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A REVIEW ARTICLE ON THE EFFICACY OF SAINDHAVADI KSHEERAPAKA ASCHOTANA IN VATAJA ABHISHYANDA [ALLERGIC CONJUNCTIVITIS]

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ABSTRACT
Vataja Abhishyanda is one of the Sarvagata Netra Roga[1]. Many diseases of the eye can be produced by untreated Abhishyanda[2].It is the root cause of all eye diseases. If not treated properly, it may lead to further complications like Adhimantha, Hatadimantha and Drushtinasha[3].Vataja Abhishyanda is a disease affecting the ocular surface which is associated with hypersensitivity reaction i.e., seasonal allergic conjunctivitis and perennial allergic conjunctivitis.

Ayurveda recommends Aschotana is the first line of treatment in management of eye disease. The present study focuses on the efficacy of Saindavadi Ksheerapaka Aschotana yoga mentioned in Sushrutha Samhita and to find an effective and long-standing cure of Vataja Abhishyanda.

KEY WORDS: *Vataja Abhishyanda, Allergic Conjunctivitis, Saindhavadi ksheerapaka aschotana.*

INTRODUCTION
In Ayurvedic literature, particularly in Shalakyatantra, *Abhishyanda* is described both as a specific eye disease and as a pathological condition. It is categorized among the seventeen types of *Sarvagata Netra Rogas* (disorders affecting the entire eye) mentioned in classical Ayurvedic texts.

Abhishyanda will become a causative factor of all the eye diseases. It can spread through circulation as it involves *rakta*. It will advanced to *Adhimantha* if it not cared properly. Charaka explained about *Bahya Krimi*, so there are possibilities of invasion of *BahyaKrimi* directly into eye and cause *DoshadooshyaSamoorchana* in eye leading to *Abhishyanda*. If the systemic and Conjunctival defence mechanism is good, disease will not manifest.

Allergic conjunctivitis is inflammation of the conjunctiva due to allergy. Although allergens differ between patients, the most common cause is hay fever. Symptoms consist of congestion, oedema of the conjunctiva, itching and increased lacrimation. The symptoms are due to release of histamine and other active substances by mast cells, which stimulate dilation of blood vessels, irritate nerve endings and increase secretion of tears. A detailed history allows physicians to determine whether the presenting symptoms are due to an allergen or another source. Diagnostic tests such as conjunctival scrapings to look for eosinophils are helpful in determining the cause of the allergic response. Antihistamines, medication that stabilizes mast cells, and non-steroidal anti- inflammatory drugs (NSAIDs) are safe and usually effective.

Saindhavadi Ksheerapaka Aschotana is an ocular therapeutic procedure done with drugs *Udichya, Yashtimadhu, Pippali*, and *Saindhava*, whose properties are *Vata-pitta hara*, *Shothahara*, *Shoolanashaka* and *chakshushya*.

MATERIALS AND METHOD
Saindhavadi Ksheerapaka Aschotana is an ocular therapeutic procedure done with drugs *Udichya, Yashtimadhu, Pippali*, and *Saindhava*, whose properties are *Vata-pitta hara*, *Shothahara* and *Shoolanashaka* and *chakshushya*.

Topical method of drug administration called as Kriyakalpas or topical ocular therapeutics is the uniqueness of Ayurvedic ophthalmology which includes Seka, Aschotana, Pindi, Bidalaka, Tarpana and Putapaka. Aschotana is the most effective Kriyakalpa used in Netra vikara specially in niramavastha (late stages of the disease when acute symptoms). Aschotana is being mentioned as the treatment of choice for Vataja Abhishyanda patients. Saindhavadi Ksheerapaka Aschotana is an ocular therapeutic procedure done with drugs Udichya, Yashtimadhu, Pippali, and Saindhava, whose properties are Vata-pitta hara, Shothahara and Shoolanashaka and chakshushya.

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TABLE 1. Contents of *Saindhavadi Ksheerapaka* with Botanical name, Part used and Proportion.

Sl. No.	Sanskrit Name	Botanical Name	Part Used	Proportion
1	*Saindhava*	Rock salt		1/4th part
2	*Udichya*	*Vetiveria zizanoides*	Root	1/4th part
3	*Yashtimadhu*	*Glyccerhiza glabra*	Root	1/4th part
4	*Pippali*	*Piper longum*	Fruit	1/4th part
5	*Go-dugdha*	Cow milk		8 parts
6	Water	Water		32 parts

ASCHOTANA VIDHI

Purvakarma-*Aschotana* is performed in a place having sufficient light and devoid of direct blowing winds and dust. The patient is asked to lie comfortably in supine position on a table and the discharges are removed from eye using sterile cotton swab. To avoid anxiety the procedure is explained to patients.

Pradhana Karma-After completion of *Purvakarma*, the patient is asked to relax and maintain the supine position on the table. The eye of the patient is opened with left hand and *Saindavadhi ksheera paka* is instilled with right hand into the *Kaneenika Sandhi* of the eyes from a height of two *Angula*. The medicine is kept in the eyes for the period of 100 *Matra Kala* (2-3 minutes). This process is repeated once daily for a period of seven days.

Paschat Karma-After performing the *Aschotana Karma*, the patient is asked to close eyes slowly and allowed to ease in supine position for few minutes. Then the eyes are wiped with sterile cotton swab. Mild fomentation is given to eyes with cotton swab dipped in hot water. After this procedure, the patient is advised to avoid wind, sun, dust, not to look at minute or bright objects and to follow hygienic measures.

DISCUSSION

Allergic conjunctivitis is inflammation of the conjunctiva, very common in both developed and developing countries. It affects all age groups and both genders. It is common cause of ocular morbidity and preventable blindness throughout the world, is characterized by *Nistoda* (Pain), *Sangharsha* (Foreign body sensation), *Parusha* (Difficulty in opening and closing of eye), *Vishuskabhava* (Dryness), *Shisiraashrutha* (Lacrimation).

The drugs, *Saindhavadi Ksheerapaka (Udichya, Yashtimadhu, Pippali, Godugda and Saindhava)* whose properties are *Vata-pitta hara*, *Shothahara*, *Shoolanashaka* and *chakshushya*.
Hence, the *saindhavadi ksheerapaka* prepared out is instilled as *aschotana* mitigating aggravated *vata dosha*

CONCLUSION

Saindhavadi Ksheerapaka aschotana is beneficial in *Vataja Abhisyanda*, providing relief from ocular symptoms. *Saindhavadi Ksheerapaka* offered faster symptomatic comfort, especially *in Vishuskabhava* and *Nistoda*.

The treatment was found to be effective in reducing *Nistoda* (Pain), *Sangharsha* (Foreign body sensation), *Parusha* (Difficulty in opening and closing of eye), *Vishuskabhava* (Dryness), *Shisiraashrutha* (Lacrimation) and also found significant in reducing Absolute Eosinophil Count.

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13. *13)Bhaishajya ratnavali netra rogadhikara pg 181-186.*