



## Research Article

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### ROLE OF SAINDHAVADI BIDALAKA IN THE MANAGEMENT OF VATAJA ABHISHYANDA (ALLERGIC CONJUNCTIVITIS)

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#### ABSTRACT

In the present age, Allergic Conjunctivitis is the most common eye disease caused due to allergens like dust, pollen from trees and grass, animal dander, chemical scents, etc. The prevalence of allergic Conjunctivitis in India is on the higher side, affecting 15% to 40% of the Indian population and it is observed to be a seasonal disease, i.e., during summer. According to Acharya Sushruta, Abhishyanda (Conjunctivitis) is the root cause of almost all ocular diseases and, if it is not treated priorly, may land in a chronic course, further resulting in developing severe complications such as Adhimantha (Glaucoma) etc. Vataja Abhishyanda can be correlated to Allergic Conjunctivitis. Allergic Conjunctivitis is characterized by itching, burning sensation, watery, mucous, or stringy discharge, mild photophobia, and eye hyperemia. In the present study, according to Acharya Charaka, Saindhavadi Bidalaka was done on the patient having symptoms of Vataja Abhishyanda (Allergic Conjunctivitis) for 7 days. Vata is said to be the predominant dosha of Vataja Abhishyanda (Allergic Conjunctivitis). Saindhavadi Bidalaka has Vataghna properties (pacify Vata dosha); thus, it will reduce the symptoms of Vataja Abhishyanda (Allergic Conjunctivitis). A total of 3 patients of Vataja Abhishyanda (Allergic Conjunctivitis) were treated by Saindhavadi Bidalaka for seven days. The assessment of the condition was done before and after treatment. The result of the study was analyzed by comparing the before and after the completion of the study. The result proves to be significantly effective based on its clinical assessment.

**Keywords:** Allergic Conjunctivitis, Kriyakapla, Vataja Abhishyanda, Saindhavadi Bidalaka

#### INTRODUCTION

According to Acharya Sushruta, Abhishyanda (Conjunctivitis) is said to be the main ground for almost all ocular diseases and, if not treated appropriately, give rise to chronic condition and causes severe complications such as Adhimantha (Glaucoma)<sup>1</sup>. Acharya Sushruta described Netrabhishyanda (Conjunctivitis) as a contagious (aupsargic) disease which means it can be transmitted through contact with the infected person in any and every possible way. This explains the urgency of treating the disease to avoid further spread. Acharya Sushruta has described Vataja Abhishyanda (Allergic Conjunctivitis) as one of the four types of Abhishyanda (Conjunctivitis) that can be differentiated in patients with symptoms like netra toda (pricking sensation), shishirashruta (cold lacrimation's), shangharsha (itching), parushya (roughness), vishushkabha (dryness), etc.<sup>2</sup> due to Vata dosha vikruti (vitiated Vata dosha) all of these symptoms are correlated to Allergic Conjunctivitis. Allergic Conjunctivitis is characterized by clinical features like itching, burning sensation, watery, mucous, or stringy discharge, mild photophobia, and eye hyperemia. In India, the prevalence rate of Allergic Conjunctivitis is on the higher side, affecting 15% to 40% of the total Indian population, and is observed to be a seasonal disease, i.e., during summer and spring. There are more than 10 million cases per year in India of Conjunctivitis<sup>3</sup>.

The goal of this study is not only to cure Vataja Abhishyanda (Allergic Conjunctivitis) but also to prevent progressive damage. According to Acharya Charaka, by using saindhva, madhu, and

Gairika in Saindhavadi Bidalaka was done on the patient having symptoms of Vataja Abhishyanda<sup>4</sup>. All these ingredients were readily available and commonly used drugs in routine eye disease. Bidalaka is considered as the supreme in Abhishyanda (Conjunctivitis) among all the kriya kalpas according to Acharya Charaka. The management of Allergic Conjunctivitis in modern ophthalmology is costly, and it gives temporary relief. Continuous use of these drugs has lots of side effects and may develop resistance, too. Hence, to avoid these side effects, Saindhavadi Bidalaka was selected in such a condition.

#### Aims and Objectives

**Aim** - To study the efficacy of Saindhavadi Bidalaka in the management of Vataja Abhishyanda (Allergic Conjunctivitis)

**Objectives** - 1. To relieve the patient from symptoms of Vataja Abhishyanda (Allergic Conjunctivitis).

2. To study the probable mode of action of Saindhavadi Bidalaka in managing Vataja Abhishyanda (Allergic Conjunctivitis).

#### MATERIALS AND METHODS

##### Selection of Patients

A total 3 patients of the age group 18-60 years from OPD of Shalakya tantra were selected regardless of age, gender, religion, and occupation presented the symptoms of Vataja Abhishyanda, irrespective of past illness after taking consent from the patients according to the International Conference of Harmonization – Good Clinical Practices Guidelines (ICH-GCP).

