



## Review Article

www.ijrap.net (ISSN:2229-3566)



### A REVIEW ON PILLA ROGAS

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Received on: 12/08/21 Accepted on: 18/09/21

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DOI: 10.7897/2277-4343.1205156

#### ABSTRACT

Shalakya Tantra is one of the eight branches of Ayurveda specifically for the diagnosis, treatment, and prevention of all the diseases occurring above the neck such as eyes, ear, nose, mouth and head. The branches of Shalakya Tantra includes Nethra Chikitsa (Ophthalmology), Karna Chikitsa (otology), Nasa Chikitsa (Rhinology), Mukharoga Chikita (Oral hygiene, Dentistry and Laryngology), and Shiroroga Chikitsa (diseases of the head). Among them, Ophthalmology comprises a major part of Shalakya Tantra. The eye is a very important and sensitive part of the body and responsible for visibility therefore the disease related to the eye must be handled carefully. According to Acharya Vagbhata, 18 diseases are designated as Pillakhya Rogas or Pilla Rogas which persist for a long time. The term Pilla means lusterless, dull, clouded, or dirty. Here it is used as a technical term to denote a group of 18 diseases of the eye. Also, many simple and effective treatments are mentioned in Ashtanga Hrudaya by Acharya Vagbhata. In this paper, an effort is taken to compile the references regarding Pillarogas and its management.

**Keywords:** Pillarogas, Lakshanas, Chikitsa

#### INTRODUCTION

Since the Vedic period, eye care has received a great deal of attention even though it had not developed into a separate branch as Shalakya Tantra. It may be assumed that a separate branch developed during the Vedic period parallelly with Shalya Tantra. Various types of diseases of the eye, i.e., Netra-Rogas are described in Ayurveda. The classification of eye diseases is well elaborated in Ayurvedic classical textbooks like Charaka Samhita, Sushruta Samhita, Ashtanga Hrudaya, Ashtanga Sanghrah and Madhava Nidana. In the classical literature of Ayurveda, we have observed various but no significant differences in calculating the number of diseases by these Acharyas. As per guidelines are given by Acharya Vagbhata, the 18 Pilla Rogas affecting eyes are given special emphasis in this paper. The four Utklishta, Kukunaka, Pakshmaparodha, Sushkakshipaka, Puyalasa, Bisa vartma, Pothaki, Alpasopha, Amloshita, Abhishyanda, Adhimantha. These are the diseases that persist in the eyes for a long time. It may lead to several complications if not treated at the right time. Treatment regarding these diseases has been mentioned in Ashtanga Hrudaya by Vagbhata. This work is compiled as per the opinion of Vagbhata.

#### PILLA ROGA

Utklista caused by Kapha, Pitta, Asra and Tridosha, Kukunaka, Pakshmaparodha, Sushkakshipaka, Puyalasa, Bisa Vartma, Pothaki, Amloshita, Alpakhya (Alpa sophia), Pittaja Abishyanda, Kaphaja Abhishyanda, Raktaja Abhishyanda, Pittaja Adhimantha, Kaphaja Adhimantha and Raktaja Adhimantha is the eighteen Pillakhya Rogas mentioned by Acharya Vagbhata. These persist for a long time.<sup>1</sup>

#### • Kaphotklishtha vartma

**Lakshana** – The lids having no movement but are found coated with thick fluid<sup>2</sup>.

**Chikitsa**- In Kaphotklishtha, Pratisarana (scraping) with powder of Saindhava, Kasisa, Manohva, Kana, Tarkshya mixed with honey, Vamana (Emesis), Anjanas (Collyrium), Nasya (Nasal drops) and all other therapies mitigating Kapha should be done.<sup>3</sup>

#### • Pittotklishtha vartma

**Lakshana** – The lid becomes red, associated with burning sensation, moistness, pain, and inability to bear the touch which is caused by Pitta.<sup>4</sup>

