



# Effect of *Saindhavadi Rasakriya Anjana* in *Krimigranthi* (Seborrheic Blepharitis)- Case Report

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**ABSTRACT:** Acharya Sushruta has classified *krimigranthi* disease under *Sandhigata Roga* mentioned under *Kaphaja Sadhya Vyadhis*. due to vitiation of *Kapha Dosha*, Signs and symptoms of *Krimigranthi* can be analyzed with Seborrheic blepharitis which is one of the commonly encountered eye lid margin diseases in OPD. *Krimigranthi* (Blepharitis) is a chronic inflammatory condition of lid margin which is most common ocular conditions seen in ophthalmic practice. It cannot be cured but fortunately it can be controlled. Generally, the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. Blepharitis affecting at any age. The Prevalence of blepharitis is 37% to 47% by recent survey conducted in United State of America (USA). Blepharitis is a very common condition which is having usually bilateral, symmetrical affects. It is (sub-acute or chronic disease) a challenging problem for modern medical science because of the poor correlation between signs and symptoms, the uncertain aetiology and mechanisms of the disease process conspire to make management difficult. Therefore it has high and frequent recurrence. Hence to find out the better management and to establish the correlation of this disease having maximum similarity. Treatments mentioned for *Krimigranthi* (Seborrheic blepharitis) include *Swedana*, *Bhedana* and *Pratisarana*. This case is of, a female patient who complained of itching over both eyes, foreign body sensation, burning sensation, watering of eyes, scales, pain in eyes, and dandruff since 1 year *Anjana* with *Saindhavadi Rasakriya Anjana* was given for 20 days. Significant decrease signs and symptoms were observed after the treatment.

**Keywords:** *Krimigranthi*, Seborrheic blepharitis, *Rasakriya Anjana*

## INTRODUCTION

Blepharitis(*Krimigranthi*) is one of the eye disease seen in the practice of ophthalmology. It cannot be cured but fortunately it can be controlled. In most cases, the disease begins to affect the eyes slowly and often goes through a period of remission and relapse before becoming chronic. According to *Sushruta*, the *krimigranthi* disease classified under *Sandhigata Roga* mentioned in *Kaphaja Sadhya Vyadhis*, due to the vitiation of *Kapha Dosha* with influence of *Krimi* resulting in *lakshanas* such as *Kandu*, *Oosha*, *Gharsha*, *Ashru*, *Arthi* and *Pakshmapotavaan*. Management of *Krimigranthi* includes *Swedana*, *Bhedana* and *Pratisarana*. *Krimigranthi* can be diagnosed as seborrheic blepharitis, in this type of blepharitis usually accompanied by symptoms such as pain, burning, loss of eyelashes and discharge. Signs include white, scaly spots on the eyelids. When the scales are removed, the base surface appears bloody and greasy. This is often associated with scalp seborrhea. Swollen cysts form on the eyelids and eyelashes from the *Krimis* (bacteria), and in the case of blepharitis, the infection follows the junction of the eyelids and eyelashes, causing swelling that is very itchy. These different forms of organisms move along the junction of eyelid and penetrate into *shuklamandal* and even into the inner structure of the eye. Modern management involves removing scales using a mild shampoo or sodium bicarbonate solution along with antibiotics and steroids from the eyelid margins, is less effective. Therefore, this article shows the importance of Ayurvedic management using *Saindhavadi Rasakriya (Anjana)* - a type of *Lekhana Anjana*, in *Krimigranthi* (Seborrheic blepharitis) management.

**MATERIAL AND METHODS :** A case of *Krimigranthi* was taken from ITRA, OPD Jamnagar and after collecting detailed information about the patient from OPD Jamnagar and proper examination, *Anjana* was given 20 days with *Saindhavadi Rasakriya*. An evaluation was carried out after treatment.