**Inclusion Criteria**

1. Patient of age group 18-60 years
2. All patients having symptoms of Vataja Abhishyanda (Allergic Conjunctivitis) like netra toda (pricking sensation), sangharsha (itching), vishushkabhava (dryness), shishirashruta (cold lacrimation), aplashopha (chemosis/conjunctival oedema), etc.

**Exclusion Criteria**

1. Patients below 18 years and above 60 years
2. Patients with other ocular pathology like bacterial Conjunctivitis, corneal opacity, etc.
3. Diseases like Tuberculosis, Diabetes mellitus, etc.
4. Pregnant ladies and lactating mothers.

**Table 1: Gradations**

Gradations	Mild	Moderate	Severe
Netra toda (Pricking sensation)	1	2	3
Sangharsha (Itching)	1	2	3
Vishushkabhava (Dryness)	1	2	3
Shishirashruta (Cold lacrimation)	1	2	3
Aplashopha (Chemosis/conjunctival oedema)	1	2	3

**Treatment Planned**

**Table 2: Saindhavadi Bidalaka**

Content	Saindhava lavana, Madhu, Gairika.
Route of administration	Local - 1 time in a day
Kriyakalpa	Bidalaka
Duration	7 days

**Table 3: Saindhavadi Bidalaka Contents Properties**

Drug name	Guna (Properties)	Prayoga (Use)
Saindhava (Rock salt) <sup>5</sup>	Vataghna, Snigdha	Chakshushya
Gairika (Red ochre) <sup>6</sup>	Snigdha, Madhura	Chakshushya, Vranahara, Kandughna
Madhu (Honey) <sup>7</sup>	Snigdha, Madhura, Pitta-Vataghna	Chakshushya, Ropana

**Standard Operating Procedure**

**Procedure of application**

Poorva Karma: Wash hands with water. Clean both the eyes and the surrounding area with a wet gauze piece. Paste for Bidalaka is prepared by adding a sufficient amount of madhu, saindhava, and Gairikadi choorna.

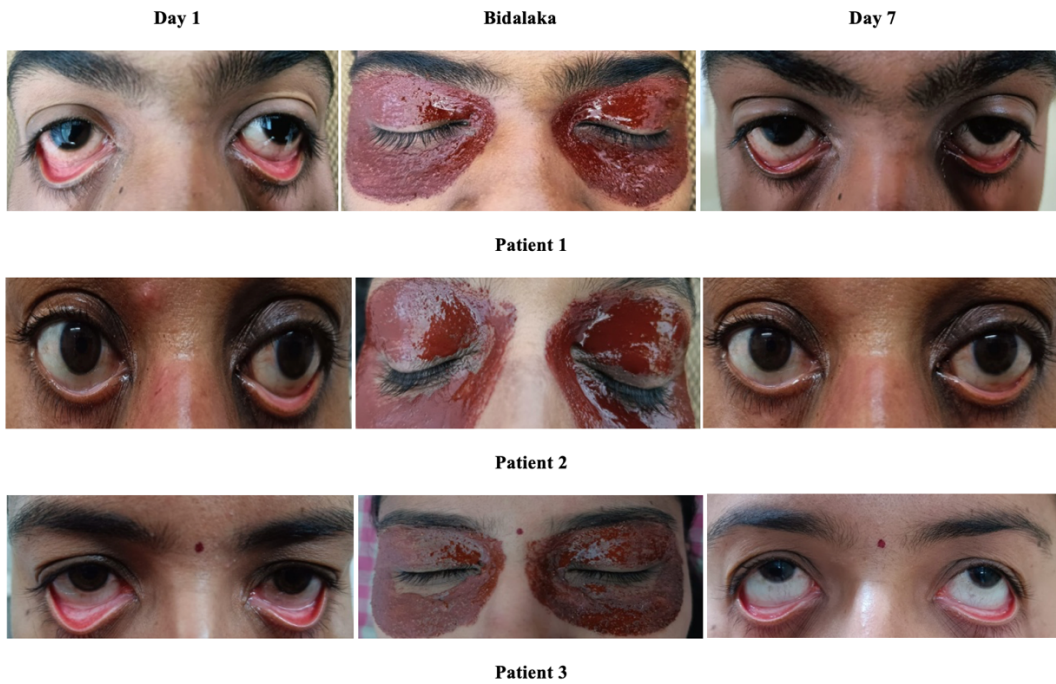
Pradhana Karma: A supine position was given to the patient. Ask the patient to close their eyes. Apply the obtained paste with the index finger over the eyelid except for the lid margin (Netra Pakshma Varjita).

Paschata Karma: Lepa is cleaned out with the help of a gauze piece before it gets completely dried. Ask the patient to wash and clean the face with lukewarm water.<sup>8</sup>

**OBSERVATION AND RESULTS**

The patients were diagnosed based on the signs and symptoms of Vataja Abhishyanda.

