

# To Evaluate The Efficacy of Bilvadi Ashchyotana in Abishyanda

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## Abstract

Vataja Abishyanda is The majority of the signs and symptoms of Simple Allergic Conjunctivitis are extremely similar to those of this condition, which is marked by Toda (Pricking pain), Sangharsha (foreign body sensation), Achchasruta (watery discharge), AlpaShopha (mild chemosis), Vishushka Bhava (feeling of dryness), Parushya (dryness), etc. Vataja Abishyanda and Simple Allergic Conjunctivitis may therefore be connected. Simple Allergic Conjunctivitis (Prevalence 5-22% of the general population; Recurrence in 41-62% cases) is unsolved mystery of medicine due to the increased environmental pollution and busy life style. It has an equal distribution more or less throughout the world, without any exception to the developed and under developed countries. Simple Allergic Conjunctivitis is difficult to treat and is seldom cured, but it may improve. Although serious sequels as a result of corneal involvement are rare

**Keywords** – Toda, Parushya, Shopha, Allergic, Pollution, Equal, Improve etc.

## Introduction :

Only Acharya Sushruta explained ophthalmology and E.N.T. in a systematic manner in the Uttaratantra section of his work Sushruta Samhita. Again, ophthalmology is crucial in this field since the eye is the organ responsible for visual sensation; if vision is lost, everything is lost. Even if he is wealthy, a blind guy cannot appreciate the world. As a result, protecting this organ is not just a need, but also a personal obligation. After discussing Sarvagata Roga in its entirety, Sushruta Samhita devotes four separate chapters to the treatment of Abishyanda.

Ancient physicians were very interested in the disease Abishyanda, as seen by the Samhitas' extensive descriptions, classifications, symptomatology, complications, and treatments. Even though it has been claimed that the illness Abishyanda is curable, if it develops into a chronic condition, it can cause a number of related complications, including Vataja Adhimantha, Hatadimantha, Akshipakatyaya, Avranashukla, and others. Acharyas quoted that Abishyanda is a root cause of almost all the eye disorders and treat it as soon as possible otherwise complications due to Abishyandawill be severe in nature and difficult to save eye sight<sup>1</sup>.

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## Aim :

**Aim** -To evaluate the efficacy of Bilvadi Ashchyotana in Abishyanda

**Objectives-**

- 1) To Study the etio-pathogenesis of Abishyanda.
- 2) To Study the role of Bilvadi Ashchyotana in the treatment of Abishyanda.

**Drug Review-****Ingredients -**

The ingredients of Bilvadi Yavakuta (Ashchyotana) are:<sup>2</sup>

1. Bilva
2. Agnimanada
3. Shyonaka
4. Patala
5. Gambhari
6. Eranda
7. Bruhati
8. Tarkari
9. Madhushigru

**Method of preparation :**

In One part Bilvadi Yavakuta ten times water was added and boiled upto half quantity remains. When Kwatha becomes luke warm then instillation of 10-12 drops was done with PichuVarti (wick) from 2 Angula height to Kaninika sandhi (inner can thus area).

**Review of Literature-****Samprapti Ghataka -**

**Dosha** –Vata Pradhana Tridosha

**Dushya** - Rasa and Rakta

**Agni** - Mandagni

**Srotasa** - Rasavaha and Raktavaha

**Sroto Dushti** - Sanga, Vimargagamana and Atipravriti

**Rogamarga** - Madhyama

**Adhishtana** - Sarvaakshi – Tejo Jalashrita Patala

**Vyadhi Svabhava** - Chirakari

**Chikista :**

Sarvagata Vedhya Sadhya Vyadhi Vataja Abishyanda is one among them. Acharya Sushruta provides a detailed explanation of the food restrictions, drugs for Sodhana and Shaman, and other therapeutic regimens for Vataja Abishyanda.<sup>3</sup>

**Samanya Chikitsa:**

The line of treatment of Vataja Abishyanda is Langhana, Lepana, Swedana, Sira Vedhana, Virechana, Anjana and Ashchyotana respectively.<sup>4</sup> While all Acharyas gave due importance to the Langhana Karma while explaining the treatment of the Vataja Abishyanda.

