Blepharitis (Krimigranthi) and its management through Ayurveda (Pariseka): A case study

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Abstract:

Introduction: Blepharitis (Krimigranthi) is one of the most common ocular conditions seen in optometric practice. It’s 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. According to Sushrut, krimigranthi is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching in those part. These different forms of organism move along the junction of eyelid and penetrate into shuklamandal and even into the inner structure of the eye. Aim: To study role of Ayurveda in Blepharitis with special reference to krimigranthi. Objective: To study role of Ayurveda to reduce sign and symptoms of Blepharitis. Conclusion-Ayurvedic therapies (Pariseka) and medicines can help in Blepharitis.

Keywords- Blepharitis, Krimigranthi, Ayurvedic methods, Pariseka Pindi, Kriyakalpa

Introduction:
Krimigranthi (Blepharitis) is one of the most common ocular conditions seen in optometric practice. Its cannot be cured but fortunately it can be control. 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 conduct in United State of America (USA).In India some has been done in state like Haryana, UP, and South India among school going children [International Journal of Development Research, 2015]. Blepharitis is a very common condition which is usually bilateral, symmetrical affects. It is (sub-acute or chronic disease) 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.

Lifelong treatment may be necessary and a permanent cure is unlikely but control of symptoms is usually possible. Although remission may be achieved, recurrence is common particularly if treatment is stopped [Brad Bowling, ?]. Thus the time for Ayurveda to work out on the disease, so topic had been selected for this study.

**Rupa or symptoms and signs of Blepharitis** - All these symptoms are manifested in fledged condition as mentioned Susrutasamhitauttaratantra,

- **Kandukuryuh** (Itching)
- **Sandhijakrimiyah** (eyelid swelling and foreign body sensation)
- **Vartmarshuklyasyasandahau** (plugging of Meibomian)
- **Nnarupa** (Erythema)
- **Charanteantarnyamdushyanti.** (redness of eyelid and eye)

**Chief complains**

Lid collarettes Itching since 15 days
Eyelid swelling and F.B sensation since 15 days
Redness of eyelid and eye since 10 days

**Present & past history:** H/o using antimicrobial eye drops or ointments drops since 2month. No H/o DM, RA or any other major illness. No H/o any refractive surgery

**Ocular Examination**

**Slit Lamp Examination** • Visual acuity of RE was 6/9 and of LE was 6/9.

The slit lamp examination of both eyes revealed

- Eyelid – *Erythema* and sign of inflammation.
- Conjunctiva –mild congestion and *conjunctival* dryness.
- Cornea – Bright.
- Anterior chamber – Normal depth.
- Iris – *Colour* pattern normal.
- Pupil – Normal size, Reacting to Light
- Lens – Normal

**Systemic examination**

- G.C. - Moderate, *Afebrile*
- R.S. – B/L Air entry equal, 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:**

There are many ayurvedic procedures and treatment modules which can help patient to overcome symptoms of Blepharitis in this study I will demonstrate effect of Pariseka on Blepharitis.

- **Pariseka with Triphala kwatha**
- Duration 400 vakamatra.
- Time of applying *pindi* –once a day (in morning).
- Duration of therapy- (7 days)

**Poorva Karma Preparation of the patients:** Patient (*Rogi*) to be treated with *Pariseka* should be placed in a comfortable position i.e. supine position and the part should be cleaned. Then mруду *Sweda* will be given. Sterile Cotton dipped in lukewarm water after squeezing would be used for *Swedana* karma.

**Pradhan karma:** Gently pour *kwath* (decoction) of *triphala* over the eyes above 4 Angulas above the eye level

**Paschat karma**

- Eyes should be cleared with cotton after the procedure.
- Mruduswedana is done with sterile cotton dipped into luke warm water.

**RESULTS**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Lakshan or symptoms/Signs</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lid collarettes Itching (<em>Kandukuryuh</em>)</td>
<td>Severe</td>
<td>Absent</td>
</tr>
</tbody>
</table>
| 2       | a) Eyelid swelling  
          b) F.B sensation (*Sandhijatakrimayah*) | Moderate         | Mild            |
| 3       | Plugging of MG orifices  (*Vartmashuklasandasndhau*) | Plugging >2/3 to of orifices | Clear orifices in the middle part of lower lid |
| 4       | Erythema (*Nana rupah*) | Moderate         | Mild            |
| 5       | Redness of eyelid and eye.  (*Charanteantarnyanamdushyanti*) | Moderate         | Mild            |

**DISCUSSION**

In the management of *Blepharitis* modern science don’t have holistic approach, it only deals with antimicrobial drops and gels etc but in Ayurveda there are certain procedures which can help in holistic management of *Blepharitis*. That may be because well-known antimicrobial properties of *Triphala kwatha* and also anti-inflammatory properties of these drugs.

**Conclusion:**

This study concluded that *Pariseka* with *Triphala Kwatha* is effective and given
symptomatic relief to the patient of Blepharitis.
That may be because well-known antimicrobial properties of Triphala kwatha and also anti-inflammatory properties of these drugs.

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