

Therapeutic Concept of AnutailaNasya in the Management of Shushkakshipaka (Dry Eye Syndrome): An Ayurvedic Review

Dr. Jayesh R. Katrodiya¹, Dr. Hiral N. Khunt²

¹Associate Professor, Department of Shalakyatantra, Shri V.M.Mehta Institute of Ayurved, Anandpar, Gujarat, India.

²Associate Professor, Department of RasshatraevumBhaishyajKalpana, Shri V.M.Mehta Institute of Ayurved, Anandpar, Gujarat, India.

Corresponding Author: Dr. Jayesh R. Katrodiya

Date of Submission: 01-03-2026

Date of Acceptance: 10-03-2026

ABSTRACT: Shushkakshipaka is described in classical Ayurvedic literature under SarvagataNetraRoga and is considered a Vata-Pitta predominant ocular disorder characterized by dryness, roughness, burning sensation, and visual discomfort. Clinically, it can be correlated with Dry Eye Syndrome (DES), a multifactorial tear film disorder affecting the ocular surface. Modern lifestyle factors such as prolonged digital screen exposure, environmental pollution, and irregular sleep patterns contribute significantly to the rising incidence of Dry Eye disease. Ayurveda emphasizes Nasya therapy for UrdhvajatrugataVikara, as the nose is considered the gateway to the head. Anutaila, a classical medicated oil, is described as Tridoshaghna and Indriyabalaprada. Conceptually, AnutailaNasya may pacify aggravated Vata, remove Rukshata (dryness), and cleanse microchannels (Srotoshodhana). Probable modern mechanisms include stimulation of parasympathetic pathways influencing lacrimal gland secretion and improvement of ocular circulation. This conceptual review explores classical references and correlates them with contemporary understanding of Dry Eye Syndrome. The analysis suggests that AnutailaNasya may serve as a safe, economical, and preventive therapeutic modality in the management of Shushkakshipaka. Further well-designed clinical trials are recommended to validate these traditional claims.

KEYWORDS: Shushkakshipaka, Dry Eye Syndrome, Nasya Karma, Anutaila.

I. INTRODUCTION

Shushkakshipaka is described in classical Ayurvedic literature under SarvagataNetraRogaⁱ and can be correlated with Dry eye syndrome. Due to over use of electronic devices like Computer, Mobiles, and Television & faulty life style,

occurred many disorders of eye. Among these Dry eye syndrome is one of them. Tear secretion provides continuous moisture and lubrication on the ocular surface. Dry eye is defined as a disorder of the tear film due to tear deficiency or excessive evaporation, which causes damage to ocular surface & it is associated with symptoms of ocular surfaceⁱⁱ.

II. CONCEPTUAL REVIEW

2.1 Rising Incidence Factors (Modern Perspective)

- Prolonged digital screen exposure
- Reduced blink rate due to continuous visual strain
- Excessive exposure to wind and heat (Air-conditioning & pollution)
- Sleep disturbance
- Contact lens usage

2.2 Nidan of Shushkakshipaka acc. to ayurved:

- AtiVataSevana
- RukshaAhara
- Ratrijagarana
- Vega Dharana

These causative factors strongly parallel the modern etiological understanding of Dry Eye Syndrome. In the Ayurvedic perspective, this condition mainly involves VataDoshaⁱⁱⁱ, which causes dryness and degeneration in the eye tissues. Pitta Dosha also plays a secondary role and contributes to inflammation. The main affected DushyasareRasa and RaktaDhatu, along with NetraSnayu and AsruvahaSrotas, which results in reduced nourishment to the eyes and disturbance in normal tear secretion.

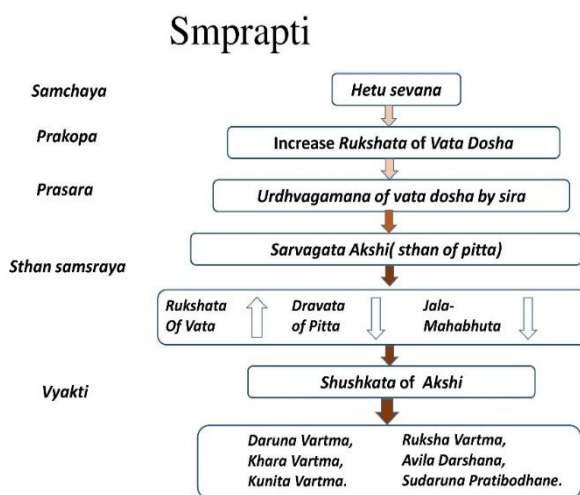
III. SAMPRAPTI (PATHOGENESIS)

Hetusevana leads to an increase in the rukshata (dryness) of Vatadosha, initiating the samprapti. The aggravated Vata undergoes urdhvagamana through the sira and localizes in the Akshi, the sthana of Pitta. This results in increased rukshata of Vata along with decreased dravata of Pitta and Jalamahabhuta, ultimately causing shushkata of Akshi. Clinically, it manifests as features of Shushkakshipaka such as daruna, khara, and rukshavartma, kunitavartma, aviladarshana, and sudarunapratibodhane^{IV}.

