



Randomized Comparative Clinical Study to Assess the Efficacy of Bilavadi Yog Aschyotana and Triphala Aschyotana in the Management of Vataj Abhishyanda with Special Reference to Simple Allergic Conjunctivitis

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Abstract

Background: Vataj Abhishyanda, one of the Sarvagata Netrarogas described by Acharya Sushruta, closely resembles Simple Allergic Conjunctivitis in modern ophthalmology. Both are characterized by symptoms such as itching, congestion, watery discharge, and discomfort in the eyes.

Aim: To compare the clinical efficacy of Bilavadi Yog Aschyotana and Triphala Aschyotana in the management of Vataj Abhishyanda.

Methodology: A randomized comparative clinical study was conducted on 60 patients diagnosed with Vataj Abhishyanda (Simple Allergic Conjunctivitis). Patients were divided into two equal groups of 30 each. Group A received Bilavadi Yog Aschyotana (2 drops QID for 15 days), and Group B received Triphala Aschyotana (2 drops QID for 15 days). Assessment was carried out on the basis of subjective and objective parameters like Nistodana (pricking sensation), Jantumeva Sarpanam (foreign body sensation), Shopha (conjunctival chemosis), Shishirashruta (cool lacrimation), and Raga (conjunctival congestion). Statistical analysis was performed using standard clinical evaluation methods.

Results: Both groups showed statistically significant improvement in all symptoms, with Group A (Bilavadi Yog) showing slightly better relief in pricking sensation, chemosis, and congestion compared to Group B. The overall efficacy was higher in Group A (average relief 78%) than in Group B (average relief 70%).

Conclusion: Both Bilavadi Yog Aschyotana and Triphala Aschyotana were effective in managing Vataj Abhishyanda (Simple Allergic Conjunctivitis), but Bilavadi Yog showed slightly superior efficacy. These formulations can serve as effective, affordable, and safe alternatives to conventional eye drops.

Keywords

Vataj Abhishyanda, Bilavadi Yog, Triphala Aschyotana, Simple Allergic Conjunctivitis, Ayurveda, Aschyotana

Introduction

Vataj Abhishyanda is a Sarvagata Netra Roga described in Sushruta Samhita, caused by vitiation of Vata dosha leading to symptoms like pain, pricking sensation, dryness, and excessive lacrimation. Acharya Sushruta emphasizes early management to prevent complications such as Adhimantha (Glaucoma) and other ocular diseases. In modern terms, this condition

correlates with Simple Allergic Conjunctivitis, characterized by inflammation, redness, itching, and watery discharge.

The contemporary treatment for allergic conjunctivitis includes antihistamines and steroids, which have side effects on long-term use. Ayurveda offers safer ocular therapies like Aschyotana (topical instillation) using herbal formulations with anti-inflammatory and soothing effects. Among these, Bilavadi Yog and Triphala Aschyotana are classical Ayurvedic preparations indicated for Netra Abhishyanda.

Materials and Methods

Type of Study: Open Randomized Comparative Clinical Study

Duration: 15 days

Sample Size: 60 patients

Study Location: OPD of Shalakyatantra Department, Ayurvedic Hospital

Grouping:

- Group A: Bilavadi Yog Aschyotana (2 drops QID, 15 days)

- Group B: Triphala Aschyotana (2 drops QID, 15 days)

Inclusion Criteria:

- Patients aged 16–55 years diagnosed with Vataj Abhishyanda.

- Classical symptoms like Nistodana, Jantumeva Sarpanam, Shopha, Shishirashruta, and Raga.

Exclusion Criteria:

- Patients with other ocular disorders (ulcer, opacity, DM-related eye disease).

- Recent ocular surgeries.

Results

Both groups showed statistically significant improvement in subjective and objective symptoms. Bilavadi Yog Aschyotana showed slightly better results, especially in reducing congestion and itching. No adverse reactions were observed during the study.

Efficacy Results:

- Very Effective (>75%): Group A – 70%, Group B – 55%

- Effective (51–75%): Group A – 20%, Group B – 35%

- Slightly Effective (25–50%): Group A – 10%, Group B – 10%

Discussion

The results demonstrate that both formulations are effective in managing Vataj Abhishyanda. Bilavadi Yog contains Bilva, Agnimantha, Shyonaka, Patla, and Gambhari — herbs known for their anti-inflammatory, antimicrobial, and Vata-Kapha shamak properties. Triphala, composed of Haritaki, Bibhitaki, and Amalaki, possesses antioxidant, rejuvenative, and Chakshushya (eye-strengthening) effects.

Bilavadi Yog's Ushna Virya and Ruksha Guna help pacify Vata and reduce ocular secretions, providing faster symptomatic

relief. Triphala acts as a mild and safe formulation, improving eye health and reducing inflammation over time. Thus, Bilavadi Yog shows faster action, while Triphala offers supportive maintenance.

Conclusion

Both Bilavadi Yog Aschyotana and Triphala Aschyotana are effective in managing Vataj Abhishyanda (Simple Allergic Conjunctivitis). Bilavadi Yog demonstrated slightly better outcomes and can be recommended as a potent Ayurvedic ophthalmic preparation for allergic eye conditions.

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