Signs and symptoms	Day 0	Day 5	Day 7
<b>Patient A</b> 1. Netra toda (Pricking sensation) 2. Sangharsha (Itching) 3. Vishushkabhava (Dryness) 4. Shishirashruta (Cold lacrimation) 5. Apla shopha (Chemosis/conjunctival oedema)	2 2 1 2 1	1 1 1 2 1	0 0 0 1 0
<b>Patient B</b> 1. Netra toda (Pricking sensation) 2. Sangharsha (Itching) 3. Vishushkabhava (Dryness) 4. Shishirashruta (Cold lacrimation) 5. Apla shopha (Chemosis/conjunctival oedema))	2 3 1 2 1	2 2 1 1 1	0 1 0 0 0
<b>Patient C</b> 1. Netra toda (Pricking sensation) 2. Sangharsha (Itching) 3. Vishushkabhava (Dryness) 4. Shishirashruta (Cold lacrimation) 5. Apla shopha (Chemosis/conjunctival oedema)	2 3 2 2 1	1 2 1 1 1	0 0 0 0 0



All three patients of Vataja Abhishyandya (Allergic Conjunctivitis) having signs and symptoms like netra toda (pricking sensation), shishirashruta (cold lacrimation), shangharsha (itching), vishushkabha (dryness), apla shopha (chemosis/conjunctival edema), etc. were treated with Saindhavadi Bidalaka, it shows significant effect on Vataja Abhishyandya (Allergic Conjunctivitis) due to its Vatagna (pacify Vata dosha), chakshyashya (beneficial to eyes), snigdha (calm), kandughna (decrease itching), and ropana (healing) properties. Saindhavdi Bidalaka is moderately relieving shishirashruta (cold lacrimations) and sangharsha (itching) and has a marked effect on netra toda (pricking sensation), vishushkabhava (dryness), and apla shop (chemosis/conjunctival oedema).

## DISCUSSION

Vataja Abhishyandya (Allergic Conjunctivitis) is one among the Sarvagata Netraroga, which is more common in males than in females; dust is the most common precipitating factor. Vataja Abhishyandya has symptoms that are similar to allergic Conjunctivitis. It is a prevalent infection of the eye. According to modern science, the treatment includes local antihistamines, antibiotics, anti-inflammatories, and analgesics. Continuous use of these medications has lots of side effects and may develop resistance, too. Hence, to avoid these side effects and if the condition did not subside early in Ayurveda, Bidalaka is the line of treatment for Vataja Abhishyandya (Allergic Conjunctivitis). According to Acharya Charaka Bidalaka, yoga is indicated for Amavastha /Taruna Netraroga (in acute conditions), mainly in Abhishyandya (Conjunctivitis). So, the patient was advised for Saindhavdi Bidalaka for 7 days. Saindhavadi Bidalaka containing saindhava, gairika, and madhu having Vataghna (pacify Vata dosha), chakshyashya (beneficial to eyes), snigdha (calm), kandughna (decrease itching), and ropana (healing) properties. The above properties of Saindhavdi Bidalaka reduce the signs and symptoms of Vataja Abhishyandya like netra toda (pricking sensation), shishirashruta (cold lacrimation), shangharsha (itching), vishushkabha (dryness), apla shopha (chemosis/conjunctival oedema), etc. and Saindhavadi Bidalaka

provides quick absorption of the drug along with soothing effect, so it is very effective in this condition, so patient get immediate relief from the symptoms of Vataja Abhishyandya (Allergic Conjunctivitis). Acharya Charaka and Acharya Vagbhata, mentioned by Bidalaka, are one of the seven kriyakalpa. The eyelids' skin is thin compared to all over the body and acts as a safe route for drug absorption. In Bidalaka, the paste of drugs takes at least 15-20 minutes to get dry and provides more tissue contact time that accelerates the drug absorption and has no side effects. Hence, Saindhavadi Bidalaka was selected for the study to find an effective treatment for Vataja Abhishyandya (Allergic Conjunctivitis).

## CONCLUSION

In Charaka Samhita, Acharya Charaka indicated Bidalaka yoga for Amavastha/Taruna Netraroga (in acute conditions), mainly in Abhishyandya (Conjunctivitis) with the different combinations that can be used in different conditions of the diseases. Vataja Abhishyandya has symptoms that are similar to allergic Conjunctivitis. Vataja Abhishyandya (Allergic Conjunctivitis) not appropriately managed can lead to complications such as Adhimantha (Glaucoma), etc. If Ayurvedic treatment is given in the initial stage of allergic Conjunctivitis, then better results in a short duration can be expected. Saindhavadi Bidalaka is better in relieving netra toda (pricking sensation), shishirashruta (cold lacrimations), shangharsha (itching), parushya (roughness), vishushkabha (dryness). Bidalaka is an easy and effective method of drug absorption to the eye, especially during the first stage of the disease or acute condition of the disease (Amavastha).

## Patient Perspective

Patients were satisfied with the treatment. According to patients, there was a significant reduction in redness on 1<sup>st</sup> follow-up, i.e., on 3<sup>rd</sup> day of treatment. The following complaints, like itching, foreign body sensation, and watering of eyes, were also reduced by the 5<sup>th</sup> and 7<sup>th</sup> day of treatment.

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