



Review Article

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CONCEPTUAL STUDY ON THE EFFECT OF ERANDA PATRADI PUTPAKA IN VATAJA ABHISHYANDA: A REVIEW

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ABSTRACT

Our ancient seers have given prime importance to eye by considering it as most vital sense organ among all sense organ. It says that "sarvendriyaanam madhye nayanasya pradhanatavata" Nowadays due to exposure to dust and irritants, eye hygiene is not properly maintained. In addition to these habits like excessive work on computer and excessive use of mobile phones have increased incidence of diseases of eye like dry eye syndrome, allergic conjunctivitis, glaucoma, computer vision syndrome, diabetic retinopathy, hypertensive retinopathy which are caused due to defective lifestyle. In Ayurveda the local treatment procedures of eye are explained as Netra Kriyakalpas. Ancient acharyas have explained 5 Kriyakalpas which alleviate the disease and to strengthen the proper functioning of eye, Putpaka is one among them. Putpaka is highly modified procedure for ophthalmic medication in which Putpaka rasa is used in the same mode of Tarpana. Vataja abhishyanda is one of Sarvagata rogas. According to modern ophthalmology Vataja abhishyanda can be correlated with allergic conjunctivitis. Allergic conjunctivitis is the most common type of eye allergy.

Keywords: Vataja Abhishyanda, Eranda Patradi Putpaka, Allergic conjunctivitis

INTRODUCTION

Eyes held special status among all the senses, good vision is development of a person. The word Abhishyanda is formed by Abhi and Shyandya. Where Abhi means profuse or more and Shyandya means discharge or secretion, combine is profuse secretion from eyes. According to acharya Sushruta often all types of eye diseases arise due to Abhishyanda¹. If Abhishyanda is ignored Adhimantha gets precipitated. According to modern ophthalmology Vataja abhishyanda can be correlated with allergic conjunctivitis² which is characterized by Sangharsha (itching sensation of eyes), Nistoda (foreign body sensation of eyes), Vishushka, Parushya Raag (congestion of eyes)³. Kriyakalpas are local treatment procedures to suit the anatomical and physiological peculiarities of eye. It includes selection of specific procedure, preparation of special drug form and finally its proper application to the eyes. In Samhitas for eye diseases the management includes many of topical treatment along with systemic ones. Acharya Sushruta has mentioned goats milk prepared by Eranda roots, Eranda leaves, Eranda Tvak Putpaka as treatment for Vataja abhishyanda⁴.

Allergic conjunctivitis

Pathogenesis of simple allergic conjunctivitis

Pathological features of simple allergic conjunctivitis comprise vascular, cellular and conjunctival responses. Vascular response is characterized by sudden and extreme vasodilation and increased permeability of vessels leading to exudation. Cellular

response is in the form of conjunctival infiltration and exudation in the discharge of eosinophils, plasma cells and mast cells producing histamine and histamine like substances. Conjunctival response is in the form of boggy swelling of conjunctiva followed by increased connective tissue formation and mild papillary hyperplasia.⁵

Management of Vataja abhishyanda in Ayurveda

Lubricatory putpaka, dhum and nasya are to be made use of oil boiled with sthira, ksira and madhur. Goats milk boiled with eranda leaves, roots and bark of the erand is best for vataja abhishyanda.

Erand

Latin Name - *Ricinus communis*

Guna - Snigdha, Tikshana, Sukshma,

Rasa - Madhur, Anuras - Katu, Kashaya

Vipaka - Madhur, Virya - Ushna

Doshghnata - Kapha - Vatashamak

Acharya Charaka had mentioned Erand as vatnashak^{6,7}

Indications of Putpakvidhi

Putpaka is indicated in all Tarpan Sadhya Vyadhi that are Tamyata Stabdhatata, Sushkata, Rukshata, Abhighata, Vata-Pitta vikara, Kathinvartma, Kruchronmelan, Seerotpata, Siraharsha, Arjuna, abhishyanda, Adhimantha, Anyatavata, Vatapariyaya, Shukrarog, Shunapakshma, Adhimantha.⁸

Contra indications of Putpaka

Durdin, Atiushna, Atisheeta ritu, Chinta, Aayasa, Bhaya, Shok, Raga, Vedana, Updravayukta.⁹

Putpaka

Putpaka is procedure in which Putpaka Ras is used in the same mode of application as that of Tarpan.

