Role of *Aschyotan* in Ocular Infestation: A review

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**Abstract**

Ayurveda is the holistic science of Indian medical system which is divided in eight branches (Astang Ayurved) one of them is Shalakya tantra it deals with the detail information about Urdhwajatrugat Roga (diseases occurring above neck) and their treatment. Urdhwajatrugat Roga includes diseases of Eye, Ear, Nose, Throat and Dental Problems. Ayurved ophthalmology is explored by Sushruta in uttartantra. Kriyakalpas are the ocular therapeutics explained in kriyakalpaadyaya in Uttartanra by Sushruta.

Aschyotan is one of the entity under kriyakalpa described by Acharya Sushruta in Uttartantra. Kriyakalpas are ocular therapeutics In Ayurveda. Aschyotan evanesce ocular symptoms in the initial phase of Netraroga by its Potency.

Acharya Vagbhata described Aschyotan in Sutrasathana in Aschyotan-Anjan-Vidhi Adhyaya as first line of treatment in all ocular conditions. In today’s context eye drops are widely used in ophthalmology. Aschyotan is pouring drop by drop medicated drugs in eyes. Acharya Sushruta differentiated Aschyotan in three types in context to Prakupit Dosha. Shnehana, Lekhana and Ropana in Vata ,kapha and Pitta accordingly . Aschyotan acts locally it helps to prevent Ruk (eye pain), Toda (pricking pain), Kandu (eye itching), Gharsha (feeling of friction in the eyes), Ashru (excessive lacrimation), Daha (burning sensation), Raga (eye redness). The main objective of the study is to initiate detail about Aschyotan as therapeutic entity.

**Keywords:** Aschyotan, kriyakalpa, ocular therapeutics, Prakupit Dosha

**Introduction:**

Netra is one of the most important sense organ in our body amongst five sense organs. eyes have immense importance as life without site is miserable and delusive. In the present era of science and technology use of gadgets (computers, laptops, TV, mobiles, tablets,etc) have markedly increased and pollution in the atmosphere affects the health of eyes and leads to ocular infestation. Netra Rogas and their management are mention by sushruta in uttartantra . Acharya Sushruta has dedicated nineteen chapters in uttartantra for Netra roga and their management. kriyakalpas (Ocular Therapeutics) are the centre of attraction for ocular therapies in Ayurveda because of their marvellous results and speciality to act locally. Netra is the only organ
which receives separate treatment for its infestation. Aschyotan is one of the entity in kriyakalpa. Aschyotan is first line of treatment mentioned on Netra Rogas. Aschyotan means pouring medicated herbal eye drops in eyes from two Angul (2 inches) distance. ocular symptoms like pain, itching, foreign body sensation watering redness and burning sensation can be eradicated by Aschyotan.

**Materials And Methods:**

The detailed literature review was done. Data was grabbed from authentic Ayurvedic texts and journals about Aschyotan in ocular infestation. exploring detail about Aschyotan from antique Ayurved text as well as recent data.

Aschyotan

Aschyotan is described under the title kriyakalpa. kriyakalpa means ocular therapeutics use to treat certain ocular diseases. Sushruta described five types of kriyakalpa as Tarpan, Putpaka, Sekh, Ashcotan and Anjan. With addition to above five Sharangdhara described Bidalaka and Pindika under the title of kriyakalpa.

Aschyotan is first line of treatment in ocular diseases. Aschyotan is advisable in ocular pain, foreign body sensation, excessive discharge, redness and burning sensation.

Types of Aschyotan according to Ayurveda:

- Lekhan Aschyotan
- Snehan Aschyotan
- Ropan Aschyotan

Doses of Aschyotan:

* In Kaphaj Dosha Dushti 7-8 drops of Lekhan Aschyotan is advocated.

** In Vataj Dosha Dusti 10 drops of Snehan Aschyotan is advocated.

*** In Pittaj Dosha Dusti 12 drops of Ropan Aschyotan is advocated.

Drops of medicated liquids should be warm in case of Vata Dusti, Lukewarm in Kapha Dusti and cold in Rakta (blood) and Pitta Dusti.

