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CASEREPORT ON UTILITY OF *Triphala Gritha Aschyotana* IN *Vataja Abhisyandha* (ALLERGIC CONJUCTIVITIS)

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ABSTRACT

Allergic conjunctivitis, better known as Vataja Abhisyandha in Ayurveda, is a common ocular condition characterized by redness, itching, watering, and swelling of the eyelids. This case report evaluates the efficacy of Triphala Gritha Aschyotana (medicated ghee eye drops) in management of Vataja Abhisyandha. A 24-year-old male presented with symptoms of foreign body sensation, dryness, watering, redness, and difficulty in eye movement for five days. Clinical examination revealed conjunctival infection and mild chemosis, with an elevated Absolute Eosinophil Count (AEC) confirming allergic conjunctivitis. The patient was treated with Triphala Gritha Aschyotana (10 drops bilaterally twice daily for 7 days), which demonstrated significant improvement by day 3 and complete resolution of symptoms by day 7. The AEC reduced, and visual acuity remained stable at 6/6. Triphala Gritha's anti-inflammatory, antioxidant, and Vata-Pitta balancing properties effectively addressed the underlying imbalances and allergic inflammation. This case highlights its potential as a safe, cost-effective, and holistic treatment for allergic conjunctivitis, warranting further large-scale studies.

1.INTRODUCTION

Allergic conjunctivitis, known in Ayurvedic terms as *Vataja Abhishyanda*, is a prevalent ocular condition characterized by inflammation of the conjunctiva due to allergic reactions. It is often triggered by environmental allergens such as pollen, dust mites, pet dander, and mold[1]. The condition manifests through a variety of symptoms including redness, itching, tearing, and swelling of the eyelids, significantly impacting the quality of life for affected individuals. The pathophysiology involves an immunological response mediated by IgE antibodies, leading to the release of histamines and other inflammatory mediators[2].

In *Ayurveda*, the concept of Vata dosha plays a crucial role in understanding allergic conditions. Vata dosha is associated with the qualities of dryness and mobility, which can predispose individuals to allergic reactions when aggravated. The treatment of Vataj *Abhishyanda* focuses on balancing the doshas and alleviating symptoms through holistic approaches that include dietary modifications, lifestyle changes, and herbal remedies[3].

Triphala Ghrita is a traditional *Ayurvedic* formulation composed of three fruits—*Amalaki* (Emblica officinalis), *Bibhitaki* (Terminalia bellirica), and *Haritaki* (Terminalia chebula)—combined with clarified butter (*ghrita*). This formulation is renowned for its multifaceted therapeutic properties, including anti-inflammatory, antioxidant, and immunomodulatory effects. *Triphala Ghrita* is traditionally used in various ocular disorders due to its ability to nourish the eyes and promote healing[4].The application of *Triphala Ghrita* through *Aschyotana* (eye drops) has gained attention as a potential treatment for *Vataja Abhishyanda*. *Aschyotana* involves instilling medicated ghee into the eyes, which not only provides symptomatic relief but also addresses the root cause by pacifying *Vata dosha*. This method enhances ocular lubrication and reduces inflammation while simultaneously promoting tissue repair[5].

Recent studies have highlighted the efficacy of *Triphala Ghrita Aschyotana* in managing allergic conjunctivitis. Comparative analyses with conventional antihistamines have shown promising results in alleviating symptoms and improving patient outcomes. Given its natural composition and minimal side effects, *Triphala Ghrita* presents a valuable alternative or adjunctive therapy for individuals suffering from this debilitating condition[6].

2.CASE PRESENTATION, CLINICAL FEATURES, EXAMINATION, AND DIAGNOSIS

The patient, Chandan Sai, a 24-year-old male student, presented with complaints of foreign body sensation (*srava*), dryness (*rukshata*), watering (*ashru*), redness (*raga*), and difficulty in opening and closing the eyes (*unmesha-nimeshakrichrata*) for the past five days. These symptoms are characteristic of *VatajaAbhisyandha*, a *Vata*-dominant ocular disorder described in *Ayurveda*, which involves dryness, pain, and restricted eye movement. The foreign body sensation and redness suggest secondary *Pitta* involvement, while the watering and difficulty in eyelid movement are indicative of *Vata* imbalance. The patient reported no history of trauma or systemic illness but mentioned prolonged exposure to digital screens, which likely exacerbated the dryness.

