COMPARATIVE STUDY OF ROLE OF SHATAVARI-MADHUK SIDDHA GHRUTA TARPAN AND AABHYANTARPAN IN SHUSHKAKSHIPAKA.

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ABSTRACT

Eye is considered as the most important & delicate sense organ of human body. The eye, an organ of sight is of utmost importance as far as one’s existence is concerned. Eyes hold special status among all the senses. Eyes are the most specious gift of the God to the living beings. Good vision is crucial for social and intellectual development of a person. So, to protect this organ is not only a necessity but also a responsibility of every individual. The symptom of dry eye like pain, blurry vision, foreign body sensation, scratchiness, burning sensation, sensitivity to light are similar to that seen in Shushkakshipaka. It is very commonly found in human being as per chikitsa aspect according to Susharuta from 52 sadhya netra roga. Shushkakshipaka is sadhya roga. So, according to modern ophthalmology Shushkakshipaka can be correlated with Dry Eye. The recent international Dry Eye workshop report defines ‘Dry Eye’ as a multi-factorial disease of the tears and ocular surface that result in symptoms of discomfort visual disturbance and tear film instability. Tarpan and Aabhyantarpan is treatment of ocular disease in shushkakshipaka chikitsa karma. Shatavari, Madhuk, and Go-Ghruta are stated as pathyakar and chakshushya. In Group A 82.5% patients got relief while in Group B 57.5% patients got relief. Overall Group A (Tarpan) has shown more effect than Group B (Abhyantar pan): Z = 2.43; P < 0.05.

Keywords – Shushkashipaka, Dry eye, Shatavari-Madhuk Siddha Ghruta, Tarpana, Abhyantarpan.

1. INTRODUCTION

Every person should always try to protect his eyes throughout his life, because the world becomes useless, as the day is same as night for those people who are blind, through they might possess plenty of wealth. An eye can perceive forms, it adorns the face, it is a source of direct knowledge. It is a guide to avoid the wrong deeds. Hence the eye is most important of all the sense organs.1 Ayurveda, one of the ancient sciences has described netra (eye) with its sharira (anatomy and physiology), netra rogas (diseases) and their chikitsa in Shalakya Tantra. Acharya Sushruta has given preference to eye (Chakshurendriya) in five dnyanendriya.2 May be because of that, he described diseases of eyes and their treatment at the starting of Uttartantra. Dry eye is not a disease entity but a symptom complex occurring as a sequel of deficiency or abnormalities of the tear film.3 A review of several large studies conducted by the epidemiology. Dry eye is usually caused by a problem with the quality/quantity of the tear film that lubricates the eyes.4 If the condition is left untreated it can damage eye tissues and can cause scar formation on the cornea leading to visual impairment. Lifestyle changes have known to be causing shushkakshipaka, as people are unable to follow proper nutritious and seasonal diet. The dry and cold foods if taken in large quantity or for long period continuously can cause the disease. Drinking cold water in cold season in the morning, foods without oily substance (like ghee and oil) can also cause dryness. Stress and environment changes may result in many ailments. Stress for long time can cause sunken eyeballs, dark circles around eyes and also dryness of ocular surface. Common treatment for dry eye includes the frequent use of artificial tears or punctal occlusion. But there is no satisfactory treatment and complete cure for dry eyes at present among all other health sciences. Here, Ayurveda can give complete solution through the

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treasure of its knowledge. Tarpan and Aabhyantarpan is treatment of ocular disease in shushkakshipaka chikitsa karma. A clinical study of Shatavari-Madhuk Siddha Ghruta Tarpan was also carried out regarding this topic. So, we have selected this topic “Comparative clinical study of role of Shatavari-Madhuk Siddha Ghruta Tarpan and Aabhyantarpan in Shushakakshipaka.”

2. MATERIALS AND METHODS

2.1. Study design

Present study was Comparative Clinical Study. Patients were selected from OPD & IPD of Shalakyatantra at Yashawant Ayurveda College, Kodoli, Dist. Kolhapur. Total number of 80 patients were selected by Simple randomized sampling technique and further divided into two equal groups i.e. 40 each. Total duration of the treatment was 30 days and patients were observed at 4th, 7th, 15th and 30th Day.

2.2. Clinical Study

2.2.1. Inclusion criteria

- Age between 16 years to 70 years
- Both male and female.
- Patients with Episcleritis.
- Patients willing to participate in the study.

2.2.2. Exclusion Criteria

- Patient having eye disease other than Shusshakakshipaka.
- Patient having major eye problems like Corneal ulcers, Entropion etc.
- Any malignant conditions of eye.
- Patient having systemic diseases like CVS, CVA, Leprosy, DM, SJS syndrome, HIV, HBsAg, Koch’s etc.
- Patient who have undergone punctum occlusion surgery.

2.2.3. Discontinuation criteria

- Any adverse effect of medicine seen in patient.
- Patients who have not taken proper treatment and not attended follow up.

2.3. Treatment plan

2.3.1. Group A

Patients of Group A were treated with Shatavari-Madhuk Ghruta Tarpana. (Local)

2.3.2. Group B

Patients of Group B were treated with Shatavari-Madhuk Ghruta pana. (Oral)

2.4. Method of preparation of drug

Shatavari-Madhuk Ghruta was prepared in the Rasashastra and Bhaishjayya Kalpa Deparment of our college.

