



EFFECT OF TRIYUSHNADI ANJANA VARTI IN MANAGEMENT OF PISHTAK WITH SPECIAL REFERENCE TO PINGUECULA

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ABSTRACT

Pishtak is one of the *Shuklagata Netraroga* described by Ayurveda *Acharyas* in texts like *Sushruta Samhita*, *Ashtang Hridaya* etc. *Pishtak* can be compared to *Pinguecula*. Clinical feature of *Pishtak* is that it appears like a raised and circular dot on white coat of eye and complaining of dry eyes, itching, burning feeling or scratchy or Foreign Body sensation. The disease is more common in outdoor workers and people living in hot climates. In modern science there is no specific treatment. Only lubricating drops are given which gives temporary relief but recurrence occurs frequently. According to Ayurveda *Pishtak* is *aushadhisadhyavyadhi*. *Acharya Sushruta* described many *Anjana Kalpas* in *Uttartantra* for various eye diseases. *Triyushnadi Anjana Varti* described in *Shleshmabhisyanada Pratishedham Adhyay Uttartantra* of *Sushrut Samhita*. According to some *Acharyas* the treatment of *Pishtak* has been followed as the treatment of *kaphaja Abhisyanada*. The formulation of *Triyushnadi Anjana* contains drugs *Triphala*, *Trikatu*, *Haridra*, *Vidanga*. The drugs used in *Triyushnadi Anjana* are mostly *Katu Rasatmaka* and *Katu Rasatmaka* drugs play important role in *Lekhana karma*. So this *Triyushnadi Anjana Varti* acts as *Lekhana Anjana* on *Pishtak*. It expels the doshas from eye to make eye clean, light, free from discharge.

KEYWORDS: *Pishtak*, *Triyushnadi Anjana*, *Pinguecula*, *Anjana*.

INTRODUCTION

‘Eyes are windows of soul’. Over eighty percent of our learning is mediated through our eyes, vision play an important role in our daily activities. According to *Acharya Charaka* if a person is endowed with all other sensory faculties, strength, beautiful appearance etc., but without eye sight, he will be as useless as an insect (*Kundya*).^[1]

In *Ayurveda Acharya Sushruta* has described 76 *Netrarogas* among that *Pishtak* is one of the *Shuklagat Netraroga*.^[2] Clinical feature of *Pishtak* is that it appears like a raised and circular dot on white coat of eye and complaining of dry eyes, itching, burning feeling or scratchy or Foreign Body sensation.^[3] *Pishtak* can be compared to *Pinguecula* which is yellow white deposit on the conjunctiva adjacent to the limbus (The junction between cornea and sclera). *Pinguecula* are non-cancerous bumps on eyeball and typically occur on top of the middle part of sclera usually *pingueculae* affect the surface of sclera that’s closer to the nose, but they can occur on the outer sclera (close to the ear) as well. Ultraviolet Radiation from the sun is the primary cause and frequent exposure to dust and wind also appear to be

risk factors. Dry eye disease also may be a contributing factor and can promote the growth of *Pingueculae*.

Pinguecula is more commonly found in adults and older people who constantly expose to sunlight exposure to sun, dry heat, high wind and abundance of dust. *Pinguecula* seldom gives symptoms but its progression may cause inflammation, intraepithelial abscess formation and may develop into *pterygium* which grows on to cornea and affects vision.^[4,5] In modern science there is no specific treatment. Only lubricating eye drops are given which temporary give relief but recurrence occurs frequently. A wide variety of *Kalapas* are described in *Ayurveda* to treat various eye diseases. *Anjana* is one of the *Kriyakalpa* described by our great ancient *Acharyas*. *Acharya Sushruta* described many *Anjana Kalpas* in *Uttartantra* for various eye diseases. Hence it is decided to do research on medical treatment of *Pishtak* based on references described in *Ayurvedic Samhita*.

The formulation *Triyushnadi Anjana* is selected for clinical study from *Sushruta Samhita* which contains drugs *Triphala Trikatu*, *Haridra* and *vidanga*.^[6]

Triyushnadi Anjana is used for *kaphaja Netraroga*. *Pishtak* is also *kaphaja Vyadhi*. Along with this the ingredients of above formulations are easily available and its mode of preparation as well as application is easy. Further due to low cost lower economic strata can easily afford it. Taking into all considerations I choose simple remedy for the treatment of *Pishtak*.

Prevalence

The prevalence of Pinguecula a South Indian population were 9.5% to 11.3%. Rural residences were associated with presence of Pinguecula.

CASE STUDY

Patient details: A 40 yr old male patient, Hindu by religion, working as farmer came to OPD of our hospital with complains of left eye.

Yellowish white prominence in white coat of eye (since one month).

Ocular discomfort- continuous sensation of foreign body with every blink (since last one month).

Redness-Localised to Pinguecula along with surrounding vessels (since last one month).

Patient was thoroughly examined and his detailed history was taken. Patient was farmer by occupation and did not have history of any major illness. Before coming to our hospital Patient has taken modern treatment i.e. eye drop containing Carboxymethyl cellulose for above complaints. He has got temporary relief but developed same complaints later. Therefore he came to our hospital for alternative treatment.

