



LETTRATURE REVIEW OF SIROTPATA WITH ITS MODERN ASPECTS

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Article Received on 08/05/2017

Article Revised on 28/05/2017

Article Accepted on 19/06/2017

ABSTRACT

Ayurveda is science of life and its basic aim is to maintain health of human beings and care of illness. It is one of the oldest scientific medical systems in the world, with long record of clinical experience. *Netra* (eye ball) is an important sense organ. In spite of remarkable progress and advances in the field of modern ophthalmology; there is some limitations. Modern medicine doesn't have any definite treatment for the particular problem of the eye. Most of the inflammatory, allergic eye diseases are managed well in western system of medicine. Ayurveda, the ancient system of medicine gives valuable guide lines not only in treatment aspects but also in preventive line. There is a great need to find out an treatment of eye disease having no or least adverse effect. In this article there is a literature review on *Sirotpata*, it's causes, symptoms and management is discussed.

KYE WORD: *Sirotpata*, *Netra*, Ayurveda, Modern aspect, *Chikitsa*, *Anjana*.

INTRODUCTION

The eyes are one of the most sensitive and exposed organs in the body. Dust, wind, u.v. rays, pollutants and other such exposure causes various eye disorders.

The commonest and most frequent amongst all of them is "SIROTPATA" which can be co-related with Hyperaemia of conjunctiva.

Now a days due to dust, pollution and various infections hyperaemia of conjunctiva occurs. In various *Ayurvedic Smhitas* like *Sushruta*, *Vagbhata*, *Yogratnakra*, *Sharangdhara* have described pathogenesis, clinical features, prognosis and treatment of *Sirotpata*.

Ayurvedic aspect of *Sirotpata*

Sirotpata is a symptom rather than a disease. The word *Utpata* means *updrava* or complication of increased *Doshas* in the body.^[1]

Without or with pain the colour of eye completely converts into coppery brown, later returning to normalcy or red again in all sides that is called as a disease – *Sirotpata*.^[2] If the eye is marked with painless or painful coppery red vascular streaks which later on totally disappear the disease is known as *Sirotpata*.

The word *Virajayanti* is interpreted as becoming normal colour by *Dalhana* were as *Shrikanthdatta* derives the meaning of excessive redness.^[2]

According to *Vagbhatacharya*, this disease manifests in *Shuklamandala* as blood coloured vessels with pain but there will be no signs of inflammation, lacrimation or exudates.^[3]

Classification of *Vyadhi*

- 1) According to *Doshadhikya – Raktaja Vyadhi*^[3]
 - 2) According to *Sadhya-Adhyatvaasa – Sadhya Vyadhi*^[4]
 - 3) According to *Adhishthana - * Sushruta – Sarvgata Vyadhi*^[5]
- * *Vagbhata* and *Sharangdhara – Shuklagata Vyadhi*^[3,6]

Clinical Features

- Alternative change in the colour of blood vessels in *Shuklamandala*. The prominent blood vessels will be coppery brown in appearance.
- Alternate attacks of pain
- Redness of entire eye – ciliary congestion leading to complete reddish discolouration of eye.
- The excessive vitiation of *Rakta* is the cause of *Sirotpata* such a condition is seen in different inflammatory conditions of conjunctiva and sclera.

Sirotpata is a symptomatic condition seen in *Shuklamandala* but the pathology involves all the *Mandalas*, probably *Sushruta Samhita* is of the opinion that *Sirotpata* is a *updrava* of disease of blood vessels nourishing the eye.

Chikitsa

Sirotpata should be treated in the lines of *Raktaja Abhishyanda*.^[7]

Specific collyrium are:

- 1) *Ghrita Kshoudranjana*: by mixing ghee and honey properly and applying as *Anjana*.^[8]
- 2) *Saindhava* and *Kasisa* pasted with human milk should be applied as *Anjana*.^[8]
- 3) *Anjana* of *Shankha*, *Manahsila*, *Tutha*, *Daruharidra* and *Saindhava* pasting with honey.^[9]
- 4) The juice of *Sirisa* flowers, *Sura* and *Maricha* pasted with honey.^[9]
- 5) *Gairika* pasted with honey and applied as *Anjana*.^[9]
- 6) *Ghrita panottar Siravedha*.^[10]
- 7) *Tarpana Vidhi*^[11] for 600 *Matra*^[12]

Modern aspect of *Sirotpata*

Hyperaemia of conjunctiva

It is a congestion of the conjunctival vessels without being associated with any of the established diseases. It is a medical condition in which the sclera of the eyes is characterized by redness. It is due to engorgement of conjunctival blood vessels.

