

International Journal of Research in Indian Medicine

The effect of *bidalak* on netra karshnya (dark circles)

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Ethical approval:

Approved by the Institutional ethics committee

Conflict of Interest:

None declared

Sources of Funding:

None

Date of Submission:

20/01/2019.

Date of Peer Review:

28/02/2019.

Date of Acceptance:

12/03/2019.

Date of Publishing:

09/04/2019.

Name of Publication:

Dudhamal Publications (OCP)
Pvt. Ltd., Chembur, Mumbai,
Maharashtra, India

Abstract:

Patients observed in opd of Arogyashala Rugnalay Nashik with netra karshnya were selected for the present study, and dashang lep bidalak was done on netra vartma mandal.

It is observed that there is prakop of vaat dosh by laghu, ruksha, khar, sheet, sukshma gun which lead to netra karshnya. Dashnag lep applied on the netra vartma affected by netra karshnya. The effect of dashang lep bidalak was observed and noted.

Keywords: netra karshnya, vaat vruddhi, dashnag lep, bidalak

Introduction-

In today's fast and stressful era the incidence of *netra karshnya* is highly increased. Malnourishment, skipping lunch/dinner, overuse of mobile-television- computer at night, *chinta-bhay-krodh*, lack of sleep due to duty schedule- business- study, drinking *ushna-tikshna peya pan*, excess and long term use of medicines all these factors causes vitiation of *ras* and *rakta* which leads to *netra karshnya*. So we decided to use *dashang lep* on *netra karshnya* as *bidalak* at *arogyashala rugnalay, nashik*.

Netra karshnyata is predominantly found due to *vaat-vruddhi*. *Netra karshnya* is not included in *netragat vyadhi*. But in *pakshma-vartma gat vyadhi* *bidalak* is explained as *bahiparimarjan upakram*.

Aim- To study the effect of *dashang lep* *bidalak* on *netra karshnya* (dark circle)

Inclusion criteria-

- Patients of insomnia
- Individuals doing night duties
- Students doing night studies
- Over use of mobile, computer
- Persons working at incineration plants, cooks
- Excess of exposure to sunlight

- *Pandu* , *ras-rakta kshayaj vyaadhi*, *jeerna vyadhi*, *chinta-shok-bhay krant*

Exclusion criteria-

- -Patients of *abhishtyand*
- -Sero-positive patients
- -Patients with ocular burn
- -CA patients

Material and methods-

Bidalak is advised in various eye disorders by different *acharyas*. *Netra karshnya* is usually find in signs of *vaat vruddhi- dhatu kshay*. Malnutrition disorders, *pandu*, *yakshma*, *dhatukshay*, students and factory workers with lack of sleep, *vaataj prameh*, hypothyroidism, *garbhini* in these patients/persons *vaat prakop* creates *netra vartma Krishna vaivarnya*. In these cases we did *netra bidalak*. *Dashang lep* is dipped in *godugdha* for 2 hours, then *lepan/ bidalak* is done over *netra vartma karshnyata* leaving *pakshma mandal*. During this procedure eyes looks like eyes of cat so it is called as *bidalak*.

Dashang lep , which is easily and anytime available in *Arogyashala Nashik* for *bidalak*, is kept over eyelids till it starts to dry. Later on it is removed with soft cotton and *vartma mandal kshaalan* is done with *koshna jal*. This procedure is repeated for 7 days. These 7-7 days cycle

is repeated for a month taking 3-5 days *parihar kal* (gap) in between two cycles.

And then findings are noted.

Observations-

First week-

	1 st day	4 th day	7 th day
<i>Vartma twakgat karshnya</i>	++++	++++	++++
<i>Vartma twakgat roukshatwa</i>	++++	+++	+++
<i>Twak kandu</i>	++	++	++

Second week (after a gap of 5 days)

	1 st day	4 th day	7 th day
<i>Vartma twakgat karshnya</i>	+++	+++	+++
<i>Vartma twakgat roukshatwa</i>	++	+++	++
<i>Twak kandu</i>	+	+	+

Third week (after a gap of 5 days)

	1 st day	4 th day	7 th day
<i>Vartma twakgat karshnya</i>	++	++	++
<i>Vartma twakgat roukshatwa</i>	+	-	-
<i>Twak kandu</i>	-	+	-
<i>Vartma twakgat snigdhatwa</i>	+	++	++

Fourth week (after a gap of 5 days)

	1 st day	4 th day	7 th day
<i>Vartma twakgat karshnya</i>	+	+	+
<i>Vartma twakgat roukshatwa</i>	-	-	-
<i>Twak kandu</i>	-	-	-
<i>Vartma twakgat snigdhatwa</i>	++	++	++

First week-

In the first week daily *bidalak* was done and on 4th and 7th day observations noted.

In this period there was no change in *vartma twak gat karshnyata*. But *vartma twak* was found to be *ishat snigdh*. Then five days rest was given.

Second week-

Again *bidalak upakram* was repeated after 5 days for 7 days and observation noted. In second week *vartma twak gat karshnyata* and *vartma roukshatwa* was reduced to some extent. *Twak gat kandu* was also reduced. Again 5 days rest was given.

Third week-

In third week *vartma twak gat karshnyata* was reduced to 25% - 30 % . *Twak roukshatwa* was totally vanished and *vartma twak snigdhatwa* observed. *Netra kandu* sparingly observed in some patients.

Fourth week-

After a gap of 5 days *bidalak* was repeated in fourth week.

In this week *vartma twak gat karshnyata* was reduced to a great extent. At the end of this week due to *twak snigdhatwa* , *twak roukshatwa* and *kandu*

were totally vanished and eyes were found to be bright and glittering.

Conclusion and discussion-

Netra karshnya (dark circles) indeed blemishes cosmetic sense of eyes. *Bidalak* of *dashang lep* on *netra karshnya* was found very effective. Though it doesn't cured it totally but the darkness of circles was reduced to approximately 70%. Even this *bidalak* totally cured *netra kandu* and made eyes glittering.

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How to Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2019; 3(2): pages: 01-04