**Chikitsa** – In Pittotklishtha and Raktotklishtha, venesection should be done after making the patient oiled with ghee prepared with drugs of sweet group which includes Ghrita, Guda, Akshoda (*Juglans regia*), Mocha (*Bombax ceiba*), Chocha (*Cinnamomum tamala*), Parushaka (*Grewia asiatica*), Abhiru (*Asparagus racemosus*), Vira (*Jasminum multiflorum*), Panasa (*Artocarpus heterophyllus*), Rajadana (*Manilkara hexandra*), Bala (*Sida cordifolia*), Ati bala (*Sida rhombifolia*), Nagabala (*Sida cordata*), Shalaparni (*Desmodium gangeticum*), Mudgaparni (*Vigna trilobata*), Mashaparni (*Teramnus labialis*), Prishniparni (*Uraria picta*), Jivanti (*Leptadenia reticulata*), Jivaka (*Malaxis acuminata*), Rishabhaka (*Malaxis muscifera*), Madhuka (*Madhuka longifolia*), Bimbi (*Coccinia grandis*), Vidari (*Pueraria tuberosa*), Mundi (*Sphaeranthus indicus*), Ksheerasukla, Tugakshiri (*Curcuma angustifolia*), Ksheerini (*Euphorbia prostrata*), Gambhari (*Gmelina arborea*), Saha (*Strobilanthes ciliata*), Milk, Sugarcane (*Saccharum officinarum*), Gokshura (*Tribulus terrestris*), Ksaudra, Draksha (*Vitis vinifera*) followed by purgation with Trivrt (*Operculina*

*turpethum*). The lid is then scraped, and the bleeding stopped. It is beneficial to wash the decoction of Yasti (*Glycyrrhiza glabra*) and boiled it by pouring milk boiled with Candana (*Santalum album*).<sup>5</sup>

- **Doshotklishta vartma**

**Lakshana** – The lid which is coated becomes dry without any apparent reason caused by the drying of Rakta and the Tridosha<sup>6</sup>.

**Chikitsa** – Lekhana Sadhya<sup>7</sup>

- **Kukunaka**

**Lakshana** – Kukunaka occurs in children only, due to eruption of teeth, the child has swelling of eyes, coppery red, inability to see, lids having pain and sliminess. Sometimes the child rubbing its ears, nose, and eyes<sup>8</sup>.

**Chikitsa** – In Kukunaka the nursing mother should be made to consume medicated ghee prepared with Khadira (*Acacia catechu*), Sreshta (*Emblia officinalis*, *Terminalia bellirica*, *Terminalia chebula*) and leaves of Nimba (*Azadirachta indica*). Then emesis therapy was administered using Krishna (*Piper nigrum*), Yasti (*Glycyrrhiza glabra*), Sarshapa (*Brassica juncea*) and Saindhava. Purgation therapy with the decoction of Abhaya (*Terminalia chebula*), Pippali (*Piper longum*) and Draksha (*Vitis vinifera*). Her breasts should be smeared with the paste of Musta (*Cyperus rotundus*), Haridra (*Curcuma longa*), Daruharidra (*Berberis aristata*) and Krishna (*Piper nigrum*). Then exposed to the fumes of Sarshapa (*Brassica juncea*) mixed with ghee. After purification she should be made to drink the decoction of Patola (*Trichosanthes dioica*), Musta (*Cyperus rotundus*), Mrdvika (*Vitis vinifera*), Guduchi (*Tinospora cordifolia*) and Triphala (*Emblia officinalis*, *Terminalia bellirica*, *Terminalia chebula*). The eyelid of the child should be scraped, or blood taken out by applying the leech. After that, it should be bathed with the decoction of Dhatri (*Emblia officinalis*), Asmantaka (*Ficus rumphii*), and leaves of Jambu (*Syzygium cumini*)<sup>9</sup>.

Because children are consuming milk and ghee (as food) they generally get affected by diseases caused by kapha, hence in all diseases, emesis therapy should be administered first. Powder of Saindhava, Krishna (*Piper nigrum*) and seeds of Apamarga (*Achyranthes aspera*) mixed with ghee, breastmilk and honey, powder of Vacha (*Acorus calamus*) mixed with honey or Madana (*Randia spinosa*) and Madhuka (*Madhuca longifolia*) mixed with honey are the best emetic recipe for children who consume breast milk and those consume both milk and solid food and those consuming only solid food, respectively in all the diseases, especially in Kukunaka<sup>10</sup>.

Medicated ghee prepared from the decoction of Saptala (*Acacia concinna*) should be used for both the purifications (emesis and purgation)<sup>11</sup>.

