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Management of Krimigranthi using Manashila and Priyangu Bidalak- A Case Study

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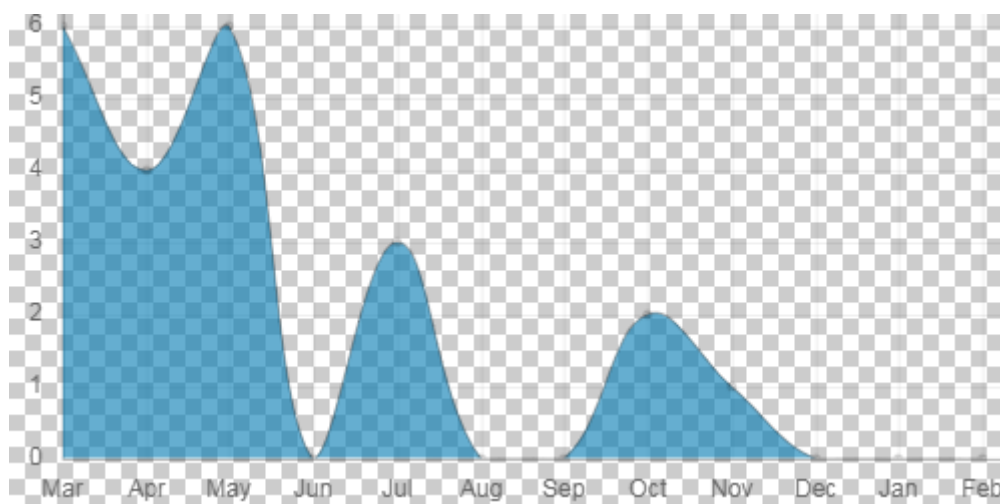
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ABSTRACT: Ayurveda, science of life which signifies the maintenance of health of a healthy person and to cure the diseased person who enables them to lead joyful life. Shalakya Tantra, a branch of Ayurveda which deals with disease of Urdwajatrugata Rogas in which the importance to healthy eye comes first as Acharya Vagbhata says Chakshu Rakshaya Sarvakaalam Yavadiccha means a person who want to live for a long life also should give importance to health of eye because for blind person even if he have enough wealth he is considered as insect, for him day and night remains the same. Krimi Granthi (ulcerative blepharitis), disease classified under Sandhigata Roga where there will be a cyst like swelling produced by Krimis (bacteria) in eye lids and eye lashes, a case of ulcerative blepharitis having symptoms of swelling over eye lid with mild pain which was reoccurring in nature was treated with Daru Haridra Seka and Triphala Rasakriya Netra Pratisarana along with internal medications

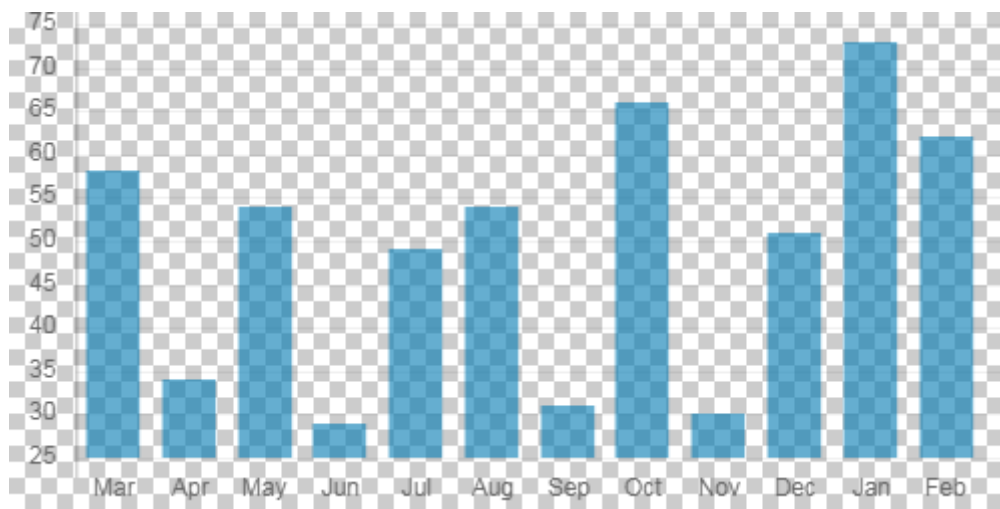
KEYWORDS- Krimigranthi, ulcerative blepharitis, Seka, Pratisarana

I. INTRODUCTION

Blepharitis (Krimigranthi) is one of the most common ocular conditions seen in optometric practice. It cannot be cured but fortunately it can be controlled. Generally the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. According to Sushrut, krimigranthi is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching in those part. These different forms of organism move along the junction of eyelid and penetrate into shuklamandal and even into the inner structure of the eye. **Aim:** To study role of Ayurveda in Blepharitis with special reference to krimigranthi. **Objective:** To study role of Ayurveda to reduce sign and symptoms of Blepharitis with special reference to krimigranthi in modern era. **Methodology:** 1) Nidanparivarjana, 2) Aahara, 3) Vihar – kriyakalpa, trataka etc. 4) Ayurvedic remedies, 5) Procedures like Pariseka Vidalaka and Pindi etc. : Pariseka with Triphala kwatha to reduced sign and symptoms of Blepharitis. Ayurvedic therapies (Pariseka) and medicines can help in Blepharitis.



