



“STUDY OF EFFICACY OF SHUNTHI VACHA HARIDRA LEP (BIDALAK) ON KAPHAJA ABHISHYANDA WITH SPECIAL REFERENCE TO SPRING CATARRH.”

1) Author 1

Dr Sunil S. Walvekar

Associate professor, LRP Ayurved Medical College, Islampur, Sangli.

2) Author 2

Dr Varsha Dhage

Assistant professor, LRP Ayurved Medical College, Islampur, Sangli.

3) Author 3

Dr Madhura Bapat

Assistant professor, LRP Ayurved Medical College, Islampur, Sangli.

4) Dr Priyanka Patil

PG student of Shalakyatantra

LRP Ayurved Medical College, Islampur, Sangli.

Abstract:

Immediate treatment of abhishyanda is important that's why abhishyanda is treated as early as possible. 30% of patients are affected by frequent episodes with intense and persistent symptoms.

Trial Group: In this group 30 patients were selected and studied. These patients were treated by shunthi vacha haridra lep (bidalak). Control Group: In this group 30 patients were selected and studied. These patients were treated by olopatidine eye drop. In present study result showed that, superior clinical and therapeutic efficacy was found with shunthi vacha haridra lep. Least complications were seen. Bidalaka is very effective in kandu lakshanas, also in shoth, strava and photophobia.

Introduction

Aim of ayurveda is maintenance of health in healthy individual and cured to diseased one. The doshas oozed from all urdwajatrugata strotsasa is called Abhishanda. Abhishyanda is main disease which is responsible for many other netrarogas. So immediate treatment of abhishyanda is important that's why abhishyanda is treated as early as possible.

Conjunctivitis is the disease of eye in which inflammation of bulbar and palpebral conjunctiva occurs. Allergic conjunctivitis alone has been estimated in 6 to 30% of general population and up to 30% in children alone.

A recent large survey performed at a national level involving 304 ophthalmologists showed that the majority of patients with allergic conjunctivitis suffer annually of few episodes of mild intermittent conjunctivitis. However 30% of patients are affected by frequent episodes with intense and persistent symptoms.

AIM

To study the efficacy of Shunthi Vacha Haridra lep Bidalaka on kaphaja Abhishyanda

OBJECTIVE

To study Abhishyanda as per Ayurvedic text

To study shunthi vacha haridra lep in detail.

Detail study of study of spring catarrh according to modern science

To access the efficacy of shunthi vacha haridra lepa on kaphaja abhishyanda

REVIEW OF AYURVEDIC DRUG

Shunthi

Ras-Katu

Vipak- madhura

Veerya-ushna

Guna-laghu snigdha

Shunthi is kaphagna bein katu,ushna,and laghu and vatagna being snigdha and madhur vipaki.It eliminates samata of pitta being katu and ushna but does not cause pittaprapakopa being madhura vipaki.

VACHA

Ras –Tikta Katu

Guna-Laghu, Ushna, Tikshna

Virya -Ushna

Vipak –katu(Madhur)

Vacha is kaphaghna , vataghna, and pittakar,vedana shtapan, shothkar.

HARIDRA

Ras-Katu

Vipak- katu

Veerya-ushna

Guna-guru,ruksha teekshna

REVIEW OF MODERN DRUG

Olopatidine eye drop: H1Receptor antagonist and inhibitor of histamine release from mast cell for topical administration of the eyes.

Composition: Olopatadine Hydrochloride 0.1% w/v, Benzalkonium chloride 0.01% w/v Solution IP
STERILE AQUEOUS SOLUTION 9.5

Material and Methods:

- Materials:** 1. Collection shunthi vacha haridra powder (churna) taken from GMP approved company.
2. Authentication and analysis of the drug were done at GMP Approved Company.

METHODOLOGY

A detailed history was taken in each case, followed by thorough general and systemic examination and ocular examination done.

Trial Group: In this group 30 patients were selected and studied. These patients were treated by shunthi vacha haridra lep (bidalak)

Control Group: In this group 30 patients were selected and studied. These patients were treated by olopatidine eye drop.

Inclusion criteria

1. Patients between age group of 5 to 20 years were being selected irrespective of age sex occupation religion and socioeconomic status.
2. Patients suffering from sign and symptoms of kaphaja abhishyanda were only being randomly Selected.

EXCLUSION CRITERIA

1. Patients with other ocular diseases
2. Complicated eye disorders
3. Recently eye operated patients
4. Patients up to 5 years and above 20 years of age were being excluded.

PROCEDURE

After complete examination all patients randomly divided in two groups.

METHOD OF BIDALAK

Procedure of bidalak is carried out in morning in a closed room having sufficient light and devoid of direct blowing wind and dust.

PREPARATION METHOD OF SHUNTHIGAIK LEP

Shunthi sam praman, Vacha Sam praman & Haridra Sam praman

Equal quantity 3gm of shunthi vacha haridra churna was taken 9gm of shunthi vacha haridra mixture for two eyes was taken for one time, 2 to 3 ml tap water was added in to it and make paste in bowl. The patient was asked to close the eyes. The lepa was applied on eyelid up to % angula thickness 0.48cm, except eyelashes. This lepa was kept up to semidry condition.

Then lepa was cleaned with wet cotton. Care was taken that particles should not go in eyes. In control group 30 patients received olopatidine eye drop one drop two times a day at the interval of 6 to 8 hours.

DURATION OF TREATMENT: For 14 days, Follow up were done

0th 7th 14th 21th 28th day

DISCUSSION

Abhishyanda is sarvagat netrarog explained by Acharyas in detail in classical text. It is an important netrarog, if not cure on time, it gives rise to other severe netrarogs like Adhimanth etc. Khaphaja abhishyanda is type of abhishyanda.

The present study was designed in the form of comparative clinical study, 60 patients fulfilling all diagnostic criteria of disease were selected and made in to two groups.

Higher incidence of kaphaja abhishyanda was observed in age group of 11 to 15 years. A higher prevalence of kaphaja abhishyanda was seen in males.

PROBABLE MODE OF ACTION

It is to said that bidalak do lekhan karma which means it taks out vitiated doshas from the strotasa. Shotha was cured due to kaphashamak guna, ushna veerya and shothagna property of shunthi. Kandu was relieved due to lekhana property of shunthi and haridra eliminates daha strav and shotha. vacha is kaphaghna , vataghna, and haridra is chakshushya. It acts as kandughna, vedna sthapana, pooyaghna .

Shunthi vacha haridra lep is kaphagna vataghna and vedna staphak, kandughna chakshushya shothar property.

CONCLUSION

In present study result showed that, superior clinical and therapeutic efficacy was found with shunthi vacha haridra lep. Least complications were seen. Bidalaka is very effective in kandu lakshanas, also in shoth, strava and photophobia.

Shunthi vacha haridra lep is beneficial as the ingredients of the preparation are easily available and cost effective and with no major side effects. Least complications were seen.

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