## CASE REPORT

Name of patient- abc

Age / sex-55yrs /female

OPD No-20010

Place-Jamnagar

Occupation- Housewife

Date of consultation-10/6/2023

## CHIEF COMPLAINS

Lid collarettes Itching since 1 year

Eyelid swelling and F.B sensation since 1 year

Burning sensation since 1 year

Mild lacrimation since 1 year  
Dandruff since 1 year  
Pain in b/ l eyes since 10 days

**PRESENT AND PAST HISTORY:** H/o using eyedrops or ointments drops since 2month. No H/o DM, RA or other serious illness. No H/o any refractive surgery.

#### On Examination-

Before tretment

Ocular Examination-

- Visual acuity of RE was 6/6 and of LE was 6/9.

SLE Examination -

**The slit lamp examination of both eyes revealed**

- Eyelid –Erythema and swelling.
- Eyelid margine- Scales deposition
- Conjunctiva –mild congestion
- Cornea –Bright.
- Anterior chamber –Normal depth.
- Iris –Colourpattern normal.
- Pupil –Normal size, Reacting to Light
- Lens –Normal

#### Systemic examination

- G.C. -Moderate, Afebrile
- R.S. – RR: 22/min, no added sound all lung field clear.
- C.V.S. -S1, S2 Normal
- C.N.S -Conscious, well oriented to time, place and person

#### TREATMENT:

In this study, many Ayurvedic practices and treatments can help patients overcome the symptoms of blepharitis. I will demonstrate the effectiveness of *Rasakriya Anjana* for seborrhic blepharitis.

Treatment given: *Saindhavadi Rasakriya Anjana*

Dose: 1 drop twice a day for 20 days.

**ADVERSE REACTIONS:** No adverse effects found during the course of treatments.

**RESULT:**Significant changes were also observed in chief complaint and associated symptoms also. Table 1 On examination – After treatment- Eyelid Skin: Normal, Eyelid margin: No thickening & Mild scales deposition, Palpebral conjunctiva: Concretions present, Bulbar conjunctiva: Congestion absent, Cornea, Lens, Fundus: Normal

Sr. No.	Lakshana or symptoms/Signs	Before tretment	After tretment
1.	Lid collarettes Itching ,Erythema	Severe	Absent
2.	Eyelid swelling and F.B sensation	Moderate	Absent
3.	Scales deposition	Moderate	Mild
4.	Burning sensation	Moderate	Mild
5.	Pain in b/l eyes	Moderate	Mild

Table 1 - On examination (After treatment)

**DISCUSSION :** The signs and symptoms of seborrheic blepharitis are generally caused by the accumulation of scales, lipids, on the edges of the eyelids. In *Saindhavadi Rasakriya* Majority of drugs having *Katu Tikta rasa*, *Laghu Rooksha Guna* and *Ushna Virya* thus having *Kaphadosha Shamana*. This is a type of *Lekhana Anjana* which performs *Lekhana Karma* by removing scales besides reducing all other signs and symptoms of the disease. This *Rasakriya Anjana* acts like a foreign body to ocular surface. Since eye gets reflex secretion in

response to foreign particles on cornea and conjunctiva watering of eyes occurs which helps in the washing out of accumulated scales from the lid margin.

## CONCLUSION

This study concluded that *Anjana* with *Sandhavadi Rasakriya* effective and given symptomatic relief to the patient of Seborrheic blepharitis. That may be because mostly drugs into *Rasakriya* having *Katu Tikta rasa*, *Laghu Rooksha*, *Ushna Virya*, *Lekhana karma* to removal of the accumulated scales and reduces all other signs and symptoms.

Moreover, this *Rasakriya Anjana* acts like a foreign body in the eyes. Because the eye secretes reflexively in response to foreign substances present in the cornea, tears flow into the conjunctiva of the eye, helping to clean away scales that accumulate on the edges of the eyelids. Thus, this article shows the importance of Ayurvedic management using *Saindhavadi Rasakriya Anjana* in *Krimigranthi* (Seborrheic blepharitis) management.

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