Process of Preparation of Putpaka

Two Bilva pramana flesh, one Bilva pramana Eranda, one kudav goat milk are mixed and made into a paste, covered with leaves and packed in mud then dried it is placed in fire and later removed, mud coat peeled off and juice extracted from bolus inside.¹⁰

Application of Putpaka

Poorvakarma

Putpak is performed after Tarpan to get relief from fatigue and tiredness developed after Tarpan.

Pre and post procedural Snehana and Swedana is indicated in Snehana Putpak.

Pradhan karma

The patient is made to lie in supine position in the room free from wind, bright light, dust and smoke. Mash flour and Yava flour is mixed with water to prepare dough around eye ball which is filled with Eranda Putpak Swarasa for 200 Matra time period then filling is removed by puncturing the dough strip by Shalaka from Apanga and collected in a vessel.

Pashchat karma

Dhumapana indicated in Snehana Putpaka to eliminating the post procedural accumulated Kapha.¹¹

Table 1: Types of putpaka Putpaka

Types of Putpaka	Indication	Time of retention	Number of days procedure
Snehana	Vataja Netraroga, Ruksha Netra	200 Matra	2 days
Lekhana	Kaphaja Netraroga, Snigdha Netra	100 Matra	1 day
Ropana	Pittaja-Raktaja Netraroga, healthy person	300 Matra	3 days

Table 2: Number of days for procedure according to Dosha

Dosha	Number of days
Vataja Rog	3 days
Pittaja Rog	2 days
Kaphaja Rog	1 days ¹²

Samyak Putpaka Lakshana

Properly administered Snehana Putpaka cures Daha, Shopha, Vedana, Gharshana, Strava (discharge from eyes), Kandu (itching), Upadeha (stickiness due to discharge) and Raktraji (congestion).

It bestows a clear vision and pleasant appearance of eye, ability to tolerate breeze and sunlight, induces sound sleep, blissful awakening and feeling of lightness in eye.¹³

Ocular pharmacology

Ocular pharmacotherapeutics can be delivered by four methods Topical instillation in to conjunctival sac as in the form of drops ointment gel.

Peri ocular injection these include subconjunctival sub tenon retrobulbar and peribulbar injection.

Intraocular route intracameral injection intravitreal injection.

Systemic administration in the form of antibiotics and steroids.¹⁴

Intraocular penetration of topically instilled drug

Topically instilled medication largely penetrates intraocularly through the cornea the main barrier through cornea is its epithelium, which is lipophilic, and crossed readily by nonpolar drugs. Stroma being hydrophilic allows rapid passage of the drug through endothelium into the anterior chamber. So, the drug which are soluble in water and fat allows better penetration of drugs through cornea. Swarasa extracted by Putpaka Vidhi is a suspension of fat- and water-soluble content so having both hydrophilic and lipophilic property to penetrate cornea.

DISCUSSION

Eranda is Vata Ghana drug and for the Vataja diseases Snehika Putpaka is indicated, thus Eranda Patradi Putpaka demulcent the aggravated Vata in Vataja abhishyanda. Thus, correct procedure of Eranda Patradi Putpaka helps to reduce Sangharsha (itching sensation of eyes), Nistoda (foreign body sensation of eyes), Vishushka, Parushya Raag (congestion of eyes).

Netra Kriyakalpa has several advantages over oral administration

The drugs given orally will undergo digestion under the influence of Pachaka Pitta. The drugs administered through Kriyakalpa are not digested by it and possibly rectify accumulated Dosha.

The oral drugs find it difficult to cross blood-aqueous, blood-vitreous and blood retinal barriers to reach the target tissue of the eye. The tissue contact time of the drug can be controlled in Kriyakalpa. The medicine can be judiciously selected to increase Sheeta or Ushna, Snigdha or Ruksha in local area. Thus, high concentration of the drug can be achieved by applying medicines to eye.

CONCLUSION

Vataja abhishyanda is one of the most common disease and on the basis of sign and symptoms it can be correlated with simple allergic conjunctivitis. Management of the simple allergic conjunctivitis in modern ophthalmology has considerable side effects and also high priced.

Ayurveda have been described Eranda Patradi Putpaka to cure Vataja abhishyanda which has fewer side effects than modern medicine and also helps to stop recurrence of the disease.

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