



## THE EFFECT OF CHANDRODAYA VARTI ANJANA IN THE MANAGEMENT OF PRAKLINNA VARTMA W.S.R. TO SQUAMOUS BLEPHARITIS-A CASE STUDY

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### ABSTRACT

The present study was carried out to access the effect of *Chandrodaya Varti Anjana* in the treatment of *Praklinna vartma* (Blepharitis). There are 21 *Vartmagata rogas*, out of which *Praklinna vartma* is most common ocular disorder.<sup>[1]</sup> Blepharitis is characterized by inflammation of lid margin. It may cause redness of the eyes, itching, irritation of the eyelids in one or both eyes. Its appearance is often confused with conjunctivitis due to its recurring nature. *Chandrodaya Varti Anjana* is explained in *Bhaishajya Ratnavali Netrarog Adhikar* which is indicated in *Kandu, Timir*.<sup>[2]</sup> The contents of *Chandrodaya Varti* are *Haritaki, Vacha, Kushta, Pippali, Marich, Bibhitaka, Shankhanabhi, Manashila, Ajakshira* having *Tridoshaghna, Kapha-pittahara, Lekhana, Ropana, Krimighna, Twakadoshaghna, Ropana, Chakshushya* properties which can interfere directly with the *kapha* predominant *Praklinna vartma* & dissolve the pathogenesis by their properties which are explained early.

**KEYWORDS:** *Shankhanabhi, Manashila, Ajakshira.*

### INTRODUCTION

There are 21 *Vartmagata Rogas* mentioned in *Shushrut Samhita* out of which *Praklinnavartma* is most common disorder.<sup>[3]</sup> It is an ocular inflammation the involves the lid margin primarily & is a common cause of chronic ocular irritation. It is characterised by irritation, mild discomfort, occasional pain, watering & falling of lashes. This condition can be correlated to Blepharitis which is the most common inflammatory disease of the lid margin, it can also be a metabolic disorder the can cause abnormal secretion from meibomian & zeis further splits by bacteria into irritating free fatty acids which irritates the lid margin & conjunctiva. It is clinically found in two forms squamous & ulcerative types.<sup>[4]</sup>

According to classics, it is caused due to vitiation of *kapha-pitta dosha*.

### AIM

Practical utility of *Chandrodaya Varti Anjana* in the management of *Praklinna Vartma*.

### OBJECTIVE

1. To study the role of *Chandrodaya Varti Anjana* in *Praklinna Vartma*.
2. To minimise the use of modern medicine.

3. To minimise the recurrence of the *Praklinna Vartma*.

### MATERIAL

Given drugs are required for preparation of *Chandrodaya Varti*.

Name of drug

1. *Haritaki* - Chebulic myrobalan fruit rind
2. *Vacha* - Acorus calamus
3. *Kushta* - Saussura lappa
4. *Pippali* - piper longum
5. *Maricha* - piper nigrum
6. *Bhibhitaka* - belleric myrobalan fruit rind
7. *Shankhanabhi*
8. *Manashila* - purified, processed realgar (arsenic di sulphide)
9. *Ajakshira* - goat milk

The fine powder of above ingredient is made into paste with goat milk & used for collyrium application.

### METHOD

*Anjana* of *Chandrodaya varti* is to be given in 125mg once for 7days. It is applied with different *Shalakas* or with the fingers from *Kaninika sandhi* to *Apanga sandhi*.

After application of *anjana*, patient is asked to move eyeball after gently closing of the eye.<sup>[5]</sup>

## CASE STUDY

### Source of data

A female patient aged 25yr complaining of irritation, mild discomfort, pain, swollen lids, occasional falling of lashes was selected from out patient department of *Shalakyatantra* GAC&H, Nanded. A detailed ophthalmic & systemic history taken. Patient did not having any history of major illness.

Local examinations revealed swelling of eyelids, itching, watering & irritation to eyes.

Systemic examination revealed no abnormality.

On examination- (both eyes)

Eyelashes- trichiasis.

Eyelids – mild swelling.

Counjunctiva- mild congestion over bulbar & palpebral counjunctiva.

Cornea – clear

Pupil- NSRL

V/A – 6/6

### Diagnosis

*Praklinna vartma*

Assessment criteria

The assessment was done on improvement in signs & symptoms with the help of suitable scoring method ranging from 0-3.

### E. G. 0- absent

1- Mild

2- Moderate

3- Severe

A] Subjective criteria

1. *Kandu* (itching)

2. *Toda* (pain)

3. *Strava* (discharge)

B] Objective criteria-

Pictorial presentation before & after treatment.

### Management & observartions

Considering the above conditions as *Praklinna vartma*, patient was treated with *Chandrodaya Varti anjana*. *Anjana* is given 125mg once a day for 7days. Patient got marked relief from *Kandu, Toda & Strava*.

### Assessment criteria before & after treatment.

Assessment criteria	Before treatment	After treatment
1. <i>Kandu</i>	3	1
2. <i>Toda</i>	3	0
3. <i>Strava</i>	3	1

### Pictorial presentation before & after treatment



### RESULT

Patient has got relief from *Kandu, Toda & Strava*.

### DISCUSSION

*Kriyakalpa* has a very superior position as it is tissue targeted, fast acting, simple but innovative method of drug administration to various parts of eye. *Anjana* is popular method of application of medicine inside the eye. It also mentioned in daily routine in order to protect the eye.

*Praklinna Vartma* is disease possessing *kapha-pitta dosha*. The present trial drug *Chandrodaya varti* is herbomineral drug containing 9 ingredients, in which 6herbal, 1mineral, 1sea, 1 animal origin. Most of ingredients have *katu, tikta, kashaya rasa, laghu, ruksha, tikshana guna* which are beneficial in *kapha* predominant *Doshas*.

### CONCLUSION

*Chandrodaya Varti* is not having any side effect. *Chandrodaya Varti Anjana* is beneficial in *Praklinna Vartma* as it shows marked relief from syptoms.

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