**Vishishta Chikitsa:**

In Vataja Abishyanda Chikitsa, Sushruta Samhita quoted that Apatarpana, Ghrita Sevana, Sira Vedhana, Swedana, Avapeedana, Anjana, Dhooma, Seka, Pralepa, Kavalagraha, Ashchyotana, Rooksha Putapaka and Tikta Annapana are beneficial in Vataja Abishyanda. Snehana with Purana Sarpi, Snigdha Swedana, Siramokshana, Snaihika Virechana followed by Basti, Tarpana, Putapaka, Ashchyotana, Nasya, Sneha Pariseka, Sirobasti should be applied while doing treatment of the patient of the Vataja Abishyanda.<sup>5,6,7</sup>

Samanya Chikitsa of Vataja Abishyanda is explained by various Acharyas, it includes Snehana, Svedana, Mamsa of Gramya and Aanupa animals and those who are living in water. Nasya with Ksheera and Ghrita, Siravyadha, Svedana, Tikta Anna Bhojana, Teekshna Pradhmana and Snigdha Upanaha, Snehana Ashchyotana, Putapaka, Snigdha Virechana after Snehana and Svedana of Shira for the treatment of Vataja Abishyanda.

**Material & Methods-**

This was a non-blind randomized controlled clinical trial. Total 10 patients were taken for study, sample was collected from OPD & IPD.

**Inclusion Criteria-**

- 1) Patient showing classical symptoms of Abishyanda.<sup>8,9</sup>
- 2) Patient's age group above 18 & below 40 years old.
- 3) Patients with single or recurrent episode for minimum 2 weeks.

- 4) Patients who had mild or moderate or major symptoms.

#### Exclusion Criteria-

- 1) Patients of age group less than 18 & More than 40 years.
- 2) Pregnant, breast feeding or planning to become pregnant, during the study.
- 3) A history of recent sickness including hepatic, renal, gastroenterological, respiratory, cardiovascular (including IHD), neurological, haematological, or other recognized pathology, such as cataract.

#### Drugs and Posology-

**Drug** – Bilvadi Ashchyotana

**Dose** –10 Drops

**Route** - Eyes

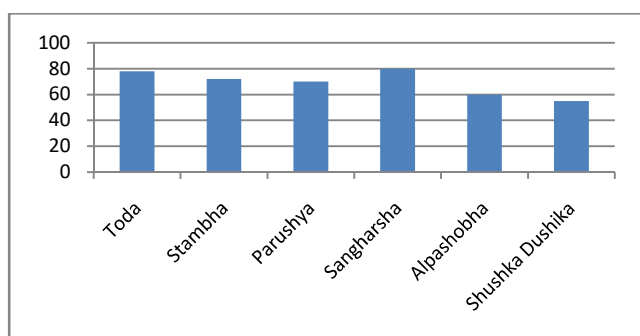
**Duration** - 30 days

**Follow Up** - A minimum period of 3 months was planned for the study.

#### Results & Observations –

Complaints	No. of Patients	Mean		SD	SE	Total Relief %	t value	P value
		BT	AT					
Toda	10	2.61	0.88	0.67	0.56	78.2	9.1	<0.001
Stambha	10	2.77	0.96	0.78	0.87	76.1	8.1	<0.001
Parushya	10	2.45	0.65	0.52	0.34	74.5	8.3	<0.001
Sangharsha	10	2.66	1.06	0.42	0.37	78.2	7.3	<0.001
Alpashopha	10	2.81	1.88	0.81	0.65	81.1	7.1	<0.001
ShushkaDushika	10	3.02	1.21	0.45	0.86	64.7	7.3	<0.001

#### Graphical Presentation -



#### Probable Mode Action of Drug-

Pratisarana is mainly possessing two types of therapeutic efficacy by rubbing with finger locally.

1. Shodhana (Mechanical removal of food particles).

#### Discussion :

On the idea of symptoms and symptomatology Vataja Abishyanda can be Correlated with allergic conjunctivitis. Among all of the Nidana Raja Sevana, Dhuma Sevana and Rutu Viparyaya may be considered as precise Nidana for Vataja Abishyanda. Allergic conjunctivitis. Amongst all of the symptoms of the Vataja Abishyanda Toda can be correlated with pricking pain, Achchasruta can be correlated with watery discharge, Sangharsha can be correlated with overseas body sensation of the Allergic conjunctivitis. Control of the simple Allergic Conjunctivitis in contemporary ophthalmology is transient and additionally value effective. It's far very hard to pick out and to keep away from the allergen.<sup>10,11,12</sup>

On Ashchyotana method Ashchyotana is secure and most cost-efficient manner. Ashchyotana with Bilvadi Yoga is powerful in Vataja Abishyanda – Simple Allergic Conjunctivitis. Although Ashchyotana is time eating process for these days's busy lifestyles style, however it is more powerful then Eye drops.

#### Conclusion :

- Ashchyotana is safe and most economical procedure.
- Ashchyotana with Bilvadi Yoga is effective in Vataja Abishyanda Simple Allergic Conjunctivitis.
- Though Ashchyotana is time consuming procedure for today's busy lifestyle, but it is more effective then Eye drops.

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