

Aschyotana Theraphy:An Ayurvedic Therapeutics In Ocular Diseases

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ABSTRACT:

Aschyotana is the instillation of the drug in the form of drops into the eyes from a height of two Angulas. In Netra Rogas when the symptoms like Ruka, Toda, Kandu, Gharsha, Kleda, Ashru, Daha, Raga, Shotha are present. Aschyotana is the treatment of choice. Aschyotana is considered as the first line of treatment in all eye disease where the Doshik vitiation is minimal. Eye drops are accessible in the forms of water and oil solutions, emulsions, or suspensions of one or more active ingredients, which may contain preservatives if stored in multi use packaging. An attempt is made to review on Aschyotana .

In spite of remarkable progress and advances in the field of modern ophthalmology the effective control is still a challenge. There is great need to be found out an ocular procedure for prevention and treatment of eye diseases having no or least adverse effect. Aschyotana is one of the local therapeutic procedure where exact amount, dosage schedule, frequency are already been mentioned by ancient authors. In this era, due to altered life styles and occupational hazards, it becomes essential to research those principles and practices of Ayurvedic ophthalmology to preserve the vision.

Keywords: Aschyotana, Netra Rogas, Kriyakalpa, Ophthalmic Drops ,dosage, hazards, vision

I. INTRODUCTION:

Netraroga Chikitsa is given after confirming whether it is manifested independently or in association with other disease. If the disease is independent and present only to eye, local eye treatment procedures have important role. Broadly NetraRoga Chikitsa is classified into Samanya Chikitsa and Vishesha Chikitsa. SarvadaihikaChikitsa includes Panchakarma and Vishesha Chikitsa includes Netra Kriyakalpas which are the local external medicinal therapies of eye modulated to suit the peculiarities of the eye

such as Tarpana, Putapaka, Seka, Aschyotana, Anjana, Bidalaka and Pindi. Kriyakalpa means the procedures in which various drugs are applied in and around the eye ball as a treatment modality.¹ The efficacy of these procedures depends on selection of drug, mode of preparation, mode of instillation and ocular drug absorption.

As per Ashtang Hrudaya sincere efforts should be made by every individual to preserve his or her vision till the last breath of life; because, for an individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth. Tremendous advancement made in ophthalmic medicine in recent years has begun a new era in history of ophthalmology. Modern ophthalmologists and scientists have been able to convince the new generation about the significance of eye care and the right procedure to follow in order to ensure healthy vision. At the same time, there are various challenging problems, arising before modern ophthalmologists compelling them to find therapeutic procedures hidden in ancient medical manuscripts. Clinical shalakyatantra manages eye ailments via topical and systemic measures.

Kriyakalpa-

The word kriya means- therapeutic action and kalpana means- specific formulations. Kriyakalpa²- the local ocular therapeutic procedure is a group of special methods of drug administration, locally into the eye, for treatment of eye disease which provides nourishing effect to the eyes and improves visual acuity.

Introduction to Aschyotana-

Aschyotana is the instillation of the drug in the form of drops into the eyes from a height of 2 Angulas. It is the primary method of all ophthalmic medication employed in all eye diseases where

Doshik vitiation is minimal or Roga is of Alpabala³.

Importance of Aschyotana⁴-

Aschyotana is the first line of treatment in eye diseases which, will relieve

1. Ruk, toda- painful conditions
2. Kandu-scratching
3. Gharsha-irritation or foreign body sensation
4. Asru-excessive watering
5. Daha--burning
6. Raga-redness or congestion
7. Paka, shopha -features of inflammation

Indications-

In Vyaktavastha of Roga, when the symptoms like Ruk,Toda, Kandu, Gharsha, Kleda, Ashru, Daha, Raga, Shotha are present Aschyotana is the treatment of choice. In Nityaga Kala especially in day time and Prathama Yama of Nishi,Aschyotana is to be done. Based on the vitiated Dosha, Aschyotana is done in the morning in Kaphaja Roga, at noon in Pittajaroga, in the evening in Vatajaroga or any time when the pain is aggravated⁵.

Contra-indications-

In Nityaga Kala at night Aschyotana should not be done⁶.