Local examination- revealed redness in left eye and yellowish white elevated region on bulbar conjunctiva. Systemic examination revealed no abnormality.

On examination:

General condition - Fair, afebrile

Dehbhar (weight) - 57 kg

Dehprakriti- kapha

Right eye- within Normal limit.

Left eye examination=

Conjunctiva- congestion localised to pinguecula

Pupil -round, reactive to light

Cornea- clear

Visual acuity- 6/6.

As per Ayurvedic text the signs of *Pishtak* are: *Utsannah* (elevated) *Vruttabindushuklabhage* (round)

Diagnosis: *Pishtak* (Pinguecula).

Assessment Criteria

A) Subjective Criteria

Ocular Discomfort

- No gritting sensation 0
- Mild gritting sensation 1
- Regular gritting sensation after exposure to wind 2
- Continuous F.B. sensation with every blink 3.

Redness

- No 0
- Mild (Congestion localized at Pinguecula) 1
- Moderate (Congestion of supplying vessels of Pinguecula) 2
- Severe (Congestion of surrounding conjunctiva) 3

B) Objective Criteria

The signs of Pinguecula like yellowish white elevated lesion can measured by Castroviejo Calliper as following;

Castroviejo calliper

- Grade (0) - No raised lesion.
- Grade (1) - Mild or moderate pinguecula (yellowish white or slightly elevated lesion with max.diameter of < 3 mm.)
- Grade (2) - Severe pinguecula (Highly vascular and elevated lesion or large pinguecula with 3mm or more).

Investigations

Blood Examination Urine Examination

- Hb% - 11 gm% Albumin- Nil
- TLC - 7600/cumm Sugar- Nil
- ESR- 18mm Micro- NAD
- BSL-R 90 mg/dl.

Management and Observations

Considering this condition as *Pishtak* having vitiation of *kapha dosha* treated with- *Triyushnadi Anjana Varti*- It is *Lekhana Anjana* Fine powder of *Triphala, Trikatu, Haridra* and *Vidanga* equally mixed together and triturated along with water and desired size *Varti* is prepared and used for application on eyes as *Anjana Varti* is prepared at *Rasashala* of my institute.

Time & duration -In morning for 14 days.

Application- In lower fornix with Glass rod. With application of *Triyushnadi Anjana Varti* patient has marked relief in symptoms of burning sensation ocular discomfort and redness.

Table 1: Assessment After Treatment.

Assessment criteria	Before Treatment	After Treatment
Ocular discomfort/ foreign body sensation	3	1
Redness	2	0
Castroviejo caliper	1	0

Image showing the result of Triyushnadi Anjana Before and After Treatment**Before Treatment****After Treatment****RESULTS AND DISCUSSION**

As *Pishtak* is *kaphaja Sadhya Vyadhi*. *Triyushnadi Anjana* is *Lekhan Anjana* which contains *Triphala*; *Trikatu*, *Haridra*, *vidanga*. The drugs used in *Triyushnadi Anjana* are mostly *Kaphavatashamak*, *Katu Rasatmak* and having *Chakshushya* property.

The main treatment principle of *Pishtak* is *Lekhana* especially in the form of *Anjana*. The *Dravya* used for treating the disease *Pishtak* should have *Lekhana*, *Kaphahara*, *Shothaghna*, soothing properties. *Triyushnadi Anjana* containing the drugs which having good *Lekhana Anjana* property. This *Lekhana Karma* helps to decrease the size of *Pishtak*.

The drug *Triphala* and *Maricha* having *Chakshushya* property,^[7,9] and one of the content of *Triphala*, *Haritaki* is best *Anuloman Dravya* and destroys the *Strotorodha* formed by imbalanced *Kapha Dosha* at *Shuklamandala*.

Triphala has *kapha Pittaghna* property which helps to decrease vessel congestion and reduces redness. *Haritaki* and *Haridra* both these drugs have *Laghu Ruksha*, *Rasa Tikta Katu* and *Ushna Veerya*. Due to this *Laghu Ruksha Guna* and *Ushna Veerya* both drug causes *Chedana* of vitiated *Kapha Dosha*. *Haridra* has an *shothaghna* and *Varnya* property.^[10] *Pippali* used as a *rasayana* used in *kapha Strotorodha*.^[8]

Vidanga has an *krumighna* property its *katu* and *kashay rasa* helps in *Lekhan karma*.^[11] So due to all this properties *Triyushnadi Anjana* play important role in *Samprapti Vighatana* of *Pishtak*. In above case study patient got complete relief from symptoms of *Pishtak*. Patient had got good result. *Triyushnadi Anjana* described in *Shleshmabhishyanda pratishedham Adhyay* in *Uttartantra* of *Sushrut Samhita* shows good result in *Pishtak*.

CONCLUSION

Triyushnadi Anjana Varti is effective in *Pishtak* as its marked relief over symptoms. The contents of drug are easily available. An attempt of study is to provide safe and effective treatment to the patient. The study concludes that *Triyushnadi Anjana Varti* is effective in management of *Pishtak*.

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