



EFFECT OF TRIPHALA KWATH ASHYAOTAN IN VATAJ AABHISHYAND (ALLERGIC COUNJUNCTIVITIS)

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Abstract :

Allergic conjunctivitis is common problem observed by an ophthalmologist predominantly. affecting the outdoor workers , the eyes are exposed to different environmental factors The common sites for allergic reaction is eyes and eyelids .Vataj abhishyand can be co-related with allergic conjunctivitis.

Keywords : Allergic conjunctivitis, Vataj Abhishyand

INTRODUCTION:

Ayurveda the ancient science of India has described the importance of an eye. Acharya Sushruta has described 76 types of Eye diseases in his classical text Sushrut samhita. Kriyakalpa is the mentioned in Sushrut Samhita. Ashyotana is one of the kriyakalpa mentioned by Sushrutacharya as local treatment of eye diseases . Ashyotan is very simple to apply and very effective in Eye-diseases as it's direct contact and absorption in eye.

Sign and symptoms :

- 1)Itching of eyes
- 2) Foreign body sensation
- 3)Watering
- 4)Congestion
- 5)Dryness of eyes
- 6) Mild lid oedema
- 7)Scanty discharge from the eyes

Aim:

To study the role and efficacy of Triphala kwath ashyotan in Vataj-abhishyand with respect to Allergic conjunctivitis .

Method and Material :

Review regarding allergic conjunctivitis and Triphala kwath ashyotana was done from ayurvedic modern textbook,journals , internet sources.

Triphala kwath ashyotan matra 12 binduBD (Sushrutsamhita)**Patient's details :**

OPD NO. 15364

Date: 24/5/2023

Patient's Name :

Age = 23 yrs

Sex = Male

Address : Sawantwadi

A 23 yrs old male patient with no any comorbidity visited Shalakyatantra OPD of

With chief complaints of

1. Irritation of both eyes
2. Mild lid edema of both eyes
3. Congestion at both eye
4. Watering of both eyes

Case findings

Patient was said to be asymptomatic before 4days then suddenly patient felt irritation of both eye 3days back which was followed by congestion and watering of both eye. He had taken allopathic medicine 2-3times before but doesn't had satisfactory results. Hence he approached Shalakyatantra OPd of

Past history

Patient had recurrent history of allergic conjunctivitis

FAMILY HISTORY

THERE WAS NO ANY DISEASE RELATED HISTORY FOUND IN THIS CASE

PERSONAL HISTROY

AHAR: PATIENT TAKES SPICY FERMENTED BAKERY PRODUCTS ON REGULAR BASIS

VIHAR : OCCASIONAL CONTACT WITH DUST SOIL AND COLD AIR

CLINICAL FINDINGS:

1. PULSE : 78/MIN
2. RESPIRATORY RATE : 18/MIN
3. BLOOD PRESSURE: 120/70MMHG
4. TEMPERATURE: AFEBRILE

DASHVIDHA PARIKSHAN

1. PRAKRUTI : VATAPITA PRADHAN PRAKRUTI
2. VIKRUTI: VATPRADHANPITTA VIKRUTI
3. SATTVA: MADHYAM
4. SAAR: MADHYAM
5. SAMHANAN: MADHYAM
6. VAYA: MADHYAM
7. AHARSHAKTI: MADHYAM
8. VYAYAMSHAKTI: MADHYAM
9. SATMYA: PRAKRUTI
10. PRAMAN: PRAKRUT

ASTHAVIDHA PRAMAN

1. NADI: VATAJ SARPAGATI 78/MIN
2. MALA: PRAKRUT
3. MUTRA: PRAKRUT
4. JIVHA: SAAM
5. SHABDHA: SPASHTA
6. SPARSHA: ANUSHNASHITA
7. DRUK:PRAKRUT
8. AAKRUTI: MADHYAM

SPECIFIC EXAMINATION**EYE EXAMINATION**

EYE EXAMINATION	RT EYE	LT EYE
OCCULAR MOBILITY	NORMAL	NORMAL
EYE LID	MILD SWELLING OF BOTH EYE LIDS	MILD SWELLING OF BOTH EYE LIDS
CONJUNCTIVA	MODERATE CONGESTION OF CONJUNCTIVA	MODERATE CONGESTION OF CONJUNCTIVA
CORNEA	NORMAL	NORMAL
ANTERIOR CHAMBER	NORMAL	NORMAL
VISUAL ACTIVITY	6/6	6/6

TREATMENT PROTOCOL

TREATMENT PROTOCOL WAS TO ASHCYOTAN PROTOCOL

MATERIAL**TRIPHALA CHURNA WATER**

TRIPHALA KWATHA 10GM TRIPHAL CHURNA ADD 80ML WATER AND THEN REDUCE IT UNTILL REMAINS ¼ AMOUNT (20ML) REMIANS. STRAIN WITH FINE STRAINER.

DRUG NAME	AMALAKI	BIBHITAKI	HARITAKI
LATIN NAME	EMBLICA OFFICINALIS	TERMINALIA BELLIRICA	TERMINALIA CHEBULA
FAMILY	EUPHOBIAEAE		COMBRETACEAE
GUNA	LAGHU	LAGHU RUKSHA	LAGHU RUKSHA
RASA	MADHURA, AMLA,KATU,TIKTA,K AHSAYA	KASHAYA	MADHURA,AMLA,KATU, TIKTA,KASHAYA
VIRYA	SHITA	USHANA	USHANA
VIPAKA	MADHURA	MADHURA	MADHURA

PROCEDURE

WASH THE EYES GENTLY WITH TRIPHALA KWATHA THRICE A DAY

OBSERVATIONS

COMPLAINTS	24/5/23	25/5/23	26/5/23	27/5/23
IRRITATION OF BOTH EYES	+++	++	+	NIL
MILD LID EDEMA	+	+	NIL	
CONGESTION OF BOTH EYES	+++	++	+	NIL
WATERING OF BOTH EYES	++	+	NIL	

DISCUSSION:

IN VATAJA ABHISHAYANDA, VATA IS PREDOMINANT DOSHGA AND RASA AND RAKTA ARE DUSHYAS. THE SIGNS AND SYMPTOMS ARE PURELY DUE TO VITIATION OF VAT DOSHAS.

DUE TO TRIDOSHA PROPERTIES AND ALSO TIPHALA IS CHAKSHUSAYA SO IT PLAYS AN IMPORTANT ROLE IN VATAJA ABHISHAYNDA. ASCHYOTAN KRIYAKALPA WAS A PRIME TREATMENT IN ALL TYPES OF EYE DISEASES. ASHYOTAN SIGNIFICALLY REDUCES THE CONGESTION,WATERING ETC.

CONCLUSION:

THUS FROM THE ABOVE STUDY IT IS CONCLUDED THAT TRIPHALA ASHYOTAN IS EFFECTIVE IN VATAJA ABHISHAYANDA.

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