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“Ayurvedic management in sty.”

Pallavi Sanjay Ambekar^{*1}, Jyoti Nirbhawane²

1. P. G. Scholar

2. Co Author & Guide

Shalakyatantra Dept.,

SMBT Medical College, Dhamangaon, Nashik.

*Corresponding author: pallavi30.pa@gmail.com

ABSTRACT

External Hordeolum (stye) is an acute suppurative inflammation of lash follicle and it's associated glands of zeis or moll. Habitual rubbing of eye or fingering of the lids and nose, chronic blepharitis are usually associated with recurrent sty. In the present article an attempt has been made to emphasis on herbal option for sty. Rason swarasaa is used for sty treatment.

KEYWORDS

Stye, Rason swarasaa, Photophobia, Chakshushya, Vedanashtapana, Shothahara.

INTRODUCTION

Stye is condition in which an acute suppurative inflammation of lash follicle and it's associated glands of zeis or moll.

ETIOLOGY

A) Predisposing factor

- Age- Children and young adults.
- In patients with eye strain due to muscle imbalance or refractive errors.
- Habitual rubbing of eyes or fingering of the lids and nose, chronic blepharitis are usually associated with recurrent sty.

B) Causative organism

- Staphylococcus aureus

Signs & Symptoms:

- Stage of cellulitis is characterized by localized firm, red, tender, swelling at the lid margin associated with marked oedema.
- Stage of abscess formation characterized by visual pus point on the lid margin in relation to the affected cilia.
- Symptoms are acute pain associated with swelling of lid, mild watering, photophobia.

AIM:

To study the role of *rason swarasa* local application in sty.

METHODS AND MATERIALS:

Review regarding sty was done from *ayurvedic* and modern text books, journals, Internet sources. Collected data compiled and classified as mention in text.

DISCUSSION : The drug *rason swarasa* local application available for treatment of sty.

RASON

- **LATIN NAME** - *Allium sativum* linn
- **LOCAL NAME**- Lashuna
- **FAMILY**- Liliaceae

- **Gun-** Snigdha, Tikshna, Pichilla, Guru, Sara
- **Rasa-** Madhura, Lavana, Katu, Tikta, Kashaya.
- **Vipak-** Katu
- **Virya-** Ushna
- **Karma-** Chakshushya, Shulprashaman, Shothhara, Vedanasthapana
- **Prayojyaanga-** Kanda

CONCLUSION:

Stye is common ophthalmic disease occurs in children and young adult due to strain and refractive error. *Staphylococcus aureus* is causative organism for sty.

A recent study aim to reduce the signs and symptoms of sty by application of *rason swarasa* it.

A *Rason* is *chakshushya*, *vedanasthapan*, *Shothhera* properties which reduce signs and symptoms of sty. The study conclude that by using ayurvedic drug we can overcome from sty.

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