**Vidhi (Procedure):**

The person should laid down on the cot. His eyes should be opened with the left hand of the physician The medicated drops held in the right hand of the physician just two Angulas (2cm) above the Kaninika Sandhi (inner canthus). 10 – 12 drops of the medicated liquid are put into the eye or as per condition. Afterwards the eyes should be wiped with soft cloth and Mild fomentation is given with cloth dipped in warm water for Kapha and Vataj dosha. In disorders due to Rakta and Pitta vitiation, eyes are mopped with cold water dipped cloth.

**Precautions:**

Use of very hot and strong medicated drops should be avoided as it will lead to ocular pain, redness and loss of vision. very cold drops will lead to pricking pain, loss of ocular movement and discomfort. Overabundance of therapy tends to roughness of the lids, friction and difficulty in opening of the lids. Deficient therapy tends to worsening of the diseases, increase of swelling, redness and absence of lacrimation.

Aschyotan therapy should be done very judiciously to prevent above complications.
Mode Of Action Of Aschyotan Based On Ocular Pharmacology:

Medicated drugs instilled in form of water-soluble and fat-soluble form gets in contact with the cornea. Different layers of the cornea has different permeability property. The stromal layer of cornea is permeable to water-soluble drugs and epithelial layer is permeable for Lipid-soluble drugs. The drugs used in Aschyotan possess variable properties hydrophilic, hydrophobic and both. Thus the drug gets absorbed by the layers of cornea and the excess of the drug is diluted with the tears and passed in the NLD. As the tissue contact time and exposure to ocular surface of drug is quite more as compared to modern eye drops. As in Aschyotan drug is repeatedly poured from safe height of two Angul and due to cold and warm nature of the drug it gets absorbed effectively hence desired effect is gained.

Aschyotan is used in following Netrarogas:

- Abhishyanda
- Sirotpata
- Shusk-akshipaka
- Sashof-akshipaka
- Upnaha
- Pothki
- Arjun
- Savran-sukla
- Avran-sukla

Importance:

Aschyotan as a treatment regime being a local procedure make itself very special. As eye is the only organ which receives separate treatment for its deprivation. In netraroga the doshas areaggerevated and sets in the netra as to eradicate the aggerevated dosha. Systemic medication will not help to treat roga because the
dosha dusti has occurred locally. Local treatment (Aschyotan) will give the desired effect quickly.

Discussion:

As in Ayurveda, we are applying ophthalmic therapeutic either in the form of local therapy i.e. kriyakalpa or in the form of systemic use i.e. oral chaksusya dravyas. The main aim of any pharmaco therapeutics is the attainment of an effective concentration at the site of action for a sufficient period of time. To elicit the response in practice, therapeutic effect is found in kriyakalpa (Aschyotana). Aschyotana is one of the therapeutic procedure which is promptly used shows objective evidences of excellent responses. Aschyotana (continuous pouring) application of decoctions of herbal raw drugs and medicated lipids for some duration of time as its tissue contact time is less and it gets diluted with tears and it gets drained in the NLD.

Aschyotnana are both prevention as well as treatment modalities eye diseases due to ageing process are inevitable but can be delayed by taking chaksusya rasayana.

Conclusion:

Thus to propagate lustre of Aschyotan as Ayurvedic ocular therapeutic in ocular infestation. This article is the sincere effort to spotlight the Aschyotan as an independent therapeutic entity in kriyakalpa in ocular infestation. Study aims to correlate the action of Ayurvedic drugs with modern ocular pharmacology in curing disease. As Aschyotan is easy to intervene and is advisable as a first line of treatment in any eye condition it makes it unique therapy. As according to disease condition and Doshas involved various Ayurvedic drugs forms can be utilized accordingly. It serves best to the
humanity to intercept ocular infestation in very cheap way.

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