

# Role of Bilvadi Kwath Aaschotana in Abhishyanda w.s.r. Conjunctivitis

Dr. Amarjeet Ankush Chavan<sup>1</sup>, Dr. Kiran patil<sup>2</sup>

<sup>1</sup>PG Scholar, Dept. of Shalaky Tantra

<sup>2</sup>Guide

Yashwant Ayurvedic College Post. Graduate – Training and Research Centre Kodoli . Dist. Kolhapur

Received : 30 October 2023

Accepted : 8 December 2023

## Abstract

The disease Abhishyanda considerably attracted the ancient physicians, which is evident from their detailed description, classification, symptomatology, complications and management written in Samhitas. Though it has been said that the disease Abhishyanda is a curable entity, but if it takes a chronic course may lead to many associated complications like Vataja Adhimantha, Hatadimantha, Akshipakatyaya, Avranashukla etc.

The Acharya Sushruta is the only person who explained the ophthalmology and E.N.T. in a systemic manner in Uttara Tantra portion of his treatise Sushruta Samhita. Again in this branch, ophthalmology is having most importance because eye is the organ for visual sensation, if only vision is lost everything is lost. A blind man, though rich cannot enjoy the world. So, to protect this organ is not only a necessity but also a responsibility of every individual. In Sushruta Samhita four separate chapters have been devoted to the treatment of Abhishyanda after explaining Sarvagata Roga.

**Keywords** – Disease, Vataja Adhimantha, Abhishyanda, Hatadimantha etc.

## Introduction :

On There are six varieties of Allergic Conjunctivitis viz. Simple Allergic Conjunctivitis, Vernal keratoconjunctivitis (VKC), Atopic keratoconjunctivitis (AKC), Giant papillary-conjunctivitis (GPC), Phlyctenular keratoconjunctivitis (PKC), Contact dermo-conjunctivitis (CDC). Being 1st study among six types of the Allergic Conjunctivitis, it was planned to evaluate the efficacy of Bilvadi Aaschotana formulation and Bilvadi Eye Drops formulation only in the patients of Simple Allergic Conjunctivitis. Acharya Sushruta has recommended 'Kriyakalpa' for the management of Abhishyanda, along with other forms of treatment. The term Kriyakalpa refers to the treatment, which can be

applied for almost all types of eye diseases; and it comprises of Tarpana, Putapaka, Anjana, Aaschotana and Seka. Among these Aaschotana is a simple, safer, most economical procedure, which is indicated in the initial stage of the eye diseases.

The drugs having multiple pharmacological mechanism of action like - histamine H1 receptor antagonist, mast cell stabilizer, inhibits infiltration, activation and degranulation of eosinophils and other late phase reaction such as the effect of platelet activating factors are useful in the treatment of Simple Allergic Conjunctivitis, but they are very costly and not safe to the all patients. Simple Allergic Conjunctivitis one of such conditions in which all the patients do not respond equally to available anti allergic drugs. None of the anti – allergic drugs available in the market can cure the Simple Allergic Conjunctivitis completely in all the

### Author Correspondence

Dr. Amarjeet Chavan

Yashwant Ayurvedic College, Kodoli

Email : abjtchavan007@gmail.com

patients! And after stopping the treatment symptoms re-occur.

### **Aim :**

Role of Bilvadi Kwatha Aaschotana in Abhishyanda w.s.r. Conjunctivitis.

### **Objectives-**

- To Study the role of Aaschotana in the treatment of Abhishyanda
- To Study the etio-pathogenesis of Abhishyanda.

### **Drug Review :**

#### **Ingredients & Preparation of Bilvadi Aaschotana<sup>1</sup> -**

In 1 part Bilvadi Yavakuta 10 times water was added and boiled upto half quantity remains. When Kwatha becomes luke warm then instillation of 10-12 drops was done with Pichu Varti (wick) from 2 Angula height to Kaninika sandhi (inner canthus area).

