



## Case Study

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### EFFECT OF STHIRADI NIRUHA BASTI IN MYOPIA (PRATHAMA PATALAGATA TIMIRA): A CASE STUDY

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#### ABSTRACT

Refractive error is very common eye disorder. It affects day today activities of people unless taken care properly. Uncorrected refractive errors are most frequently encountered cause for visual impairment. Myopia referred to as short sightedness, is most common eye diseases worldwide. Myopia is state of refraction in which parallel rays of light are brought to focus in front of retina of a resting eye. It is highly prevalent in our society, affecting at least 25% of adult population in US and is even more common in Asian countries affecting up to 84% of adolescents. In India Myopia prevalence ranging from 6.9% to 19.7%. One recent study suggested that students exposed to extensive study work are at higher risk of developing Myopia. A 24 years old female patient from Agroha Haryana visited our OPD on 13/09/2019. She was complaining of weak eyesight from 7 years. Patient has a history of kidney stone due to which she has suffered of vomiting for continuous 7 days, 7 years ago. Due to this gradually she developed weak eye sight. Before 5 years patient also suffered from typhoid and after that she lost her weight and became underweight on basis of all finding's patient was diagnosed as Prathama Patalagata Timira along with Karshayahara. Sthiradi Niruha Basti was given as main treatment procedure along with Tarpana. Given treatment pacifies vata along with pitta dosha because of their Guna and Karma. Hence Sthiradi Niruha Basti could be a good line of treatment with other suitable procedures in Pratham Patalagata Timira or Myopia.

**Keywords:** Sthiradi Niruha Basti, Pratham Patalagata Timira, Myopia

#### INTRODUCTION

Vision is priceless, greatly influencing a person's personality, mentality and behaviour. Refractive error is the most common nuisance to humanity. It hampers day today activities of person unless taken care properly. Uncorrected refractive errors are most frequently encountered reason for visual impairment. Myopia commonly referred to as short sightedness, is most common eye diseases worldwide. Myopia is state of refraction error in which parallel rays of light are brought to focus in front of retina of a resting eye.

It is highly prevalent in our society, affecting at least 25% of adult population in US and is even more common in Asian countries affecting up to 84% of adolescents. In India Myopia prevalence ranging from 6.9% to 19.7%. One recent study suggested that students exposed to extensive study work are at higher risk of developing Myopia. Stress has been postulated as a factor in developing Myopia. Nutritive factors also play a vital role in manifestation of Myopia.

Although modern medical science has made tremendous and remarkable progress and advancement in field of ophthalmology in recent times but no satisfactory and universally accepted treatment for Myopia is available. Methods of correction of myopia in modern medical science are not without complications including corneal infections due to contact lens wear and corneal scarring and persistent corneal haze from refractive surgery. Refractive surgeries are both costly and unsuitable for children's eyes. Hence Ayurvedic science can be explored to find a better way to manage the condition. Myopia has symptoms like blurred vision, squint or eye strain and headache.

In Ayurveda is closely correlated with Timira involving first Patala in terms of symptoms, anatomical structures involved and pathogenesis of diseases. Though various drugs and local therapeutic procedures like Nasya, Anjana, Akshitarpana etc. Kriyakalpa are used in management of Timira but Niruha is rarely practiced for eye treatment. So, in this case we planned Chakshushya Basti i.e., Sthiradi Niruha Basti along with Nasya, Tarpana for management of Timira and got outstanding results after treatment.

#### MATERIAL AND METHODS

A 24 years old female patient from Agroha Haryana visited our OPD on 13/09/2019. She was complaining of weak eyesight from 7 years. Patient has a history of kidney stone due to which she has suffered of vomiting for continuous 7 days, 7 years ago. Due to this gradually she developed weak eye sight. Before 5 years patient also suffered from typhoid and after that she lost her weight and became underweight. Patient also told that generally she got stressed during exam times, got tired after mild walking or little Sternous work and also has dark circles. Nearly all family members of patient were found underweight. When she consulted allopathic physicians for eye sight she was given spectacles of-

Table 1: Eye examination

	SPH.
OD	-0.50
OS	-1.00

For this case we planned treatment which collectively improves her eyesight as well as weight. She was admitted in our hospital

for treatment. After one month of treatment, she got marked relief in both eyesight and body weight.