2.4.1. Preparation of Kwatha

One pala of coarsely powdered drugs is boiled with 16 parts of water in an earthen pot, over a mild fire till the liquied is reduced to 1/8 of the original quantity as per mentioned in Sharangdhara Samhita.

2.4.2. Preparation of Sneha

Shatavari-Madhuk was taken in equal quantity. Shatavari-Madhuk Ghruta is prepared as per mentioned in Sharangdhara Samhita. It is formed by mixing one part of Shatavari-Madhuk churna, 4 parts Go-ghruta and 16 parts of Shatavari-Madhuk Kwatha. Ghruta was prepared over Mandagni. When Ghruta attained proper paka, it was filtered to get Shatavari-Madhuk Ghruta.

2.5. Criteria for Assessment

2.5.1. Subjective

Shool, Gharsh, Avil Darsham, Sheeteccha, Rukshavartmakshi.

2.5.2. Objective

Schimer’s Paper Test, Tear Film Break up Time.

2.5.3. Other examinations

Visual acuity

Snellen’s chart

Slit lamp examination

Detailed ophthalmic examination (Lashes, Lids, Conjunctiva, Sclera, Epi-sclera, Cornea, Iris, Anterior chamber, Pupil, Lens etc.)
3. OBSERVATIONS AND RESULTS

3.1. Changes in Shool (Pain)
In Group A, 33 out of 40 (i.e. 82.5%) patients got complete relief. In Group B, 29 out of 40 (i.e. 72.5%) patients got complete relief. But statistical analysis shows insignificant difference. (Z: 1.36, P: >0.05). (Table No. 1)

3.2. Changes in Gharsha (Foreign body sensation)
In Group A, 34 out of 40 (i.e. 85%) patients got complete relief. In Group B, 28 out of 40 (i.e. 70%) patients got complete relief. But statistical analysis shows insignificant difference. (Z: 1.60, P: >0.05). (Table No. 2)

3.3. Changes in Avil Darshnam (Blurred Vision)
In Group A, 31 out of 40 (i.e. 77.5%) patients got complete relief. In Group B, 27 out of 40 (i.e. 67.5%) patients got complete relief. But statistical analysis shows insignificant difference. (Z: 1.00, P: >0.05). (Table No. 3)

3.4. Changes in Sheeteccha (Desire to cold)
In Group A, 33 out of 40 (i.e. 82.5%) patients got complete relief. In Group B, 27 out of 40 (i.e. 67.5%) patients got complete relief. But statistical analysis shows insignificant difference. (Z: 1.54, P: >0.05). (Table No. 4)

3.5. Changes in Rukshavartmakshi (Dryness)
In Group A, 34 out of 40 (i.e. 85%) patients got complete relief. In Group B, 29 out of 40 (i.e. 72.5%) patients got complete relief. But statistical analysis shows insignificant difference. (Z: 1.36, P: >0.05). (Table No. 5)

4. DISCUSSION

4.1. Effect on symptoms
As per % relief it is concluded that, Shatavari-Madhuka Ghruta Tarpan and Shatavari-Madhuka Ghruta Pan both are almost equally effective to reduce Pain, Foreign body sensation, Blurred vision, Desire to cold and Dryness in Shushkakshi paka.

4.2. Overall Effect of Therapy
Overall, 82.5% patients got relief by Shatavari-Madhuka Ghruta Tarpan and 57.5% patients got relief by Shatavari-Madhuka Ghruta Pan. (Table No. 5, Graph No. 1)

4.3. Discussion on disease
Shushkakshipaka is Sarvagata Netraroga seen commonly. It is Sadhya roga. Among various eye disorders described in Ayurveda Sushakakshipaka can be nearly correlated with Vataj Abhishyanda, Krimigrinthi and Pothaki. It can be termed as Dry Eye or Dry syndrome as per modern science. Dry eye syndrome is caused due various reasons which leads to deficiency of tears. The drug having effect on tear film layers shows symptomatic relief in Shushkakshipaka (Dry Eye).

4.4. Discussion on Mode of action
Tarpan is one of the kriya kalpa and it is Bahya Chikitsa. Aabhyantarpan is Aabhyantar Chikitsa. Both Shatavari and Madhuk are Madhura, Rasa-Vipaki, Rasayana, Balya, Brimhan and Chakshushya. Ghruta is Vata-pitta Shamak, Rasayana, Tarpaka, Balya and Yogavahi. By these gunas, Shatavari-Madhuka Ghruta does samprapti bhanga in Shushkakshipaka. As Tarpan is local therapy it has yielded more effect.

5. CONCLUSION

- Both Tarpan and Abyantara pan were found effective to reduce symptoms of Shukakshipaka.
- Tarpan chikitsa found more effective than Abyantarpan chikitsa as per % relief.
- Statistically both Tarpan and Abyantara pan were found almost equally effective.
- No adverse effects were found by both the therapies.
- Shushkakshipaka can be treated safely by Ayurvedic drugs.

6. REFERENCES

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7. TABLES AND FIGURES

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Table No. 1. Effect on Pain

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Table No. 5. Effect on Dryness
Table No 6 Overall Effect of Therapy

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Figure No 1 Overall Effect of Therapy

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