



ROLE OF ANU TAILA NASYA IN SHUSHKAKSHIPAKA (DRY EYE SYNDROME)- A CASE STUDY

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ABSTRACT

Eyes are God's greatest gift to the human beings. In this present era, the human life style has been drastically changed. In this 21st century, the human life is full of competition due to advancement in various fields. Human being has to use his eyes extensively for thorough study of various objects or close inspection of minute objects, reading, writing, heavy computer work etc. This causes visual & ocular symptoms which is collectively called as dry eye syndrome. Ayurveda described this condition as "shushkakshipaka". As per Acharya Sushruta it is included in sarvagata roga.^[1] Ayurvedic treatment can help to relieve from symptoms like eyes strain & can contribute to rejuvenate the eyes. In dry eye the therapeutic effect is found in practice by nasya karma. Anutaila nasya stimulates the secretion of normal tears & maintains the continuity of tear film.

KEYWORDS: Shushkakshipaka, Anutaila, Nasya.

INTRODUCTION

Eyes are the God's greatest gift to the human beings. Computer, the knowledge bank of modern life has emerged as a profession causing vision related discomfort, ocular fatigue & systemic effects. As computers & mobiles become part of our everyday life, more & more people are experiencing a variety of ocular symptoms related to computer & mobile use.

Due to less blinking there are more chances of evaporation of tears, which causes condition of dry eye. Tear secretion provides continuous moisture & lubrication on the ocular surface to maintain comfort, cornea & conjunctival health & vision.^[2]

Abnormalities of any of the components of the secretion lead to the instability of the tear film, resulting in drying of the ocular surface & the syndrome.

The word shushkakshipaka is composed of three words-shushka, akshi & paka. The word shushka is derived from the word shush suffixed by ktah pratyay, which means dried, dry, useless etc. The word Akshi is derived from the root word which means stuck together, coherent or covered with suffixed by kisi. The word paka is derived from the root pac suffixed by Ghana bhava indicating inflammation, suppuration etc. The word 'shushkakshipaka' means eye where in Ashrus depleted

or dried resulting in inflammation of the eye.^[3] In other words inflammation in the eye due to decreased Ashru. In Ayurveda, Acharya Sushruta has correlated this syndrome with Shushkakshipaka which is included in Sarvagat rogas. Shushkakshipaka is one such ocular disease affecting all parts of the eye. Description as per the Sushruta samhita points towards the early phase of disease whereas the Vagbhata's view reflects the advanced phase of the disease with preponderance of paka.^[4,5]

The nasya dravya acts by reaching Shrigantaka marma. Anu taila is profoundly lubricating & soothing. It stimulates the secretion of normal tears which is also helpful in deficient tear pathology of dry eye again maintain the continuity of tear film.

CASE STUDY

A 20 years old male, Hindu by religion, computer worker presented at OPD of our hospital having complaints of F.B sensation & ocular discomfort since 8 months. Patient was alright before 8 months, then gradually he started developing F.B sensation & ocular discomfort. After taking history, it is found that the patient work daily 5 to 6 hours on computer. He has used many modern medicines for this symptoms, but does not get relief.

So he came to our hospital. On examination of the patient, vitals are normal. Local examination revealed dryness in both eye.

Table 1: Assessment Criteria.

Criteria	0	Mild +	Moderate ++	Severe +++
Foreign body sensation	Absent	On exposure to wind	During work	At rest
Ocular discomfort	Absent	On exposure to wind	During work	At rest
Photophobia	Absent	In diffuse light	In day light	At rest
Schirmer test	15-30 mm	10-15mm	6-10mm	0-5mm

DIAGNOSIS

The condition was diagnosed as dry eye syndrome-Shushkakshipaka.

MANAGEMENT AND OBSERVATION

Considering this condition as Shushkakshipaka, he was treated with following medicines.

- **Anu taila nasya**

2 drops in each nostril in the morning with proper pre procedure & the post procedure as mentioned in the text for 7 days.

Along with above medicines, he was advised simple lifestyle that can significantly improve symptoms. With this conscious effort to blink frequently, especially when working on computer, mobile etc.

The patient took treatment for 7 days, with marked relief in the symptoms of Foreign body sensation & ocular discomfort.

Table 2: Assessment After Trial.

Assessment criteria	B.T	7 th day
1. F.B sensation	++	+
2. Ocular discomfort	++	0
3. Photophobia	++	+
4. Schirmer test	10 mm	12 mm

DISCUSSION

Shushkakshipaka is a sarvagata roga as mentioned in Sushruta samhita. Nasya karma is mentioned for Shushkakshipaka.⁶ The Anu taila is used for nasya karma contains dravyas like Jivanti, Devdaru, twak, bilva etc having vatashamak properties. These are useful in case of Shushkakshipaka.

CONCLUSION

Anu taila nasya is beneficial as its marked relief over symptoms & also drug is easily available. This drug is not having adverse reaction during treatment. The study concludes that Anu taila nasya is effective in management of Shushkakshipaka.

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