Study is carried out as per International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP) or as per Declaration of Helsinki guidelines.

### Physical examination

On physical examination she was found lean and thin.

**Table 2: Physical examination**

Height	5'3"
Weight	47.5kg
Waist	72 cm
Breast	76 cm
Hip region	89 cm

**Table 3: Investigation**

Prakriti	Kaphapittaja
Aahar Shakti	Madhyama
Vyayama Shakti	Avara
Samhanana	Avara
Dosha	Vata Vriddhi, Kapha Kshaya
Dhatu	Rasa and Meda dhatu
Srotas	Rasavaha and Medovaha
Srotodushti	Vimargagamana

### Investigations

Conduction of light ray can be assumed to be the function of Vata, un vitiated Vata holds up the system and organs. Vata initiates upward and downward movements, employs all sense organs in their activities, carries all sense object and cause structural formation of all bodily Dhatus. Conduction of light rays need some medium to travel and same is for vata also, vata functions in the fluid media and kapha is the predominant Dosha in the fluid. Chakshu is the chief site for (Aalochak) pitta. So, we can say that vata function in kapha media and refraction is a combined action of vata and kapha. On basis of all finding's patient was diagnosed as Prathama Patalagata Timira along with Karshaya. Treatment was given accordingly.

### Treatment

**Table 4: Shodhana Chikitsa**

Sarvanga Abhyanga followed by Bashpasweda	Ashwagandha Bala Lakshadi taila
Sthiradi Niruha Basti Honey – 50 gm Saindhava – 6 gm Sneha (Mahakalyanaka - 70 ml ghrita + Triphala ghrita) Kalka (Priyangu, Pippali - 35 gm Musta) Kashaya (Sthiradi, Bala - 300 ml Patola, Eranda, Yava) Mamsa Rasa – 100 ml	
Anuvasana Basti	Mahatiktakaghrita + Triphala Ghrita – 80 ml
Akshiprakshalan	Triphala Kashaya- 10 min each eye
Akshitarpana	Triphala ghrita – 48 min.
Pratimarsha Nasya	Kumkumadi taila
Mukha abhyanga followed by nadi sweda	Nalapamradi taila
Mukhalepa	Lodhra Churna + dugdha

### Shamana Aushadha

**Table 5: Shaman Aushadha**

Saptamrita Lauha with Chavyanprasha Avleha	1 BD
Padaprakshalana with normal water	Before sleeping
Padabhyanga	Ksheerabala Taila
Kawal dharana	Ksheerabala Taila
Yogasana	Vajrasana Suryanamaskara Anuloma-Viloma Shwasana

Along with this she was advised to do Netra Prakshalana by normal water early morning with mouth full of water. In her diet she was asked to add Madhura Rasa Pradhana and Kapha vardhaka ahara like sweets and dairy products.

### Grading Parameters

#### Bala

**Table 6: Bala**

0	No tiredness
1	Tiredness after whole day work
2	Tiredness after moderate work
3	Tiredness on mild work
4	Feeling of tiredness in sedentary life.

## Utsaha

**Table 7: Utsaha**

0	A sense of activeness occurs continuously 24 hours.
1	A sense of activeness occurs intermittently in 24 hours.
2	A sense of activeness occurs occasionally in 24 hours.
3	A sense of activeness not occurs.

## Kshudha

**Table 8: Kshudha**

0	Desire for food occurs 4 times in 24 hours.
1	Desire of food occurs 3 times in a day.
2	Desire of food occurs 2 times in a day.
3	Desire of food occurs 1 time in a day.

