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Ayurvedic management of simple blepharitis with haridra kwath ashchotan

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ABSTRACT:

Nowadays due to industrialization huge amount of air pollution takes place like chemical smoke, dust particles etc. over use of cosmetics, unhygienic conditions, long standing dandruff etc. Leads to various types of eye disorders.

Blepharitis is a Commonest disease of lid margin in day to day life. It is compared to klinnavartma by Ayurvedic view.

Ashchotan with Haridra kwath is useful in this condition.

KEYWORDS:

Blepharitis, Klinnavartma, Ashchotan, Haridra kwath

INTRODUCTION:

Blepharitis is chronic inflammatory condition of lid margin. It is very common

and affects all age groups patients. According to Ayurvedic basics it is caused by Kapha dosha.

ETIOLOGY:

- Age- All age groups
- Poor hygienic conditions
- Exposure to smoke & dust
- Refractive error & secondary to stye
- Over use of cosmetics
- Secondary to Staphylococcal infection
- Parasitic -phthirias palprbrarum

SYMPTOMS:

- Itching
- Redness
- Swollen lid margin
- Watering
- Photophobia

AIM: To study the role of Haridra kwath ashchotan in Blepharitis management.

MATERIAL & METHODS:

Review of blepharitis & klinnavartma was done from Ayurvedic and modern text book, journals and internet source. Collected data compiled & classified as mention in text.

DISCUSSION:

The drug Haridra kwath was used in patient of Blepharitis in form of ashchotan.

- Drug:- Haridra
- Latin name-Curcuma longa
- Local name- Halad,Haldi
- Family - Zingiberaceae
- Rasa- Tikta, Madhur
- Virya- Ushna
- Vipak- Katu
- Karma- kandughna, shothahar, vednasthapak, chakshushya, tridoshar, kaphaghna
- Prayogyang- kand

CONCLUSION:

- Blepharitis is common lid margin disorder caused by over use of

cosmetic, unhygienic conditions etc & secondary to sthephylococcal & parasitic agent.

- This study aimed to reduce the sign & symptoms and recurency of Blepharitis by ashchotan of Haridra kwath.

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