Sorts of Ashchyotana-

- 1) Snehana ashchyotana - 10 Bindu
- 2) Lekhana ashchyotana - 8 Bindu
- 3) Ropana ashchyotana - 12 Bindu

The temperature of liquid drug⁷ is settled dependent on dosha-dushti.

- Hot in vataj disease.
- Luke warm in kaphaj disease.
- Cold in pitta and raktaj disease

Guna of Medicine⁸-

Dosha dushti	Ashchyotana guna
Vata	tikta rasa, snigdha guna
Pitta	madhura rasa, shita guna
Kapha	tikta rasa, ushna-ruksha Guna

Procedure of Aschyotana⁹-

In Poorva karma the patient should be comfortably lying down in supine position, in Kriyakalpa theatre. In Pradhana karma the procedure of instillation of specified drops of liquid

medicine to the open eye from a height of two Angulas is done. The drugs can be held either in a conch shell, small vessels or in a piece of cotton. The medicine remaining in the eye should be wiped off with a piece of cotton or soft cloth immediately after the stipulated time. As Paschat Karma a mild fomentation with warm water is beneficial in Kapha Vata diseases and advised not to see bright things. Dharana Kala of drug in Aschyotana is 100 Matra Kala or 200 Matra Kala or until the Samyak Lakshana is achieved. Duration of Aschyotana Karma can be done for 1 to 3 days or until patient can tolerate. Aschyotana can be done till Vedana Nivritti or Vyadhi Shanthi is attained.

Atiyoga Lakshana of Aschyotana-

The Lakshanas of excessively performed Aschyotana includes Ruja (pain in the eyes), Shopha (swelling of eyes), Pidika (blisters in the eyes), Timira (reduction in eye sight)¹⁰.

Hinayoga Lakshana of Aschyotana-

Hinayoga of Aschyotana leads to Paka (pus formation in the eyes), Ashru (excessive tear secretion in the eyes), Harsha (feeling of horripilation in the eyes), and Doshodgama (vitiating of all doshas).

The Pratikriya for Atiyoga and Hinayoga of Aschyotana includes performing appropriate Doshahara measures like Dhumapana, Nasyakarma and Anjana.

Merits of Aschyotana-

Aschyotana helps in reducing Ruka, Toda (painful conditions), Kandu (itching sensation), Gharsha (irritation or foreign body sensation), Ashru (excessive watering), Daha (Burning Sensation), Raga (Congestion or redness of eyes) Paka, Shopha (features of inflammation)¹¹.

Complications¹²-

- If there is pressure on eyes, there is risk of redness.
- If the medicine has tikshna or ushna properties there is a risk of burning, redness and visual loss.
- If the medicines are very cold, they may produce immobility of the eye, excessive tears, foreign body sensation and pricking pain.
- If the quantity of the medicine is excessive, it can produce a strange feeling in the eye lids, complete closure of the eye lids, involuntary lid movements, foreign body sensation and

inability to open lids and withstand blowing wind

- If the medicines are not wiped out properly, it may induce discomforts like tears, foreign body sensation and pain

Drugs of Aschyotana-

Charaksamhita has selected following drugs on the basis of dosha-dushti

- Vatajnetrarogharaaschyotana- Erandmula, Jayanti, Bramhi, Bilwadipanchmula are boiled in water and instilled as hot eye drops.
- Pittajnetrarogharaaschyotana- Darvi, Manjishta, Laksha and Madhuka are boiled in water with sugar and instilled as cold eye drops.
- Kaphajnetrarogharaaschyotana- Shunhti, Triphala, Musta, Nimba, Vasa are boiled in water and instilled as warm eye drops.

According to Sushrutasamhita-

- For Abhishyanda- Triphala
- For diseases due to vata, pitta, rakta- Stristanya
- For painful diseases due to vata and rakta- milk and ghee

II. CONCLUSION:

Eyes are most dominant sense organ and 'Right to sight' is one of the basic human rights. To achieve this, various measures mentioned in our classics like aschyotana which is the simple and effective should be adopted for preventive and therapeutic purpose. Aschyotana is one of the therapeutic medicines where exact amount, dosages, schedule, frequency etc. have already been standardized by ancient authors. It is up to science to correlate observations with their scientific explanations.

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