

Ayurvedic Management of Suskakshipaka with Tarpana and Seka W.S.R. To Dry Eye Syndrome - A Case Study

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ABSTRACT -

Shushkakshipaka is one among the sarvagatanetrarogas mentioned under Sadhyavyadhis by both the Acharyas Sushruta as Vata dominating disease¹ and according to Acharya Vagbhata caused due to affliction of vata and pitta doshas². It is characterised by DarunaRukskshaVarthma and Avila Darshanam. The disease 'Sushkakshipaka' can be correlated with Dry Eye Syndrome (DES). Dry eye syndrome is a condition when the tears aren't able to provide adequate lubrication for eyes. Around 10-30% of population living in industrialized countries suffer from dry eye syndrome (DES). This is a condition of present day life style, our ancient seers have clearly explained the treatments which are Vata-pittahara and chakshushya that can easily break the pathogenesis. This is a case report of 38 years old woman who approached Shalakyatantra OPD of Government Ayurveda medical College, Bengaluru with chief complaints like feeling of dryness, burning sensation, foreign body sensation in both eyes and blurring of vision from 8 months. The subject was thoroughly examined and diagnosed as Shushkakshipaka. The treatment was planned as per Ayurveda classics. She was treated with one sitting of Akshi-tarpana [for 7 days] followed by one sitting of seka [for 7 days] and jeevantyadighritha internally. Due to this treatment patient got complete relief from Sushkakshipaka.

KEYWORDS— Sushkakshipaka, Dry eye syndrome, Chakshushya, Akshi-tarpana, Seka

I. INTRODUCTION-

According to Tear film and ocular surface society Dry eye workshop, "Dry eye is a multifactorial disease of the ocular surface characterised by a loss of homeostasis of the tear film, and accompanied by ocular symptoms, in which tear film instability and hyper osmolarity, ocular surface inflammation and damage, and neurosensory abnormalities play etiological roles."³ Symptoms of dry eye include irritation, foreign

body sensation, feeling of dryness, itching and nonspecific ocular discomfort⁴.

Shushkakshipaka is a Vatapithaja/vatajaSarvagatha Netra Roga. In this disease symptoms like KunitaVartma (Narrowing of palpebral aperture), DarunaRukshaVartma (Crusting of lids), AavilaDarshanam (Blurred vision), Kricchronmeela/Nimeelanam (Stuck eyelids), Gharsha (Foreign body sensation), Toda (Prickling pain), Bheda (Tearing pain), Upadeha (Mucoid discharge), Vishushkatva (Dryness), Sheetechchha (Liking for cold), Shula (Crucifying pain), Paka (Inflammation), Daha (Burning sensation), KharaVartma-Akshi (Rough lids) are mentioned by Acharya Sushruta and Acharya Vagbhata.

Many contributory factors affected the severity of dry eye. It maybe anatomical features, autoimmune disease, environmental surroundings, contact lens use, unmodified life styles, hormonal changes, chronic inflammation, infection, iatrogenic factors, such as medications or surgery. With the advancing age, the increasing prevalence of the disease decreases the quality of life. No remedial measure for the prevention and cure of this pathology prevails in the domain of modern medicine except using ocular surface lubricants, artificial tears and glasses. Though lubricating drops can reduce the effects of Dry Eye, but its preservatives are harmful to eye. In Ayurveda, there are various treatment modalities for Shushkakshipaka. It includes both local as well as systemic measures. such as Snehana, Nasyama, Pariseka, Tarpana, Aschotana, Vidalaka etc. Ghritapana is indicated as a first line of treatment for Shushkakshipaka along with other topical regimes. Here patient was treated with Tarpana, seka and ghritha internally.

CASE REPORT

A female patient, aged 38 years, came to OPD of Shalakyatantra, GAMC Bengaluru with chief complaints like feeling of dryness, burning

sensation, foreign body sensation in both eyes associated with blurring of vision from 8 months.

HISTORY OF PRESENT ILLNESS

Patient was apparently normal 8 months ago. Gradually she developed feeling of dryness, burning sensation, foreign body sensation in both eyes associated with blurring of vision of bilateral eyes. Her condition worsens day by day. Now she approached shalakyatantra department OPD of GAMC Bengaluru for treatment.

HISTORY OF PAST ILLNESS

No history of any systemic diseases like hypertension, diabetes.
No history of any surgery.

