

Dry Eyes (Shuskakshipaka) and its management through Ayurveda: A case study

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Abstract-

Dry eye is one of the most commonly observed problem in routine ophthalmic practice. At present, the treatment present in modern medicine is not sufficient. The main aim of treatment is to relieve symptoms and give supplementation for existing tears by artificial tear drops, gels and ointments & punctum occlusion. Prevalence from around 5% to 35 % difference that might be due to sampling methods & population demographics^[1]. Ayurvedic principle and procedure like *Pariseka Tarpana* and other kriyakalpa may relief symptoms of Dry eyes (*Shushka-Akshipaka*).

Keywords: Dry Eyes, Asthenopic symptoms, *Tarpana*, *Nasya*, *Sukshakashipaka*.

Introduction-Now-a-days man and science achieved high peaks in field of medicine with help of various equipment and technology. However, Ayurveda having vedic essence, is still sharing high profile in serving mankind with its own principles and philosophy. Shalakyia Tantra is the one mainly dealing with diseases and management, occurring above the clavicle.

Acharyas have explained in detail about various Netraroga and its classifications. *Shushkakshipaka* is one among the *Sarvagata*, *Sadhya Netra Roga*^[2]. Characterized by *Kunitha* (photophobia), *Avila Darshana* (blurred vision), *Gharsha* (irritation), and *Toda*

(pricking type of pain)^[3]. According to *Sushruta*, *Vata Dosha* is involved. According to *Vagbhata*, *Vata* and *Pitta Dosha* are involved. Dry eye is not a disease entity, but a symptom complex occurring as sequelae to deficiency or abnormalities of tear film. In *Sushruta Samhita* similar condition is termed as *Shushkakshipaka*, which matches etymological derivation and clinical picture. *Shushkakshipaka* can be correlated with Dry Eye Syndrome which is characterized by Burning Sensation in the eyes, dryness, foreign body sensation and other ocular discomfort which interfere with normal routine functioning. If left untreated it may lead to many serious complications like corneal ulcer, leucoma and may also lead to sight threatening complications.^[4]

Hence there is a need to find a safe and effective medication. Early detection and timely management of this disease is important to prevent long term sequels and sight threatening complications. Hence the present study is taken up to assess the effect of *Laghutriphala Ghrita Tarpana* and *Anutaila Nasya* in the management of *Shushkakshipaka* (Dry Eye Syndrome).

Aims –To study role of *Ayurveda* in management of Dry eyes with special reference to *Shushka-akshipaka*.

Objective–To study role of *Ayurveda* to reduce Symptoms of Dry eyes with special reference to *Shushka-akshipaka* in modern era.

Material and Method– Single clinical trial *Tarpana* with *Laghutriphala Ghrita* was given for 7 days with 7 days gap after that *Nasya* with *Anutaila* for 7 days with 7 days gap along with 10 min regular eye exercise this treatment was followed alternatively with 2 settings for 2 months.

Case Study: A 27 years old male, Hindu by religion, student presented at the OPD of our hospital having complaints of burning sensation in both eyes, foreign body sensation, ocular discomfort both eyes and dryness in eyes since 3 months. Patient was all right before 3 months then gradually he started developing burning sensation of both eyes and foreign body sensation since 3 months. After getting history the patient work daily 2 hr on computer and used smartphone frequently.

Slit lamp examination

Right eye- Normal

Left eye-Normal

Conjunctiva- Congestion present

Cornea-Clear

Anterior Chamber-Normal depth

Iris-Colour pattern normal

Pupil-Normal size reacting to light

Lens-No opacity present

Visual acuity- Right eye-6/6

Left eye-6/6

Ophthalmoscopy-B/L Red reflux present, optics Disc, Macula, Blood vessels normal.

G.C. – moderate, afebrile

R.S.-AE=BS

CVS-S1 S2 normal

Table: 1 ASSESSMENT CRITERIA

Criteria		Mild	Moderate	Severe
	0	+	++	+++
1.Foreign body sensation	Absent	On exposure to wind	During work	At rest
2.Ocular discomfort/pain	Absent	On exposure to wind	During work	At rest
3. photophobia	Absent	In diffuse light	In day light	At rest
4.Schirmer Test	15-30 mm	10-15 mm	6-10 mm	0-5 mm
5.TBUT	15-35 second	15-10second	10-5 second	0-5 second

Investigation-

Vision- 6/6 BE, Conjunctiva- Moderate redness, Cornea- clear.

Blood/Urine Exam

Blood	Value	Urine	Value
Hb%	12.7gm%	Albumin	Nil
TLC	8700cu/mm	Sugar	Nil
ESR	12/mm	Micro	NAD
BSL-R	88mg/dl	PH	Acidic

DIAGNOSIS: The condition was diagnosed as dry eye syndrome – *Shushkakshipaka*.