## Prasad

**Table 9: Prasad**

0	Cheerfulness occurs all times.
1	Cheerfulness altered occasionally.
2	Cheerfulness altered intermittently.
3	Cheerfulness not occurs.

## RESULT AND DISCUSSION

**Table 10: Result**

	Before Treatment	After treatment
<b>Prasad</b>	3	0
<b>Kshudha</b>	2	0
<b>Utsaha</b>	1	0
<b>Bala</b>	3	0

**Table 11: Result**

	Before Treatment	After Treatment
	SPH	SPH
<b>OD</b>	-0.50	-0.25
<b>OS</b>	-1.00	-0.75

Main treatment procedure adopted in this case is Sthiradi Niruha Basti. As Basti is given to Moola Sthana of Vata dosha and Vata Dosha is predominant factor for formation of all diseases. Hence Basti chikitsa is considered as Ardhachikitsa or even poornachikitsa by Ayurveda scholars. In context of Netra Chikitsa, according to Acharya Sushruta Timira is the diseases which can be cured with Basti chikitsa. While describing the importance of Basti chikitsa Acharya Sushruta has mentioned it as Chakshyuhu Priyanti. It indicates pharmacological action of basti can penetrate blood retinal barrier and result in vision improvement alleviating vata dosha which is prime dosha for normal vision process including all indriya karma. Basti procedure enhance drug permeation to ocular tissues due to anatomical structure of colon, method of preparation and drugs used in Basti. Sthiradi Niruha Basti contains laghu panchmoola drugs, Eranda moola, Bala moola, Patola Patra, Pippali, Nagarmotha and Priyangu etc. and mamsa rasa was used as Aavap. This Sthiradi Niruha Basti by guna and karma of its drugs it alleviates vata dosha along with pitta dosha. Mamsa is best brahmana dravya. Hence enhances bala and immunity of body. Acharya Charaka mentioned Sthiradi Niruha Basti as mamsabalaprada, chakshubalakaraka.

Anuvasana basti was administered with Mahatiktaka and Triphala ghrita. Triphala strengths the eye muscles which in turn improves the eye sight. It acts as rasayana for eyes. Mahatiktakaghrita calms vata dosha along with pitta.

Akshitarpana done with Triphala ghrita which in turn cools, lubricate and revitalizes the eyes. This treatment improves inner

vision by cleaning even the smallest channels associated with inner and outer perception.

Sarvanga abhyanga was done with Ashwagandha Bala Lakshadi taila. As the name indicates it mainly contains ashwagandha, bala and laksha in addition to other drugs like manjishtha, Chandana, Rasna etc. It balances both vata and pitta dosha and provide muscle strength. Hence increases bala.

Mukhabhyanga with Nalapamradi taila which hydrate and nourishes the skin, heal it from inside, repairs pigmentation uneven skin tone and marks and hence lightens complexion of skin and removes the tan.

Pratimarsha nasya was advised with Kumkumadi taila. It Contains ingredients like Chandana, Kesar and Haridra which work effectively in improving skin health and plays crucial role in lightening the skin under the eyes thus reduce dark circles.

Saptamrita Lauha improves eye sight and haemoglobin due to its properties namely Chakshushya and Rakta vardhaka.

Padabhyanga and kaval was done with Ksheerabala taila as it is balya and vatapitta shamaka.

Laudhradilepa is uniquely blended from 3 ingredients i.e., lodhra, dhanyak and vacha. Lodhra by its guna and karma reduces fine lines, wrinkles and blemishes. Dhanyak destroys radical, lightness and brightens skin and vacha heals irritation, swelling and pump oxygen to cells.

## CONCLUSION

All the above adapted treatment pacifies vata along with pitta dosha because of their Guna and Karma. Hence Sthiradi Niruha Basti could be a good line of treatment with other suitable procedures in Pratham Patalagata Timira or Myopia.

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