FAMILY HISTORY

No member of family had such illness

PERSONAL HISTORY

- Appetite – normal
- Diet – mixed diet

- Sleep – sound
- Bowel -regular
- Addiction - not any

ASHTAVIDHA PAREEKSHA

- Nadi - Vata-pittaja
- Mala - Prakruta
- Mutra - 4-5 times/ day
- Jivha - Alipta
- Shabda - Prakruta
- Sparsha - Ruksha
- Drik - Vikruta
- Akrti – Madhyama

GENERAL EXAMINATION

- BP - 130/80 mmhg
- PR - 90/min
- R. R - <18/min

SYSTEMIC EXAMINATION

- R.S. - AE= BE & Chest clear
- CVS - S1 S2 normal
- CNS- Conscious and Oriented

EXAMINATION OF EYE

SLIT LAMP EXAMINATION

Ocular structures	Right eye	Left eye
Eye lids	Normal	Normal
Conjunctiva	No abnormalities	No abnormalities
Sclera	Normal	Normal
Cornea	No abnormalities	No abnormalities
Anterior chamber	Normal depth	Normal depth
Lens	Greyish black	Greyish black
Pupil	Round, regular, reactive to light	Round, regular, reactive to light

VISUAL ACUITY

	BOTH EYES	RIGHT EYE	LEFT EYE
DISTANT VISION	6/12	6/12	6/18
NEAR VISION	N ₁₀	N ₁₀	N ₁₂

TREATMENT -

Treatment	Drug	Dose & Duration
Tarpana	Mahatriphalaghrita	7 days
Seka	Yashtimadhuksheerapaka	7 days
Internal	Jeevantyadi ghritha ⁵	15 days [1tsp BD with milk empty stomach]

Yashtimadhuksheera seka⁶- Take 1 part of Yashtimadhuchurna and add 8 parts of milk & 32 parts of water. Boiling the mixture until the water evaporates and only the milk remains. After that filter the mixture and use for seka.

II. FOLLOW UP & RESULT –

Total treatment duration was 46 days, subject showed improvement both subjectively and objectively. Dryness, burning sensation and foreign body sensation was reduced. After treatment Schirmer's test and Visual acuity result are shown in table–

Table -1

SCHIRMER'S TEST	BEFORE TREATMENT	AFTER TREATMENT	AFTER FOLLOW UP
Right eye	8mm	20mm	24mm
Left eye	7mm	18mm	22mm

Table -2

	BEFORE TREATMENT		AFTER TREATMENT		AFTER FOLLOW UP	
	DV	NV	DV	NV	DV	NV
Visual acuity						
Both eyes	6/12	N ₁₀	6/9	N ₈	6/9	N ₈
Right eye	6/12	N ₁₀	6/9	N ₈	6/9	N ₈
Left eye	6/18	N ₁₂	6/9	N ₈	6/9	N ₈

III. DISCUSSION –

Rasa dhatu contributes to the aqueous part of the tear film. Any factor that causes the Vatapitta and dhatus to become unstable will cause the tear film to become unstable, resulting in Shushkakshipaka. Irritation, pricking pain, trouble blinking are all indications of Shushkakshipaka. Akshi-Tarpana with Mahatriphalaghrita helps to increase moisture content of ocular surface and repairs the tissue damage occurred due to excessive evaporation which ultimately leads to Vata- pitta doshashamana and preenana (lubrication and nourishment) of the eye. Akshi-tarpana forms an occlusive film over the surface of the eyeball and improves the composition of tear film by enhancing the mucin and aqueous layers. It prevents frictional damage to the ocular surfaces secondary to lid movement or extra ocular movements. It helps by retaining fluid and maintaining hydration of the ocular surface. Netra seka with yashtikhseerapaka is also effective in reducing the symptoms. Yashtimadhu is a ChakshushyaDravya, Ksheera are having Madhura Rasa SnigdhaGuna, SheetaVeerya, with the Guna Karmas needed to treat Shushkakshipaka. Goksheera have properties like Madhura Rasa, Guru SnigdhaGuna, SheetaVeerya, MadhuraVipaka, Chakshushya and Rasayana. By these properties it is able to cure Vata and Pitta and thus reduces the symptoms, yields stability of the tear film. Jeevantiyadighrita contains drugs like Jeevanti, Prapoundareeka, Kakaoli, Sita, Ksheera, Madhuka, Draksha which are having VataPittahara and Brumhana action. It contains Triphala also which is a ChakshushyaDravya. Ghrita contains Vitamin A, Vitamin E and β carotene which are anti- oxidants and are helpful in reducing ketone bodies and prevents the oxidative injury to the body. Mainly Vitamin A keeps the epithelial tissue of the body intact, keeps the outer layer of the eyeball moist.

IV. CONCLUSION

Dry eyes a tear film disorder has a close resemblance with the clinical entity of Shushkakshipaka. Dry eye is the most common disease in the present days because of its recurrence, chronicity and lack of potential treatment in contemporary science. Seka, Tarpana, Nasya, Anjana, and Sarpipana are the treatment modalities explained as visheshachikitsa for shushkakshipaka⁷. Akshi-tarpana with mahatriphalaghrita followed by netraseka using Yashtikhseerapaka and Jeevantiyadighrita internally showed significant results in signs & symptoms of Shushkakshipaka. This line of treatment showed considerable improvement subjectively and objectively. Thus, it can be concluded that the Ayurvedic approach is helpful in the treatment of Shushkakshipaka along with internal medicine.

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