Wick prepared with Haridra (*Curcuma longa*), Daruharidra (*Berberis aristata*), Rodhra (*Symplocos racemosa*), Yastyahva (*Glycyrrhiza glabra*), Rohini (*Picrorhiza kurroa*), tender leaves of Nimba (*Azadirachta indica*) and fine powder of burnt iron mixed with milk, honey and ghee used as Anjana (collyrium) is beneficial in Kukunaka. Wick prepared with Ela (*Elettaria cardamomum*), Rasna (*Alpinia calcarata*), Kataka (*Strychnos potatorum*), Sankha, Ushana (*Piper nigrum*), Phanijjaka and Katphala (*Myrica esculenta*) macerated with a Sura is beneficial in both Kukunaka and Pothaki<sup>12</sup>.

- **Paksmoparodha**

**Lakshana** - In Paksmoparodha, there occur contractions of the eyelids, roughness, the eyelashes are bent inwards or outwards, the eye becomes teased by the sharp edges of the hair by which eye gets swollen associated with severe burning sensation and inability to bear breeze. Removing the hair by which the eye got swollen, giving relief for a short duration<sup>13</sup>.

**Chikitsa** – In Paksmarodha where the eyelashes have grown too much, the patient who has been purified by emesis and purgation is subjected to a surgical operation as follows. A horizontal incision is made underneath the brow, of the size of Yava (barley) in shape, at that place on the eyelid, leaving off two-thirds part from above and one-third part from the borderline of the eyelashes. The exuding blood was removed with the help of the wet cloth. After the bleeding stops, the wound is sutured with a curved needle making stitches at the distance of the size of a green gram between them. A band of cloth should be tied on the forehead neither too tight nor too loose. The suture is either thread of cotton silk or flaks, fixed to the band on the forehead. A cotton wick soaked in honey and ghee is then placed over the site of operation. Bandaging should not be done in this condition. On the fifth day, the suture should be removed and powder of Gairika should be applied to the wound. Strong nasal medication and collyriums should be made use of<sup>14</sup>.

If the disease does not subside by the above treatment the folds of the lid wherein the Doshas are localized should be bent outwards with the help of forceps, the extra hair is cut off and their place of growth burnt with the tip of the needle heated red hot<sup>15</sup>.

- **Puyalasa**

**Lakshana** - Puyalasa is a small ulcer, preceded with swelling and Samrambha (pain, redness) causing swelling of inner canthus, discharge of pus and pain<sup>16</sup>.

**Chikitsa** – In Puyalasa, the vein should be cut (to let out blood) then given fomentation and all the treatments prescribed for Akshipaka as per the procedure. Saindhava, Ardraka (*Zingiber officinale*) Kasisa, iron and copper fillings all nicely powdered, and mixed with honey should be applied as collyrium, or Rasakriya (thick decoction) of these drugs may be used<sup>17</sup>.

- **Bisa vartma**

**Lakshana** – Lid swollen externally, having small holes in its interior, discharging watery fluid like the Bisa (stalk of the lotus) is Bisa vartma, caused by all the Dosas<sup>18</sup>.

**Chikitsa**- Bhedana Sadhya<sup>19</sup>

- **Pothaki**

**Lakshana** – Pothaki is white-coloured hard Pitaka (eruptions) resembling Sarshapa (mustard), associated with swelling, coating, pain, itching and slimy tears. This is caused by Kapha<sup>20</sup>.

**Chikitsa** – Pothaki should be scraped, smeared with Shunthi (*Zingiber officinale*) and Saindhava, washed with warm water and sprinkled with water boiled with either Khadira (*Acacia catechu*), Adhaki (*Cajanus cajan*), and Shigru (*Moringa oleifera*) or with Haridra (*Curcuma longa*), Daruharidra (*Berberis aristata*), Sresta (*Emblia officinalis*, *Terminalia bellirica*, *Terminalia chebula*) and Madhuka (*Madhuca longifolia*) mixed with honey<sup>21</sup>.

- **Amloshita**

**Lakshana** – The essence of food made very sour by the Doshas with the predominance of Pitta and Rakta brought to the eyes through the veins makes the eye bluish, associated with slight swelling, burning sensation, ulceration, the profuse flow of tears and dirty vision. This disease is Amloshita<sup>22</sup>

**Chikitsa** – Treatments are the same as were prescribed for Abhishyanda caused by Pitta<sup>23</sup>.

- **Sushkakshipaka**

**Lakshana** – Symptoms of Vata Pitta (increased together) in the eyes. Friction, pricking and piercing pain, increased thickness, dryness, fearful appearance of the lids and the eye, difficulty in opening and closing of the lids, severe dryness, desire for cold comforts, pain and ulceration .<sup>24</sup>

**Chikitsa** – Drinking of ghee (oleation therapy) and Tarpana (nourishing the eye) with Jivaniya ghrita (medicated ghee with Jivaniya gana), nasal medication with Anutaila and Parisheka with milk added with Saindhava should be done.<sup>25</sup>

Nagara (*Zingiber officinale*) macerated with breastmilk and mixed with ghee or the muscle fat of animals of marshy land mixed with little of Saindhava and Nagara (*Zingiber officinale*) should be applied as collyrium<sup>26</sup>.

