears normal.</p> <p>The neurovascular layer appears well defined and unremarkable.</p> <p>The visualised optic nerve appear unremarkable.</p> <p>No evidence of RD/VD or CD.</p> <p>ADVICE – clinical correlation.</p> <p>DR BHAVNA</p>	 <p>06/05/2017 GOVINDLAL B SCAN LEFT EYE</p> <p>The globe appears globular and unremarkable.</p> <p>The anterior chamber is clear and unremarkable.</p> <p>The lens appears normal.</p> <p>The neurovascular layer appears well defined and unremarkable.</p> <p>The visualised optic nerve appear unremarkable.</p> <p>No evidence of RD/VD or CD.</p> <p>ADVICE – clinical correlation.</p> <p>DR BHAVNA</p>

Discussion: This study shows the vitreous media³ which was hazy earlier, becomes clear after 21 days of the treatment i.e. *Ksheerbala taila Nasya* and *Vasaghana vati*. The improvement in vision was observed on 1st follow up i.e. 7th day. On 21st day the vitreous was clear with few amounts of floaters.

Similarly *Ksheerbala Taila* also showed effect on Age Related Macular Degeneration⁵. In some study it was seen

that *Nasya* having good results in other ophthalmic condition and used as a preventive aspect⁶.

Conclusion: The above results show that patient had symptomatic relief with significant improvement in visual acuity, in addition to that marked improvement in Fundoscopy and B-scan observed. So it can be concluded that Vitreous Hemorrhage can be treated by instillation of medicated oil drops in nostrils called

Nasya, which showed marked improvement in this case. Procedure of Nasya is easy, safe and cost effective, so it is advisable in all patients with vitreous hemorrhage.

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