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

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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. Due to increased incidence of allergens worldwide 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), Achchasruta (watering), Alpa Shopha (mild chemosis), Vishushka Bhava (feeling of dryness), Parashya (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.

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.

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 stabilizers. Steroids are to be given under proper medical care when the cornea is involved or the disease is very severe with itching. 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 Abhisyanda 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 Aschyotana in the management of Vataja abhisyanda.

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 Acquity (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\(^5\) - 3-6 gm with Luke warm water

2. Mrudwikadi kwatha\(^6\) – 10-12 drops for Ashchyotana

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

ADMINISTRATION

Mrudwikadi 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 Abhisyanda by different Acharyas, the Mrudwikadi 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 Mrudwikadi Kashaya:

It Contains Mrudwika, Yesthimadhu, Devdaru, Chandana, Musta, Anualaki, 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 Abhisyanda. The Vednashtapana poperty of the contents helps in relieving Nistoda (pricking pain). Laghu, Raksha 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, Jeevanitya, Balya, Brimhanitya, Ojovardhaka, Ayuvardhaka, Dhatuposhaka properties, which indirectly increase the vyadhikshamatva\(^7\). 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 Brithattrayi 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 Abhisyanda. Aschyotana karma has been given prime importance to Akishiroga.

CONCLUSION

Vataja Abhisyanda is one of the most common diseases affecting man in present era. On the basis of signs and symptoms the Vataja Abhisyanda 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. Mrudwikadi 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.
REFERENCES