- **Alpasopha**

**Lakshana** – Mild swelling and other symptoms of Paka (the disease Aksipakatayaya)<sup>27</sup>.

**Chikitsa** – Both in Sasopha and Alpasopha, the patient should be given oleation therapy and then venesection done. He should be made lubricated again and administered purgative therapy, making use of medicated ghee prepared with a decoction of Draksa (*Vitis vinifera*), Pathya (*Terminalia chebula*) and Trivrt (*Operculina turpethum*)<sup>28</sup>.

- **Pittaja Abhishyanda**

**Lakshana** – Burning sensation, a feeling of hot fumes coming out, swelling, bluishness of the eyelids externally and moistness internally, tears are yellow and warm redness, seeing all things as though the eye is smeared with caustic alkali<sup>29</sup>.

**Chikitsa** – In all Abhishyanda except that caused by the aggravation of Vata, strong mouth gargles, nasal medication and fasting should be done during the premonitory stage itself<sup>30</sup>.

In all varieties of Abhishyanda, to mitigate burning sensation, thickening, redness, excess of tears and swelling, Bidalaka (applying of paste of drugs over the eyelids) should be done with Patra (*Cinnamomum tamala*), Ela (*Elettaria cardamomum*), Marica (*Piper nigrum*), Svarna gairika, Rasanjana, Yastyahva (*Glycyrrhiza glabra*), Nata (*Senna tora*), Chandana (*Santalum album*), Saindhava<sup>31</sup>.

Aschyotana (filling the eyes with fluids) with the warm decoction of drugs of Vilwadi (Pancamula) along with roots of Eranda (*Ricinus communis*), Brihati (*Solanum indicum*) and Madhusigru (*Moringa concanensis*) or decoction of Hribera (*Pavonia odorata*), Tagara (*Valeriana jatamansi*), Sarngeshta (*Milletia pinnata*) and bark of Udumbara (*Ficus racemosa*) mixed with goat's milk is best Aschyotana to relieve pain. Decoction of

Manjista (*Rubia cordifolia*), Rajani (*Curcuma longa*), Laksa (*Laccifer lacca*), Draksa (*Vitis vinifera*), Riddhi (*Habenaria intermedia*), Madhuka (*Madhuka longifolia*) and Utpala (*Nymphaea stellata*) added with Sugar and applied cold cures the symptoms caused by Rakta and Pitta<sup>32</sup>.

Powder of Kaseru (*Scirpus grossus*) and Yastyahva (*Glycyrrhiza glabra*) tied in a thin cloth is immersed in pure water. This water poured into the eyes is beneficial in Abhishyanda born from Rakta and Pitta<sup>33</sup>.

Svetarodha (*Diospyros vera*) and Madhuka (*Madhuka longifolia*) are fried in ghee, powdered, and tied in cloth and immersed in breastmilk and instilled into the eyes will cure the troubles caused by Pitta and Rakta<sup>34</sup>.

- **Kaphaja Abhishyanda**

**Lakshana** - In Abhishyanda caused by Kapha, there is sluggishness, profound swelling, itching, sleepiness, dislike for the food. The discharge from the eyes and tears are thick, unctuous, copious, white and slimy<sup>35</sup>.

**Chikitsa** – Decoction of Nagara (*Zingiber officinale*), Triphala (*Emblca officinalis*, *Terminalia bellirica*, *Terminalia chebula*), Nimba (*Azadirachta indica*), Vasa (*Justica adhatoda*) and Rodhra (*Symplocos racemosa*) poured into the eyes warm is good for Abhishyanda of Kapha origin<sup>36</sup>.

- **Raktaja Abhishyanda**

**Lakshana** – The tears and discharge are red, there are red lines in the eye, the person sees red colored discs around the objects, and the features of Abhishyanda of Pitta origin are found<sup>37</sup>.