IV. MODERN PATHOPHYSIOLOGICAL CORRELATION

Dry Eye Syndrome involves:

- Tear hyperosmolarity
- Meibomian gland dysfunction
- Lacrimal hyposecretion
- Ocular surface inflammation
- Reduced parasympathetic stimulation



Tear Film Layers Affected:

1. Lipid Layer
2. Aqueous Layer
3. Mucin Layer

Vata-induced Rukshata parallels tear evaporation and aqueous deficiency.

Pashchatkarma:

Dhoompana and Gandoosha: Expel out of remanantKapha.

Drug administered via nostrils reaches ShringatakaMarma and spreads through vascular and neural pathways.

V. THERAPEUTIC CONCEPT OF NASYA KARMA

Nasya is described in CharakaSamhita as the prime therapy for Urdhvajatrugata disorders^v. According to Acharya SusrutaNasya with Anutaila is directly described in Chikitsa of Shushkakshipaka^{vi}

Purvakarma

UrdhvajatrugataAbhyang: PrashantaMaruta,
Increase strength of Eye,
UrdhvajatrugataSwedana: PrashantMarut,
Srotoshodhana, Relief of pain.

Pradhanakarma:

Vatanashana,
Indriyanamvaimalyama.Dristiprasada(its promotes eyesight).

VI. PHARMACODYNAMIC CONCEPT OF ANUTAILA

Anutaila is:

- Tridoshaghna
- Vata-Pitta Shamaka
- Indriyabalaprada
- Srotoshodhaka
- Rasayana

Probable Mechanisms:

Ayurvedic Action	Correlation to Modern Science
Snehana	Ocular lubrication
VataShamana	Tear film stabilization

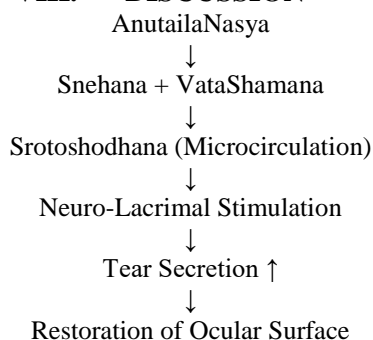
Srotoshodhana	Microcirculation improvement
Indriyabalaprada	Neuro-sensory modulation

VII. CONCEPTUAL NEURO-OCULAR MECHANISM

Nasya may stimulate:

- Olfactory nerve pathways
 - Trigeminal nerve reflex arcs
 - Parasympathetic fibers
 - Lacrimal gland secretion
- This may enhance basal tear production and reduce ocular surface inflammation.

VIII. DISCUSSION



Shushkakshipaka is fundamentally a Vata-dominant ocular disorder. Among ChaturvidhaSneha, Taila is considered best for Vata pacification. Anutaila, due to its Tridoshaghna and Indriyabalaprada properties, is conceptually ideal.

Modern tear film instability and neurosensory dysfunction parallel AyurvedicRukshata and Srotodushti. Nasya therapy may provide:

- Direct supraclavicular drug delivery
- Neurovascular stimulation
- Anti-inflammatory effect
- Tear film stabilization

IX. CONCLUSION

Shushkakshipaka described in Ayurveda shows a strong conceptual and clinical correlation with Dry Eye Syndrome described in modern ophthalmology. The pathogenesis mainly involves Vata predominance leading to Rukshata (dryness) and disturbance of ocular nourishment. Nasya Karma is considered an important therapeutic procedure for Urdhvajatrugata disorders, and Anutaila possesses properties such as Tridoshaghna, Vata-Pitta Shamaka, Srotoshodhaka, and Indriyabalaprada, which make it conceptually suitable for the management of Shushkakshipaka. AnutailaNasya provides VataShamana, Ocular lubrication, Tear film restoration and Preventive ocular care.

From Review of Ayurvedic texts and above discussion, can be concluded AnutailaNasya may effective in Shushkakshipaka and effect will remain even after treatment without any complications. The conclusion will be make sure after carried out the further clinical research.

References:

Thus, AnutailaNasy offers a mechanistically plausible and integrative therapeutic approach.

ⁱ P.V.Sharma, Sushruta. SushrutaSamhita, ChaukhambhaVishvabharti Varanasi, Reprint 2023, Uttartantra chapter 6/4.
ⁱⁱ Craig JP, et al. TFOS DEWS II Definition and Classification Report. Ocul Surf. 2017.
ⁱⁱⁱ P.V.Sharma, Sushruta. SushrutaSamhita, ChaukhambhaVishvabharti Varanasi, Reprint 2023, Uttartantra chapter 1/30.
^{iv} P.V.Sharma, Sushruta. SushrutaSamhita, ChaukhambhaVishvabharti Varanasi, Reprint 2023, Uttartantra chapter 6/26.
^v Kashinath Pandey and Dr.GorakhnathChaturvedi, AgniveshakritaCharakaSamhita, ChaukhambhaBharatiAkadamy, Reprint 2024. Sutrasthana chapter 5/63–70.
^{vi} P.V.Sharma, Sushruta. SushrutaSamhita, ChaukhambhaVishvabharti Varanasi, Reprint 2023, Uttartantra chapter 9/22.