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An ayurvedic management of kaphaj abhishyanda w.s.r. to bacterial conjunctivitis: a review article

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ABSTRACT

Conjunctivitis refers to any inflammatory condition of the membrane that lines the eye lids and covers the exposed surface of the sclera². It is the most common part of the red eye. *Abhishyanda* is classified as the eye disease affecting all parts of the eye. The disease *kaphaj abhishyanda* is *Sarvagat Netra Rog explain by Sushruta Samhita*¹ In developing countries, bacterial conjunctivitis is commonest type of conjunctivitis. It can occur as sporadic and epidemics cases during monsoon season². Prevalence for chronic bacterial conjunctivitis is 25% of the general population³. There are so many treatment of *kaphaj abhishyanda* in *Ayurveda* like *Anjana, Snehana, Swedana, Tarpana, Putpak, Aschyotan, Nasya, Parishek*, etc.

but *Ascyotana kalpana* is very effective, safe, easily available, so I have selected *shigru madhu ascyotana*⁴

KEYWORDS: *Kaphaj Abhishyand, Bacterial conjunctivitis, Shigru, Madhu.*

INTRODUCTION

The word *abhishyanda* is derived from two words viz. “*Abhi*” and “*Syandana*.” “*Abhi*” means profuse or more and “*Syandana*” means discharge or secretions, combined meaning is profuse discharge from all part of the eye⁵. Conjunctivitis is commonly cause by bacteria and viruses. *Abhishyanda* is the root cause of almost all the eye disorders and must be treated as soon as possible. In all types of *abhishyanda* nature of pain, discharge, congestion, edema etc. varies².

SIGN AND SYMPTOMS²

1. Itching
2. Edema
3. Congestion of conjunctiva
4. Discharge
5. Foreign body sensation

AIM

To study the role of *ayurvedic drug Shigru Madhu Ascyotana* in bacterial conjunctivitis

METHOD AND MATERIALS:

Review regarding bacterial conjunctivitis and *Shigru Madhu Aschyotana* was done from *ayurvedic* modern text books, journals, internet sources.

REFERANCE OF DRUG^{6,7}

Shigru swaras
Madhu

According to Ayurveda classics if quantity of drug is not mentioned in a combination then it should be taken in equal amount but in this formulation *Shigru swaras* and *madhu* were used in ratio of 1:8 instead of 1:1 because 1:1 ratio the drug was intolerable for the patients due to its tikshna property

DISCUSSION

There is some relation between *vyadhis* and occupation. *Sushma nirikshana, raja nishhveshna, dhuma nishveshna*, is very common for person with computer work, outdoor activity, house wife, studies. As this factor effect on the eyes and cause more eye strain and *lacrimation*, itching, congestion in eyes.



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N J R A S

Ingredient	Latin name	Guna	Rasa	Virya	Vipak	Karma
Shigru	Morina Oleifera	Laghu, ruksha, tikshna	Tikta, katu	Ushna	Katu	Kaphagna Vatagna Chakshusha
Madhu	Honey	Ruksha ,yogvahi	madhura, kashay	Shita	Madhur	Lekhana, tridoshgna ,chakshusha

CONCLUSION:

Function of *katu rasa* is *kapha shamak, agni deepaka, abhishyanda nasak, sroto vishodhana* which alleviates itching, lid and *conjunctival* swelling and *guruta*⁸. *Tikta rasa* has *vishagna, krimigna, kandu, daha shamaka, lekhan*

propertis, alleviates *abhishyanda* and itching⁹. *Laghu guna* is *langana* and *shrotoshodhaka*, which is present in *shigru* which levitates *kapha*. *Ruksha guna* is also having *kapha shamak* property¹¹. *Teekshana guna* having *kapha vatahara, lekhana, and shodana* property

which alleviates the *kaphaja abhishyanda*¹⁰. *Ushna virya* drug act as *agnideepan, pachana, kaphagna karma*. In *shigru madhu aschyotan madhu* is used in maximum quantity *dravya* of this formulation *madhu* is best *kapha shamak dravya*⁸. *Madhu* is having a *lekhan* property⁹ it as a *yogavahi dravya*¹¹ which help and improves the action of shigru.

MODERN PROPERTIES

From modern point of view the probable mechanism of action in which *Moringa oleifera* dichloromethane extract show high antioxidant activity¹². *Shigru* having high anti oxidant properties along with anti inflammatory, antimicrobial and *anthelmictic* properties¹².

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