**Chikitsa** – Svetarodha (*Diospyros vera*) and Madhuka (*Madhuka longifolia*) are fried in ghee, powdered, and tied in cloth and immersed in breastmilk and instilled into the eyes will cure the troubles caused by Pitta and Rakta<sup>38</sup>.

Aschyotana (filling the eyes with fluids) with the warm decoction of drugs of Vilwadi (Pancamula) along with roots of Eranda (*Ricinus communis*), Brihati (*Solanum indicum*) and Madhusigru (*Moringa concanensis*) or decoction of Hribera (*Pavonia odorata*), Tagara (*Valeriana jatamansi*), Sarngeshta (*Milletia pinnata*) and bark of Udumbara (*Ficus racemosa*) mixed with goat's milk is best Aschyotana to relieve pain. Decoction of Manjista (*Rubia cordifolia*), Rajani (*Curcuma longa*), Laksa (*Laccifer lacca*), Draksa (*Vitis vinifera*), Riddhi (*Habenaria intermedia*), Madhuka (*Madhuka longifolia*) and Utpala (*Nymphaea stellata*) added with Sugar and applied cold cures the symptoms caused by Rakta and Pitta<sup>39</sup>.

- **Pittaja Adhimantha**

**Lakshana** – In Adhimantha the eyes appear as though covered with burnt-out coal and resemble a piece of liver in colour<sup>40</sup>.

- **Kaphaja Adhimantha**

**Lakshana**- In Adhimantha caused by Kapha, the black portion (cornea) is depressed while the white portion (sclera) is elevated, nasal catarrh, distention of the nose and feeling as though the eyes are full of sand<sup>41</sup>.

**Chikitsa**- The same treatments of Abhishyanda are beneficial in all the varieties of Adhimantha also. If Adhimantha does not

subside by these, cauterization by fire should be done above the brows<sup>42</sup>.

- **Raktaja Adhimantha**

**Lakshana** – The edges are coppery, severe pain as though when pulled out resembles the flower of *Bandhuka* because of its redness, there is loss of vision, intolerance to touch, appears like a fruit of an arista immersed in blood and the person sees things as black or fire like<sup>43</sup>.

Adhimantha caused by Rakta is also similar features but has severe pain, produces pain of great intensity in the temples, teeth, cheeks and skull<sup>44</sup>.

**Chikitsa**- Buds of *Sumana (Jasminum grandiflorum)*, *Sankha*, *Triphala (Emblia officinalis, Terminalia bellirica, Terminalia chebula)* *Madhuka (Madhuka longifolia)* and *Bala (Sida cordifolia)* made into wick (cotton swab) macerating with rainwater cures Adhimantha caused by Pitta and Rakta<sup>45</sup>.

Wick prepared with *Saindhava*, *Triphala (Emblia officinalis, Terminalia bellirica, Terminalia chebula)*, *Vyosa (Piper nigrum, Piper longum, Zingiber officinale)*, *Sankhanabi*, *Samudraphena*, *Aileyaka* and *Sarja* cures the eye disease<sup>46</sup>.

- **Pasupata yoga**

Eight Pala each *Prapaundrika (Lotus nucifera)*, *Yastyahva (Glycyrrhiza glabra)*, and *Darvi (Berberis aristata)* are boiled in one Drona of water and decoction reduced to a quarter filtered and boiled again to a thick consistency adding ten Pala of *Puspanjana* and one *Karsa of Marica (Piper nigrum)*. Used either in the form of powder or a wick cure redness, pain and friction caused by all types of *Abhishyanda* bestow clear vision immediately. This formula known as *Pasupata yoga* is the utmost secret of the physician<sup>47</sup>.

### SAMANYA CHIKITSA

The treatment for each of these has been described earlier. Now, the general treatment for all *Pilla Rogas* will be described here.

