

# EFFECT OF MRIDWIKADI KASHAYA ASCHYOTANA IN THE MANAGEMENT OF ALLERGIC CONJUNCTIVITIS: A CASE REPORT.

Dr. Bhagyashree k Potdar<sup>1</sup> , Dr. Krishanakumar<sup>2</sup> , Dr. D.B. Vaghela<sup>3</sup>

3<sup>rd</sup> year M.S Scholar, 3<sup>rd</sup> year M.S Scholar, Associate professor

Dept. of Shalakyantra department , I.P.G.T & R.A , GAU, Jamnagar, India.

## ABSTRACT

Ocular allergy represents one of the most common conditions encountered by allergists and ophthalmologists. Allergic conjunctivitis is often underdiagnosed and consequently undertreated. Allergic diseases have dramatically increased in the last decades. Seasonal allergic conjunctivitis (SAC) and perennial allergic conjunctivitis (PAC) are the most common forms of ocular allergies. Estimates vary, but these types of allergy are said to affect at least 15–20% of the population <sup>1</sup>%. Due to increased incidence of allergens world-wide and environmental pollution, it stands to be an unsolved mystery in modern medicine. Hypersensitivity of the body's immune system to these allergens is the main etiological factor and also it is common in people who have other signs of allergic diseases, such as asthma, eczema, hay fever and rhinitis .As per Ayurveda it can be correlated with *Abhishyanda* on the basis of symptoms like Toda (Pricking pain), *Sangharsha* (foreign body sensation), *Achhasruta* (watering), *Alpa Shopha* (mild chemosis), *Vishushka Bhava* (feeling of dryness), *Parushya* (dryness), *Alpa Dushika* (discharge), *Kandu* (itching) etc. *Vata* is the main culprit and other Doshas are associated with this entity. In these studies, *Mridwikadi Kashaya*, *Haridrakhanda*, were used as treatment. These treatment modalities showed good results in relieving the signs and symptoms of disease.

Keywords: Allergic Conjunctivitis, *Abhishyanda*, *Mridwikadi Kashaya*, *Haridrakhanda*.

## INTRODUCTION:

Inflammation of the conjunctiva due to allergy is known as allergic conjunctiva. It is also seen in the people suffering from allergic rhinitis and is affected by all age groups at least once in their lifetime. But older population and children are more prone for allergic conjunctivitis.

Allergic conjunctivitis or conjunctival symptoms are present in 30-71% of patients with allergic rhinitis. Allergic conjunctivitis alone has been estimated in 6-30% of the general population and up to 30% in children alone or in association with allergic rhinitis. Seasonal allergic conjunctivitis is the most frequent form; however, studies from tertiary, ophthalmology referral centres report that the chronic forms, such as vernal and atopic kerato conjunctivitis, are the most frequently seen by ophthalmologists<sup>2</sup>.

Allergic conjunctivitis (AC) is an inflammation of the conjunctiva secondary to an immune response to external antigens, usually called allergens. This inflammation could be IgE mediated and non-IgE mediated and atopy could play a significant role in clinical evolution. AC is not a single disease; in fact it is a syndrome affecting the entire ocular surface, including conjunctiva, lids, cornea, and tear film. Appropriate management of allergic conjunctivitis needs a correct diagnosis. Presence of itching is a hallmark of ocular allergy. Though some authors have described management protocols, there are no universally accepted protocols of management for allergic eye diseases<sup>3</sup>.

Various drugs are available and the treatment options vary based on the severity of the disease. It is important to avoid any known allergen or reduce exposure. In addition, cool compresses can be done to prevent rubbing of the eye. Ocular lubricating eye drops can be used to dilute the inflammatory agents in tears and wash away the allergen to reduce itching and to prevent further worsening of symptoms.

The mainstay of treatment is the use of lubricants, anti-histamines and mast cell stabilisers. Steroids are to be given under proper medical care when the cornea is involved or the disease is very severe with itching<sup>4</sup>. Topical

antihistamines competitively and reversibly block histamine receptors and relieve itching and redness but only for a short time and these are not cheap medicine. Combination treatments using decongestants with antihistamines have been shown to be more effective, and are administered to the eye as drops up to 4 times daily.

Even alternative and complementary medicines speak about Allergic Conjunctivitis and it is called as *Vataja Abhishyanda* in Ayurvedic medicine. Its aetiology, symptoms, signs and the treatment has been explained in detail by the Acharyas of Ancient medicine. *Kriyakalpas* are the unique Ayurvedic therapies specially designed for the ophthalmic disorders and shown significant results through research studies. One such therapy is the *Aschyotana* which was administered in this study in patients who were suffering from *Vataja abhishyanda* to evaluate the effect of *Mrudwikadi kwatha Ashchyotana* in the management of *Vataja abhishyanda*.