### **Review of Literature-**

#### **Defination<sup>2</sup>-**

"x̄tufi Ekuñēfēñ x̄fēāffā x̄fēlSīfēfē x̄fē C̄rñēfēfēfē  
S̄tāfē k̄fēfēfēfēfēfēfē Ȳs̄fēfēfēfēfēfēfē!" (A.x̄fēE.19/57)

#### **Samprapti Ghataka<sup>3</sup>-**

Dosha - Vata Pradhana Tridosha  
Dushya - Rasa and Rakta  
Agni - Mandagni  
Srotasa - Rasavaha and Raktavaha  
Sroto Dushti - Sanga, Vimargagamana and Atipravriti  
Rogamarga - Madhyama  
Adhishtana - Sarvaakshi – TejoJalashrita Patala  
Vyadhi Svabhava - Chirakari

#### **Ayurveda Treatment<sup>4</sup> -**

According to the uses of medicines are divided into two categories.

- Samanya
- Vishsha

### **Samanya Chikitsa-**

The line of treatment of Abhishyanda is Langhana, Lepana, Swedana, Sira Vedhana, Virechana, Anjana and Aaschotana respectively. While all Acharyas gave due importance to the Langhana Karma while explaining the treatment of the Abhishyanda.

### **Vishishta Chikitsa-**

In Abhishyanda Chikitsa, Sushruta Samhita quoted that Apatarpana, Ghrita Sevana, Sira Vedhana, Swedana, Avapeedana, Anjana, Dhooma, Seka, Pralepa, Kavalagraha, Aaschotana, Rooksha Putapaka and Tikta Annapana are beneficial in Abhishyanda. Snehana with Purana Sarpi, Snigdha Swedana, Siramokshana, Snaihika Virechana followed by Basti, Tarpana, Putapaka, Aaschotana, Nasya, Sneha Pariseka, Sirobasti should be applied while doing treatment of the patient of the Vataja Abhishyanda. Samanya Chikitsa of Abhishyanda 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 Aaschotana, Putapaka, Snigdha Virechana after Snehana and Svedana of Shira for the treatment of Abhishyanda.

### **Material & Methods-**

This was a non-blind randomized controlled clinical trial. Total 15 patients was taken for study, sample was collected from OPD & IPD.

### **Inclusion Criteria -**

- 1) Patient showing classical symptoms of Abhishyanda.
- 2) Patient's age group above 25 & below 55 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 25 & More than 55 years.
2. Pregnant, breast feeding or planning to become pregnant, during the study.
3. Current history of illness with hepatic, renal, gastroenterological, respiratory, Cardiovascular (Including IHD), Neurological, haematological disease.

**Dose - 6 Drops****Duration - 1 Month****Procedure<sup>5</sup> :**

Procedure of the Aaschotana can be divided in to 3 parts.

**Poorva Karma-** Patient should be in lying position and relaxed in Nivata Sthana. Aaschotana Drava should be filtered through thick cotton pad or a clean cloth.

**Pradhan Karma-** Physician should open the eyes of the patient with left hand and the medicine dispense drop by drop either with a seashell or a

wick (held in right hand) from two fingers height just above Kaninika Sandhi (inner canthus area)

**Pashchata Karma-** The eyes should be cleaned with soft cloth. In case of Kapha and Vata predominant condition Mridu Swedan (mild fomentation) should be done with a piece of cloth wringed in warm water.

**Duration<sup>6</sup>-**

Aaschotana can be performed for 1 day or 2 days or 3 days or up to patient get cured or tolerate.

**Time-**

Aaschotana can be performed at any time in day and 1<sup>st</sup> 3 hours of night time However if there is severe pain and emergency conditions, it can be done at any time.

**Contraindication-**

Aaschotana should not be performed in night time except 1<sup>st</sup> 3 hours.

**Release Time-**

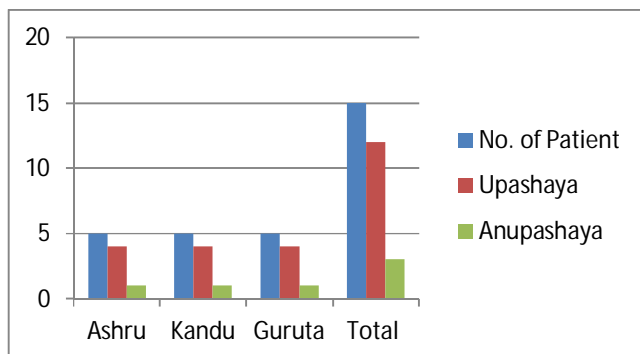
The medicine is to be retained in the eyes for 100 Matra Kala.

