

Clinical Management of Dry Eye Syndrome with Triphalaghrit Netra Tarpan

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Abstract –

A typical eye condition is dry eye syndrome. Depending on the demographic under consideration, it has an impact on 5-34 percent of persons. Up to 70% of older persons are affected. Dry eye syndrome is the medical term for the condition of having dry eyes (DES), often referred to as kerato conjunctivitis sicca (KCS). Shushkakshipaka, which shares the same etymological origin and clinical manifestations, is a related illness described in Ayurveda. In the classical Ayurvedic literature, Shushkakshipaka is referred to as Narayana Sarvagata (diseases affecting all parts of the eye). Netratarpan is best management for *SarvagataNetraroga that's why we selected netratarpan with triphalaghrita for this study*.

Key words – Sarvagata Netraroga, netratarpan , triphalaghrita

Introduction –

When tears evaporate too quickly or the eye does not generate enough tears, dry eye results. Contact lens wear, meibomian gland dysfunction, allergies, pregnancy, Sjögren's disease, This can be brought on by a lack of vitamin A, LASIK surgery, and a number of medications, such as antihistamines, some blood pressure meds, hormone replacement therapy, and antidepressants.. The illness may also be brought on by chronic conjunctivitis brought on by infection or exposure to tobacco smoke.

Although a variety of different tests may be conducted, the diagnosis is primarily based on the symptoms. The sole therapeutic approach supported by contemporary medical knowledge is tear replacement. Occlusion, redness, discharge, and quickly worn-out eyes are other symptoms. Also possible is blurred vision. The symptoms can be moderate and sporadic or severe and persistent. In some circumstances, corneal scarring might happen untreated.

Aim & objective-

- To investigate Triphalaghrita's effectiveness in treating Dry Eye Syndrome
- To study the shushkashipak in both classic and modern science .

Material & Methods –

This is clinical study carried out 10 patients of dry eye syndrome , Patients were collected from OPD of shalakyatantra dept . of our institute, Written consent taken from each patient

Drug review –

Triphalaghritatarpan for 5 days, Avipittakarchurna 5 gm HS , Dashmoolarishta 15 ml BD with koshnajal. All .medicine purchased from GMP approved pharmacy .

Follow up – Day 1st , Day 7th , Day 15th , Day 30th

Inclusive Criteria -

- Age group -20 to 50 yr.
- patient having classical sign of Dry Eye Syndrome according to the prepared proforma will be selected randomly for the present study.
- Selection of Patient will be irrespective of the Sex (Both - Male and Female)

Exclusive Criteria:

- All conjunctival infections
- Systemic diseases
- D.M. , Thyroid, Neurotrophic deficiency
- Corneal transplant
- Patient using diuretics, antihistamine, antidepressant
- Cholesterol lowering agents, beta blockers,

- Patient having chalazion, trachoma.

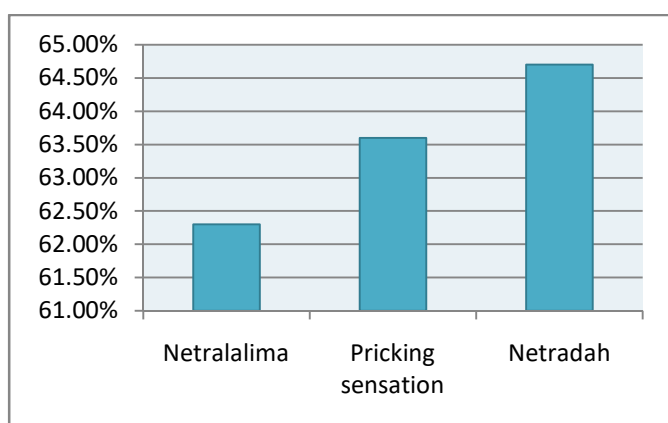
Criteria of assessment:

- Redness (Netralalima)
- Sandy / FB I Pricking / Gritty sensation
- Eye burning (Netradah)

Diagnostic test -Schirmer's Test.**Results & observation –**

Shushkashipak is common condition for this fastest life , allopathic medicine gives only symptomatic relief , But ayurveda shows long lasting results . Data of this shows significant results in the management of dry eye syndrome netralalima reduced up to 62 % ,netrdaha reduced up to 63 % , pricking sensation reduced up to 64 %.

Symptoms	No of patients	BT	AT	SD	SE	Relief %	T value	P value
Netralalima	10	2.98	0.88	1.08	0.79	62.3%	7.62	<0.001
Pricking sensation	10	2.52	0.64	1.23	0.28	63.6%	6.34	<0.001
Netradah	10	2.72	0.788	1.06	0.24	64.7%	6.29	<0.001

Graphical Presentation –**Discussion –**

Ayurveda provides a better management for netrachikitsa. We are applying ophthalmic therapeutic i.e. Kriyakalp and also in the form of

systemic use i.e. oral Chakshushyadravyas. The pharmacotherapeutics of any drug have a quality of effective concentration at the site of action to elicit the cause of disease.

Each patient with dry eye has a unique treatment plan, according to Ayurveda, because the pathology and aetiology vary. Vata-Pitta/Raktavitation located at Shushkaksipaka primary pathology resulting from perturbed systems biology, necessitating a comprehensive strategy to address the issue. Both subjective and objective data point out that the three components of the tear film were affected by this dry eye syndrome, which was not only caused by chronic meibomitis but also by an immunological response. As a result, the condition could be effectively handled by using a systemic and holistic strategy to cure the sickness known as Shushkakshipaka (Sarvagata Vata-

Pitta/RaktajaNetraRoga) and regulating this unbalanced humerus.

Conclusion –

Netra-Tarpan is a procedure in ayurveda that provide extensive relief to eyes. According to netratarpan is the best treatment for *Shushkakshipaka* It provides nourishment to the eyes without irritation and scratching

Bibilography

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