Ayurveda, science of life which signifies the maintenance of health of a healthy person and to cure the diseased person who enables them to lead joyful life. *Shalakya Tantra*, a branch of *Ayurveda* which deals with disease of *Urdwajatrugata Rogas* in which the importance to healthy eye comes first as *Acharya Vagbhata* says *Chakshu Rakshaya Sarvakaalam Yavadiccha* means a person who want to live for a long life also should give importance to health of eye because for blind person even if he have enough wealth he is considered as insect, for him day and night remains the same. *Krimi Granthi* (ulcerative blepharitis), disease classified under *Sandhigata Roga* where there will be a cyst like swelling produced by *Krimis* (bacteria) in eye lids and eye lashes, a case of ulcerative blepharitis having symptoms of swelling over eye lid with mild pain which was reoccurring in nature was treated with *Daru Haridra Seka* and *Triphala Rasakriya Netra Pratisarana* along with internal medications.



II. DISCUSSION

The Management of blepharitis is a challenging task because of its recurrence nature the specific root cause must be tackled to achieve better result. Ayurvedic treatment protocol is a holistic approach where physicians plan to treat disease by analyzing the Dosha Avastha. According to Sushruta Samhita Krimigranthi is a Kaphaja Sadya Vyadhi.[6] The treatment protocol adapted here is to reduce the accumulated Kapha Dosha. The drug Daru Haridra used for Seka, is mentioned is having Lekhaniya and Kandugna property, and is Kapha Pitta Shamaka in nature. The treatment Triphala Rasanjana Pratisarana act as Lekhana. Vidanga Choorna advised in this condition act as Krimighna and Liv. 52 help to increase the metabolism. Krimigranthi is caused by accumulated Kapha and Krimi in the eyelid which is well managed with the Pratisarana, Seka. One of the causes of this disease is metabolic factor, which are corrected with Deepana Paachana and Krimighna drugs. All the symptoms have subsided within the duration of treatment course and no recurrence was observed at the follow up. Same treatment protocol for large sample with long duration of follow up will be beneficial

Blepharitis (Krimigranthi) is a chronic inflammatory disease of the lid margin that is frequently seen in ophthalmic practice¹. In modern medicine it is cured but there is chance of recurrence is more. The Prevalence of blepharitis is 37% to 47% by recent survey conduct in United State of America (USA). Symptoms associated with blepharitis are burning sensation, irritation, tearing, photophobia, blurred vision and red eyes. It has mainly two types Bacterial blepharitis (Ulcerative) and Squamous blepharitis². The use of therapeutic agents that reduce infection and inflammation is beneficial in blepharitis. The uncertain aetiology and mechanisms of the disease process make management difficult and recurrence is more. Hence to invent one of the lines of management for Blepharitis as per Ayurvedic science and for better management to avoid the recurrence of disease so topic had been selected for this study. Correlation with Ayurvedic disease- Krimigranthi – Tridoshaja Vyadhi According to Sushrutkrimigranthi is Pakshma-Vartmagata Sandhi Vyadhi and according to Vagbhata ApangKaninika Sandhi³. A swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching and inflammation in those



part. These different forms of organism move along the junction of eyelid and penetrate into Shukalamandal as like Blepharitis so Krimigranthi is correlated with this disease 4 .

III. RESULTS

Poorva Karma: Preparation of the patients: Patient (Rogi) to be treated with bidalaka should be placed in a comfortable position i.e. supine position and the part should be cleaned. Then mruduSweda will be given. Sterile Cotton dipped in lukewarm water after squeezing would be used for Swedana karma. Pradhan karma: Above mentioned drugs are made into paste form using sterile water and applied to outer surface of the eyelids leaving the eye lashes6 . Matra –1. Uttam -1/2 Angul 2. Madhyam -1/3 Angul 3.Kanistha -1/4 Angul 7 . Kala-20 minutes.

Paschat karma: Eyes should be cleared by gently removing the applied paste with the help of wet cotton. Mruduswedana is done with sterile cotton dipped into Lukewarm water. Drug Properties: Nimbachurna- Kandughna, Krimighna, used for antiinfective action of drug8 . Vidangachurna- Krimighna, Kafavatashamak 9 . Palashabeejachurna- Krimighna, Lekhan and Kafavatashamak 9 . ChandanChurna- Sheetavirya, kafapittaghna so used for soothing effect and to compensate the ushna-tikshnaguna of above drug10 . Bidalaka Importance: The Ayurvedic scientists Acharya Charaka and Acharya Vagabhata have mentioned about this therapy. They were aware of drug delivery through skin of eyelids. The skin of eye lids is extremely thin, subcutaneous fat is very sparse and stratum corneum layer of skin which acts as barrier is a single layer in eye lids, so absorption of drugs through skin of eye lids will be very fast. In Bidalaka the paste of drugs is left for 20 minutes so tissue contact is more and helps in large absorption of drugs reduces the local temperature there by relieves inflammation, itching, imparting soothing effect and relieving pain. The drugs having anti-infective and anti-inflammatory properties, patient could get quick relief from the symptoms.

IV. CONCLUSION

Kriyakalpa Bidalaka has significant effect in Blepharitis (Krimigranthi). Bidalaka with the above selected drugs provide anti-infective, anti-inflammatory and soothing effect which is like the line of management of modern science. The tissue contacts time of the drugs used in procedure Bidalaka is more, so large absorption of drugs takes place therefore it provides quick relief in subsiding the symptoms. Nimbachurna used act as a Kandughna, Krimighna so it subsides symptom kandu. Vidangachurna also has Krimighna, Kafavatashamak 9 properties. Palashabeejachurna has Krimighna, Lekhan and Kafavatashamak 9 so it helps in reducing eyelid swelling. ChandanChurna is Sheetavirya, kafapittaghna so it gives soothing effect and compensate the ushna-tikshnaguna of above drug10 .

The study showed significant relief in the patient's symptom therefore Bidalaka is one of the lines of management for Blepharitis as per Ayurvedic science and helps to avoid recurrence of disease.

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