On examination, the patient's visual acuity (VA) was 6/6 in both eyes, confirming no refractive error, and near vision (NV) was N6, indicating normal near vision. Slit-lamp examination

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revealed conjunctival injection and mild chemosis (swelling), which are consistent with allergic conjunctivitis. The Absolute Eosinophil Count (AEC) was elevated, further supporting the diagnosis of an allergic etiology. Based on the clinical features and examination findings, the patient was diagnosed with *Vataja Abhisyandha (Ayurvedic* diagnosis) and allergic conjunctivitis (modern diagnosis). The elevated AEC confirmed the hypersensitivity reaction, aligning with the *Pitta* component in the *Ayurvedic* framework. This dual diagnosis guided the treatment approach, focusing on balancing *Vata* and *Pitta* while addressing the allergic inflammation.

3. TREATMENT PROTOCOL

The patient was prescribed *Triphala Gritha Aschyotana,* a medicated ghee eye drop preparation, as the primary treatment. The protocol involved instilling 10 drops of *Triphala Gritha* into each eye twice daily (morning and evening) for 7 days. The preparation was warmed to room temperature before administration to ensure comfort and efficacy. Adjuvant measures included advising the patient to limit screen time and apply cold compresses for symptomatic relief. *Triphala Gritha* was chosen for its *Vata-Pitta* balancing, anti-inflammatory, and lubricating properties, which directly address the dryness, redness, and inflammation associated with *Vataja Abhisyandha*. The treatment aimed to restore ocular health by pacifying aggravated *Vata* and *Pitta doshas* while alleviating allergic inflammation.

4. PATHOPHYSIOLOGICAL CORRELATION

In *Vataja Abhisyandha*, aggravated *Vata* disrupts the *Rasa-Rakta dhatus* (nutrient plasma and blood), leading to dryness, impaired lubrication, and restricted eye movement. Secondary *Pitta* aggravation causes redness and inflammation due to its *Ushna* (hot) and *Tikshna* (sharp) properties. Modern pathophysiology correlates this with allergic conjunctivitis, where IgE-mediated mast cell degranulation releases histamine, causing vasodilation (redness), chemosis (swelling), and eosinophilic infiltration (elevated AEC). *Triphala Gritha's* anti-inflammatory and immunomodulatory properties counteract this by stabilizing mast cells, reducing histamine release, and restoring ocular tissue integrity, thus bridging *Ayurvedic* and modern mechanisms.

5. MECHANISM OF ACTION OF *TRIPHALA GRITHA*

Triphala Gritha exerts its therapeutic effects through its unique combination of *Triphala (Haritaki, Bibhitaki, Amalaki*) and *Gritha* (ghee). The anti-inflammatory and antioxidant properties of *Triphala* reduce ocular inflammation by inhibiting histamine release and stabilizing mast cells, addressing the allergic component. *Haritaki* and *Bibhitaki* pacify *Vata* and *Kapha*, alleviating dryness and swelling, while *Amalaki*, rich in vitamin C, rejuvenates ocular tissues. The *Gritha* base provides lubrication, counters *Vata*-induced dryness, and enhances the bioavailability of active compounds, ensuring deep penetration into ocular tissues. Together, these actions restore balance to the *Rasa-Rakta* dhatus and alleviate symptoms of *Vataja Abhisyandha*.

6. CLINICAL OUTCOMES

The patient showed significant improvement following the administration of *Triphala Gritha Aschyotana*. By day 4, there was a noticeable reduction in symptoms, with a 50% decrease in foreign body sensation and redness, along with improved eyelid movement. By day 7the treatment schedule completed and patient got 90% improvement. On day 9, complete resolution of dryness, watering, and redness was observed, and the patient reported no difficulty in opening or closing the eyes. The Absolute Eosinophil Count (AEC), which was initially elevated, normalized post-treatment, confirming the reduction in allergic inflammation. Visual acuity remained stable at 6/6 in both eyes throughout the treatment period. These outcomes highlight the efficacy of *Triphala Gritha Aschyotana* in managing *Vataja Abhisyandha* and its modern correlate, allergic conjunctivitis.

7.CONCLUSION

The case demonstrates the efficacy of *Triphala Gritha Aschyotana* in managing *Vataja Abhisyandha* (allergic conjunctivitis) by effectively addressing both *Vata* (dryness, restricted movement) and *Pitta* (redness, inflammation) imbalances. The treatment provided rapid symptomatic relief, normalized the elevated Absolute Eosinophil Count (AEC), and restored ocular health without adverse effects. This aligns with classical Ayurvedic texts like *Sushruta Samhita*, which advocate *Aschyotana* for *Netra Abhisyandha*. The findings underscore the potential of *Triphala Gritha* as a safe, cost-effective, and holistic intervention for allergic conjunctivitis. Further large-scale studies are recommended to validate its efficacy and establish its role in integrative eye care.

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