According to Ayurveda pharmacopeia of India -Vol II - 100 Matra = 155.28 seconds = 2.58 minutes.

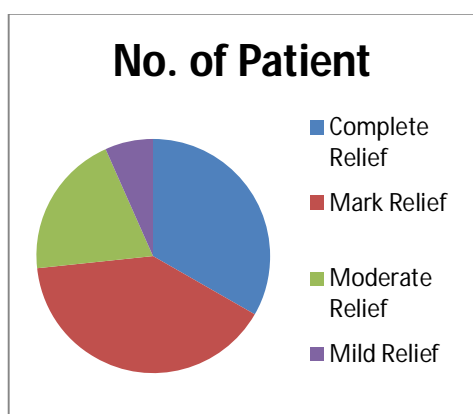
**Statistical Data-**

S.No	Complaint	N	Mean		SD	SE	Toatal Relief %	t Value	P Value
			B.T.	A.T.					
1.	Strav	15	2.78	1.22	0.74	0.36	76.2	8.22	<0.001
2.	Kandu	14	2.54	1.87	0.64	0.72	66.1	7.60	<0.001
3.	Guruta	12	2.82	1.32	0.41	0.36	64.3	9.75	<0.001
4.	Toda	11	2.61	1.44	0.32	0.52	79.7	7.32	<0.001
5.	Raga	12	2.72	1.32	0.65	0.64	77.1	7.33	<0.001

General Symptoms	No. of Patients	Upashaya	Anupashaya
Strav	5	4	1
Kandu	5	4	1
Guruta	5	4	1
Total	15	12	3



Total Effect	No. of Patient	Percentage
Complete Relief	5	33.33
Mark Relief	6	40.00
Moderate Relief	3	20.00
Mild Relief	1	06.66
No Relief	00	00.00



#### Probable Mode Action of Drug-

**Mechanism of action** - The passage of Bilvadi Aaschotana and Bilvadi Eye Drops through the epithelium is determined by factors controlling the penetration of the drugs into other cells (Degree of

dissociation of electrolytes). The absorption of Bilvadi Aaschotana and Bilvadi Eye Drops in the eye can be mainly by 3 mechanisms -

- Ultra filtration
- Diffusion
- Active transport

#### Discussion-

In the appearance of disease it is necessary to be dependent on Samprapti & Symptoms. If able to understand the Samprapti & Symptoms properly can be judge the stage of disease and treated easily. Thus the proper knowledge helps in understand the process of Manifestation of various stages of disease. Also for getting knowledge of Sadhyasadyatva of Disease. Bilvadi Aaschotana drug helps to relief sign & Symptoms of Abhishyanda. It protects from harmful effect like Strav, Kandu, Guruta, Toda, Raga, Shula etc.

#### Conclusion :

- Result of the study of group showed that Bilvadi Kwath Aaschotana was having highly significant effect because of Ingredients are having Vatashamaka and Vedana Sthapana properties.
- Result of the study of group showed that Bilvadi Kwath Aaschotana was having highly significant effect on the cardinal symptoms like Strav, Kandu, Guruta, Toda, Raga, Shula etc.

#### References -

- Sharangdhara Samhita, 2nd edi - Adhamalla and Kashiram -comm., 1985, editorb Parshuram Shastry, Pub. Krishnadas Academy, Oriental pub., Varanasi.
- Ashtanga Hridaya - With Sarvanga Sundari commentary Nirnaya sugar press -Bombay (1993).
- Chakrapani - Chakradatta with Bhavarth Sandipani Comm. IV Edi. by Shashtri Bramhshnkr, Chaukhambha, 1976, Varanasi.
- Charaka Samhita - By Chakrapani with Ayurveda Dipika commentary Nirnaya Sagar Press - Bombay.

5. Sushruta Samhita – Uttara Tantra, Hindi commentary, Ayurveda Tatva Sadipikaby Dr. Ambica Dutta Sastry. 1998,Netraroga Chikitsa/113,pg.769; Chakradatta Netra Rogadhikara Chikitsa Prakrana/1; Shodhala,Gadanigraha,3<sup>rd</sup> edition 1999, Charu printers, 3/100-103
6. Yogaratnakara, by Dr.Indradeva Tripathi, Chaukhamba Sanskrit Series office 1st edition
7. Internet Source