Etiology^[13]

It may be

- A. Acute or Transient Hyperaemia
- B. Recurrent or Chronic Hyperaemia.

A. Acute or Transient Hyperaemia

It results due to temporary irritation caused by

- 1) Direct irritants such as
 - A foreign body
 - Misdirected cilia
 - Concretions
 - Dust
 - Chemical fumes
 - Smoke
 - Stormy wind
 - Bright light
 - Extreme cold and heat
 - Simple rubbing of eyes with hands
- 2) Reflex Hyperaemia
 - Due to eye strain
 - From inflammations of nasal cavity, lacrimal passages and lids
- 3) Hyperaemia associated with systemic febrile conditions
- 4) Non specific inflammations of conjunctiva.

B. Recurrent or Chronic Hyperaemia.

- 1) In smokers.

- 2) Chronic alcoholics.
- 3) People residing in dusty, ill-ventilated rooms.
- 4) Workers exposed to prolonged heat.
- 5) Patients suffering from insomnia.

Most common causes^[14]

- 1) Infections – bacterial, viral, gonococcal, chlamydial.
- 2) Allergic – direct exposure to different allergens (pollen, dust etc.)
- 3) Trauma or injury.
- 4) Inflammation of the eye sclera (scleritis or episcleritis) leads to the dilatation of the blood vessels in the eye.
- 5) Intra ocular inflammation.
- 6) Commonly associated with autoimmune disorders such as rheumatoid arthritis.
- 7) Subconjunctival haemorrhage
- 8) Wearing contact lenses.

Clinical Features^[14]

- Complain of a feeling of discomfort
- Heaviness
- Grittiness
- Tiredness
- Tightness in the eyes
- May be associated mild lacrimation and minimal mucoid discharge
- Eversion of the lids may reveal mild to moderate congestion being more marked in fornices
- Pain in eye
- Blurry vision or loss of vision
- Photophobia
- Systemic symptoms ; swollen lymph nodes, fever, nausea and vomiting are encountered in acute cases suggestive of infection
- Tenderness upon palpation of the eye
- Dry eye with reduced production of tears
- Facial rash also in case of infection and allergies
- Significant differences in the pressure of the eyes (glaucoma in one eye)

Treatment^[14]

- 1) Removal of cause of hyperaemia

In acute transient hyperaemia

- removal of irritants

-Use of topical decongestants like Naphazoline drops, 1: 10000 adrenalin drops.

- 2) Compresses

- Cold compress – recommended for the relief of the symptoms caused by eye allergies or in case of inflammation.
- Warm compress – recommended in patients who have red eyes because of blepharitis.

- 3) Eye patching

Recommended to be worn as a protective measure in case of corneal abrasion + topical antibiotics.

Not in patients diagnosed with infectious conjunctivitis.

- 4) Antihistamines – recommended in case of allergies; administration – oral and topical

Other medication for eye allergies includes:

- Topical vasoconstrictors
- Mast cell stabilizers
- Topical corticosteroids ointment
- Steroid eye drops
- NSAIDS (ketorolac)

5) Protective sunglasses – recommended measure for these who suffer from the dry eye syndrome with artificial tears, anti-inflammatory medication.

6) In case of chemical exposure irrigation with saline solution.

7) Antibiotics – recommended for acute cases of bacterial conjunctivitis.

Broad spectrum antibiotics are generally used – Gentamicin, Tobramycin.

In severe cases – topical administration of fluoroquinolones, ofloxacin, ciprofloxacin.

CONCLUSION

According to Ayurveda as well as modern science *Sirotpata* is a symptom rather than disease, characterized by conjunctival congestion. It caused due to *Raktdushti*.

Removal of cause is the important part of treatment. Various types of *Kriyakalpas* like *Anjana* and *Tarpana* are effective in *Sirotpata*.

As per modern science Antibiotics, Antihistamines are also useful.

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