



THE EFFECT OF RASANJANA AND MADHU PRATISARANA IN THE MANAGEMENT OF PRAKLINNAVARTMA W.S.R. TO SQUAMOUS BLEPHARITIS – A CASE STUDY

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Article Received on 10/12/2018

Article Revised on 01/01/2019

Article Accepted on 22/01/2019

ABSTRACT

A young aged case of Squamous Blepharitis was diagnosed and treated by Ayurvedic principles and medicines. *Rasanjana* with *Madhu* application given for 20 days. Her blepharitis was significantly reduced due to *Kaphaghna*, *Kledahara*, *Shothaghna* action of *dravyas*.

KEYWORDS: *Klinnavartma*, *Kaphaghna*, *Madhu*, *Rasanjana*, *Shothaghna*, Squamous blepharitis.

INTRODUCTION

Praklinnavartma is one of the *Vartmagata Netraroga* which is characterized by itching, irritation, mild discomfort, watering of eyes, scaling over eyelashes.^[1]

This condition can be co-related with blepharitis which is one of the diseases of the most common inflammatory diseases of the lid margin.^[2]

It is very common eye disorder which affects people of all age groups. It is commonly seen in those persons who are suffering from dandruff of the scalp.

Praklinnavartma is a *Kaphapradhana vyadhi*,^[3] therefore drugs having *Shothahara*, *Kaphaghna*, *Lekhana*, *Raktashodhaka*, *Vedanasthapana*, *Vranaropana* properties are used to get relief from the symptoms.

Daruharidra, *Madhu* are the drugs having good property of *Kaphaghna*, *Vranaropana*, *Lekhana*, *Vedanasthapana*. Hence used to treat blepharitis.

CASE STUDY

A 20 yr old female patient Hindu by religion, college student came to Shalakyatantra opd of our hospital. Patient having complaint of itching sensation of eyelid margins, mild swelling and redness, since 2 months. She had taken treatment for 1 month but not get relief from symptoms though she had come to our opd for further treatment.

A detailed ophthalmic and systemic history was taken. No any systemic disease found. Local examination revealed that eyes are quiet about cornea, pupil and conjunctiva.

	RE	LE
Eyelashes	Scaling at root of eyelashes	Scaling at root of eyelashes +
Eyelids	Mild swelling and redness at lid margin	Mild swelling and redness at lid margin
Conjunctiva	NAD	NAD
Cornea	Clear	Clear
Pupil	NSRL	NSRL
AC	Normal	Normal
Lens	WNL	WNL
V/A	6/6	6/6
Near vision	N/6	N/6

SLIT LAMP EXAMINATION

RE	LE
Hyperaemia of lid margin	Hyperaemia of lid margin
Mild swelling	Mild swelling + +
Scaling +	Scaling + +

DIAGNOSIS

From above examination patient was diagnosed as squamous blepharitis.

TREATMENT

Rasanjana with *Madhu* application twice in a day for 15 days.

MATERIAL AND METHODS**Material required for *Rasanjana* preparation**

Rasanjana, *Madhu*, *Godughada*

Method of preparation of *Rasanjana*^[4]

A *Kwatha* of roots and stems of *Daruharidra* is prepared. Equal quantity of *Godughda* is added. It is boiled and reduced to 1/4th quantity and then allowed to cool to dry completely. Then the lump of *Rasanjana* is

obtained. Then *Varties* of *Rasanjana* are formed, since *varties* are easy to apply and easy to store.

OBSERVATIONS

Patient has relief from her complaints.

	RE	LE
Itching sensation of eyelid margins	--	--
Swelling of eyelid margins	--	--
Hyperaemia of eyelid margins	--	--
Scaling	--	--

DISSCUSSION

The combination of *Rasanjana* and *Madhu* application is selected mainly, since having *Tikta*, *Kashaya Rasa* and *Laghu*, *Ruksha Guna* and *Ushana Virya*, *Katu Vipaka*. *Rasanjana* is *Chakshushya*, *Lekhana*, *Shothahara*, *Kandughna* and *Kaphaghna*. *Madhu* is *Vranaropana*, *Lekhana*, *Tridosha shamaka* in nature.

All above properties ara helps by acting as *Kledhara*, *Vranaropana* and *Lekhana*.

DRAVYA	LATIN NAME	GUNA	RASA	VIRYA	VIPAKA	KARMA
<i>Daruharidra</i> ^[5]	Berberis Aristata	<i>Laghu</i> , <i>Ruksha</i>	<i>Tikta</i> , <i>Kashaya</i>	<i>Ushana</i>	<i>Katau</i>	<i>Shothahara</i> <i>Vedanasthapana</i> <i>Kaphaghna</i> <i>Raktashodhaka</i>
<i>Madhu</i>	Mal Depuratum	<i>Guru</i> <i>Ruksha</i>	<i>Madhura</i> <i>Kashaya</i>	<i>Shita</i>	<i>Katu</i>	<i>Chakshushya</i> <i>Lekhana</i> <i>Ropana</i> <i>shodhana</i>

CONCLUSION

- *Rasanjana* with *Madhu* application is beneficial as it gives marked relief over symptoms since *Rasanjana* and *Madhu* acts as *Kaphaghana*, *Kledahara dravya*.
- It is easily available.
- No adverse reaction has been reported during treatment.
- The study conclude that *Rasanjana* and *Madhu Pratisarana* is effective in the management of blepharitis.

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