- The patient of *Pilla Roga* who has been made lubricated vomited, blood removed by cutting the vein, and purged should be subjected to scarification of the eyelid till it becomes well purified<sup>48</sup>.
- *Tuttha* one Pala, *Sveta Marica (Piper nigrum)*- twenty by number, are made into a paste with thirty Pala of *Kanjika* (sour gruel) is kept in a copper vessel. This liquid used for *Seka* (bathing the eye) makes *Pilla Roga* become non-*Pilla*, though remaining for many years and cures thickening, excess of tears, itching and swelling<sup>49</sup>.
- *Karanja bija (Milleta pinnata)*, *Surasa (Ocimum sanctum)*, and buds of *Sumana (Jasminum grandiflorum)* are boiled in water, filtered and *Rasakriya* (thick decoction) prepared. Used as collyrium. It is the medicine for *Pilla* and helps the growth of eye lashes<sup>50</sup>.
- *Rasanjana*, *Sarja rasa*, *Rtipuspa* (brass fillings), *Manassila*, *Samudraphena*, *Lavana*, *Gairika* and *Marica (Piper nigrum)* made into a paste and applied to eyes as collyrium mixed with honey cures moistness and itching<sup>51</sup>.
- *Tagara (Valeriana jatamansi)* made into a paste with the decoction of *Abhaya (Terminalia chebula)* destroys *Pilla*, so also *Devadaru (Cedrus deodara)* made as a paste with goat's urine and mixed with ghee<sup>52</sup>.
- Medicinal wick (pill) prepared from *Saindhava*, *Triphala (Emblia officinalis, Terminalia bellirica, Terminalia*

*chebula)*, *Krishna (Piper nigrum)*, *Sankhanabhi* and *Tamra*, *Raja* used as collyrium destroys *Pilla Sukraka* (disease of the cornea)<sup>53</sup>.

- Powder of *Puspa Kasisa* soaked in the fresh juice of *Surasa (Ocimum sanctum)* and pasted on a copper plate for ten days, used as collyrium it cures *Pilla* and *Paksma sata*<sup>54</sup>.
- *Ala (Haritala)* and *Suvarnanjana* – each one part, *Tamra raja* (copper fillings) equal to both are mixed and converted into a very nice powder, this applied to the eyes makes for growth of hairs (eyelashes) in *Pilla Roga* by one application itself<sup>55</sup>.
- Good cotton is soaked in the juice of *Laksa (Laccifer lacca)*, *Nirgundi (Vitex negundo)*, *Bhringa (Eclipta prostrata)* and *Darvi (Berberis aristata)* seven times and made into the wick. That wick is soaked in ghee, lighted and the soot emanating from it is collected. This is applied as a collyrium is best to heal *Pilla Rogas*<sup>56</sup>.
- Scraping of the eyelids and bloodletting many times, purgation therapy, again and again, bathing the eye, application of eye salve, nasal medication, and inhalation of medical fumes daily<sup>57</sup>.
- If *Puyalasa* does not subside, it should be burnt with a thick metal rod<sup>58</sup>.

### DISCUSSION

Eye disorders are common among people of all age groups ranging from children to old. In Ayurveda, our Acharyas have explained *Netra Rogas* and their *Chikitsa* in detail. *Acharya Vagbhata* explained long-lasting eye diseases under a separate title called *Pilla Rogas* or *Pillakhya Rogas*. 18 *Netra rogas* are explained under *Pilla Rogas* which are chronic. Among the 18 diseases, 9 are *Sarvakshi Rogas* (3 *Abhishyandas*, 3 *Adhimanthas*, *Alpasopha*, *Amloshita*, and *Sushkakshipaka*), 8 are *Vartmagata rogas* (*Pothaki*, *Bisa vartma*, *Pakshmaparodha*, *Kukunaka* and 4 *Uthklishtas*), and 1 *Sandhigata roga* (*Puyalasa*) He has explained in detail about the *Lakshanas* and treatment of each disease and *Samanya Chikitsa* too. This article is an overview of these 18 diseases with their *Lakshanas* and treatment.

### CONCLUSION

*Pilla rogas* are long-standing eye diseases that are mentioned by *Vagbatacharya*, as being very different from other Acharyas. He is giving much more importance to *Pilla Rogas*. These are 18 in number. More number of diseases are *Tridoshaja* and comes under *Sarvakshi Rogas*. These diseases should be treated at their first stage itself. Otherwise, it may lead to further complications and may hamper eyesight. So proper treatment and proper diagnosing are inevitable which helps to relieve the disease and maintain the eyesight. During the present scenario, we can see many *Pilla Roga* patients, so this is the time to establish a different kind of specific treatment in current clinical practice. A medical practitioner should have such foresight to provide effective remedies for the above and keep generations in good health.

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**Cite this article as:**

Arya D S and Pradeep Kumar K. A review on pilla rogas. Int. J. Res. Ayurveda Pharm. 2021;12(5):104-109 <http://dx.doi.org/10.7897/2277-4343.1205156>

Source of support: Nil, Conflict of interest: None Declared

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