MANAGEMENT AND OBSERVATIONS-

Considering this condition as *Shushkakshipaka* wherein vitiation of *Vata* and *Pitta* is described, he was treated with following medicines.

Observation-

	Before	After
1.Foreign body sensation	During work	Absent
2.Ocular discomfort/pain	On exposure to wind	Absent
3.Photophobia	In diffuse light	Absent
4.Schirmer Test	10-15mm	15-30mm
5.TBUT Test	15-10mm	15-35mm

- *Tarpana* was performed by *Laghutriphalaghrita*^[5]. Procedure was done at early morning after sunrise, when the patient has not taken her food. Local *mrudhuabyanga* and *swedana* were done after arrangement of materials. The *masapaliwas* prepared from the *masa churna*, and liquefied lukewarm *LaghutriphalaGhrita* poured over the closed eyes very slowly till the entire eyelashes are under the liquefied Ghrita. Patient was asked to close and open her eyes. After retaining for the stipulated time, the Ghrita was drained out through the hole made near the

outer canthus then the *Masapaliwas* removed. The eyes were irrigated by lukewarm water fomentation. Then patient advised to avoid direct exposure to excessive wind, heat, breeze, bright objects. This procedure was done 100 matra kala for 7 days with 7 day's gap.

- After that *Anutaila*^[6] for 7 days *Nasya* at morning with 7 day's gap. After arrangement of the material and equipments, *Mriduabhyanga* and *swedha* done on scalp, forehead, face and neck for 5 minutes for liquification of *Doshas*. Patient was lie down on table in supine position with chin raised. After that patient nose raised the tip, the lukewarm *Anutaila* was poured in both the nostrils in proper way. Patient advised to avoid swallowing the drug, speech, anger, sneezing, laughing and head shaking during procedure. After administration of medication patient was lie supine for 2 minutes. After administration of *Nasya*- feet's, shoulders, palms and ears was massaged. This treatment was followed alternatively with 2 settings for 2 months.

- Along with above medicines, he was advised to do eye exercise like *Trataka*^[7] for 5min. sit in front of candle, open the eyes and look at flame without blinking, simple lifestyle modifications that can significantly improve symptoms. For example, drinking 8 – 10 glasses of water each day to keep body hydrated and conscious effort to blink frequently, especially when working on computer, mobile and avoid rubbing of eyes.

Pathyaahaar – Avoid spicy, *pitta vardhak* Aahar. Use lite and nutritious foods.

Result- A 27 years old male patient come to OPD with above complaints. All laboratory findings are normal. The patient was treated with *Tarpana* with *LaghuTriphala* for 7 days with 7 days gap after that *Nasya* with *Anutaila* for 7 days with 7 days gap for 2 months along with *Trataka* exercise eye the symptoms diminished.

Discussion- *Shushkakshipaka* is *SarvagatNetragoga* which is mentioned in *Sushruta Samhita*. And *Nasya karma* treatment is mentioned for *Shushkakshipaka*. *Tarpana* is one among *Netra Kriyakalpa* which is highly

potential in the management of *Netra Roga*. It prevents frictional damage to the ocular surfaces secondary to lid movement or extra ocular movements. *Tarpana* also stimulates the lacrimal glands to produce tears. Mucin layer which is present in Tear film allows the *Ghrita* to spread over the ocular surface. This approach offers promise of long lasting relief to patients with moderate to severe dry eye symptoms.

Sharangdharacharya mentioned that *Triphala* is a drug of choice for all types of *Netraroga*. *Acharya Gayadasa* quoted in *Dalhana* commentary that *Triphala* and *Ghrita* are *Chakshushya Dravya* these both gives *Bala* to *Netra*. *Ghrita* has its lubricating action by *Snigdha Guna* and also as it is *Sanskaranuvarti*. it carries the properties of *Triphala* and act as a good mediator. Fat soluble factors can penetrate *Krishnamandala* and *Shuklamandala*. so if *Snigdha* drugs especially *Ghritakalpana* is applied, it penetrates the *Mandal* so the *Laghu, Ruksha Gunas* are counter acted.

Nasya increases local circulation, due to this nourishment of organ occurs and diseased subsides. *Nasya Dravya* are having *Katu, Ushna* and *Tikshnagunas*. These *gunas* produced

Dravikaranand Chedan of
vitatieddoshas.

Hence both treatment are effective in
Shushkakshipaka. (Dry Eye Syndrome)

Conclusion-

The effect of
LaghutriphalaGhritaTarpana was better
after the treatment and that was
maintained in subsequent follow-up with
no recurrence. *AnutailaNasyawas*
beneficial as its mark relief over
symptoms and also drug is easily
available and no adverse reaction has
been reported during treatment.
Tarpana and *Nasyawas* done in only 2
sittings each, which show it is more
convenient. these *Ayurveda* therapies and
medicines can help in curing Dry eyes.

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