## CASE REPORT

A 34 years old female patient came with chief complain of itching of both eyes associated with watering and photophobia with a duration of 2 years. Her profession was teaching. She has chalk dust allergy. Thereafter she gradually developed itching in both eyes, photophobia and watering were also started meanwhile. She consulted nearby ophthalmologist, but didn't get much relief. So she came here for further treatment.

### CHIEF COMPLAINTS AND ASSOCIATED SYMPTOMS:

Itching of both eyes since 2 years associated with severe watering, redness in eye and photophobia.

**VITAL SIGN:** All vital sign were normal.

### PERSONAL HISTORY:

Bowel - Irregular

Appetite - good

Micturition - Regular

Sleep - Sound

**PAST HISTORY:** Allergic rhinitis since 2-3 year

### FAMILY HISTORY:

No any family History

### ON EXAMINATION:

**Distance vision Acuity (B/L) :** 6/6

**Slit Lamp Examination (B/L) :** Lids- Mild Swelling, Blackish discoloration around lower eyelids.

**Conjunctivis-** Mild Congestion

**Cornea-** WNL (Within normal limit)

**Sclera-** WNL (Within normal limit)

**Pupil-** NSNR (Normal size normal reaction)

**Lens-** IMC (Immature cataract)

**LINE OF TREATMENT FOR ONE MONTH**

1. *Haridara khanda*<sup>5</sup>- 3-6 gm with Luke warm water
2. *Mrudwikadi kwatha*<sup>6</sup> – 10-12 drops for *Ashchyotana*

**Patients also advise to take ¼ th boiled (*Pakvodaka*) for whole day, for diet boiled mung is advise.**

**ADMINISTRATION**

*Mridwikadi Kashaya* was used in the form of *Ashchyotana* (traditional method) in the dose of 10-12 drops, three times per day for one months. *Haridrakhanda* ia given 5 gm two time a day with luke warm water

**RESULT AND DISCUSSION**

Among the various formulations prescribed for the treatment of *Vataja Abhishyanda* by different Acharyas, the *Mridwikadi Kashaya Ashchyotana* which is indicated in the treatment of *Netraroga* As per *Sahastrayogam* was selected. All the ingredients are having *Vata Shamaka* effect. More over all the ingredients are known for antibacterial and anti-inflammatory activity.

**Mode of Action of Drugs of *Mridwikadi Kashaya* :**

It Contains *Mrudwika*, *Yesthimadhu*, *Devdaru*, *Chandana*, *Musta*, *Amalaki*, *Ikshu*, *Lodhra*, *Haritaki*. Use as a decoction form. More over all the contents also have *Shothahara* property which helps in subsiding features like *Alpa-shopha* (mild chemosis) of *Vataja Abhishyanda*. The *Vednasthapana* property of the contents helps in relieving *Nistoda* (pricking pain). *Laghu*, *Ruksha guna* of the contents helps in better penetration of the drug. *Kashaya rasa* of the contents promotes healing (*Ropana*) and reduces the discharges. So it is helpful in the relief of the symptom *Shishirashruta* i.e. watery discharges.

**Mode of Action of Drugs of *Haridara Khanda* :**

The main formulation for controlling the allergic condition, which acts on immunity, i.e. *Haridra khanda*, It also has the properties like *Medhya*, *Rasayana*, *Balya*, *Brimhana*, *Agni Deepana*, *Pachana*, *Shothahara*, *Jwarahara* and which will promote the physical and mental health of the patient. *Haridra khanda* is having *Rasayana*, *Jeevaniya*, *Balya*, *Brimhaniya*, *Ojovardhaka*, *Ayurvedhaka*, *Dhatuposhaka* properties, which indirectly increase the *vyadhikshamatva*<sup>7</sup>. Thus, since the process of *Rasayana* invariably involves regeneration of the dhatus. Hence *Haridra khanda* may undoubtedly augment the process of tissue resistance or repair.

Description of Allergy & allergic disorders can be seen in *Brihatrayi* under heading of *Ritu sandhi*, *Virudha ahara* & *Dushivisha* all of them are the results of an *Asatmyaja Vyadhi*. Shodhana as well as shamana therapy have been indicated for treating *Abhishyanda* . *Aschyotana karma* has been given prime importance to *Akishiroga*.

**CONCLUSION**

*Vataja Abhishynda* is one of the most common diseases affecting man in present era. On the basis of signs and symptoms the *Vataja Abhishyanda* can be correlated with Allergic Conjunctivitis. Management of the Allergic Conjunctivitis in modern has considerable side effects and is also not cost effective. *Aschyotana* is the preferred mode of *Kriyakalpa* which is widely practiced when considering the dose maintenance, easy and safe administration. *Mridwikadi Kashaya Aschyotana* gave better results in the clinical features like *Nistoda* (Pain in eyes), *Stambha* (Stiffness in lids), *Sangarsha* [Foreign body sensation], *Vishushkabhava* (Feeling of dryness), *Shishirashruta* (old lacrimation) *Kandu* (Itching) and *Raga* (Congestion). These are safe, economical and procedure is easy to perform.

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