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Ayurvedic management in vataja abhishyanda w. s. r. to allergic conjunctivitis

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ABSTRACT

Allergic Conjunctivitis is common problem predominantly affecting the outdoor workers. the eyes are exposed to different environmental factors. The eyes and eyelids are very common sites for Allergic reaction. *Vataja Abhishyanda* can be correlated with Allergic Conjunctivitis.

KEYWORD - Allergic Conjunctivitis, *Vataja Abhishyanda, Triphala kwath Aschyotana*

INTRODUCTION:

Ayurveda the ancient science of India has described the importance of an eye, *Sushruta* has described 76 types of eye disease in his classical text *Sushruta Samhita*. *Kriyakalpa* is the only field of Ayurveda Ophthalmology. *Aschyotana* is one of *Kriyakalpa* mentioned by *Acharya Sushruta* as local treatment of eye disease.

SIGN AND SYMPTOMS:

1. Itching of eyes
2. Foreign body sensation
3. Watering
4. Congestion
5. Dryness of eyes
6. Mild lid edema
7. Scanty discharge from eyes

AIM-

To Study the role and Efficacy of *Tripahala kwath Aschyotan* in *Vataja Abhishyanda* w.s.r. Allergic Conjunctivitis

METHOD AND MATERIAL

Review regarding Allergic Conjunctivitis and *Triphala kwatha Aschyotan* was done from *Ayurvedic* modern Text book, Journals, Internet sources.

Triphala kwatha Aschyotan matra 12bindu....BD (Sushruta Samhita)

DISCUSSION: In Vataja Abhishyanada, Vata is predominant dosha

RASON:

and Rasa and Rakta are dushyas. the signs and symptoms are purely due to vitiation of vata dosha. due to tridoshar properties and also *triphala* is *chakshusya* so it is play an important role in *vataja abhishyanda*. *Aschyotan kriyakalpa* was a prime treatment in all types of eye diseases. *Ashyotan* significantly reduces the congestion, watering etc.

DRUG NAME	<i>Amalaki</i>	<i>Bibhitaki</i>	<i>Haritaki</i>
LATIN NAME	<i>Emblica officinalis</i>	<i>Terminalia bellirica</i>	<i>Terminalia chebula</i>
FAMILY	<i>Euphobiaceae</i>		<i>Combretaceae</i>
GUN	<i>Ruksha</i>	<i>Laghu, ruksha</i>	<i>Laghu, ruksha</i>
RASA	<i>Madhur, amla, katu, tikta, Kashaya</i>	<i>Kashaya</i>	<i>Madhur, amla, katu, tikt, Kashaya</i>
VIRYA	<i>Sheeta</i>	<i>Ushana</i>	<i>Ushna</i>
VIPAKA	<i>Madhura</i>	<i>Madhur</i>	<i>Madhur</i>
		RASON	

CONCLUSION:

Thus from above study it can be concluded that *Triphala kwatha Aschyotan* is effective in *Vataja Abhishyanda*.

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