



SHUSHKAKSHIPAKA WITH ITS MODERN ASPECT- A REVIEW LITERATURE

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INTRODUCTION

Shalakyatantra is one of the full-fledged branch of *Ashtanga Ayurveda*. The glimpses of its achievements are scattered in ancient literature. The texts of *Shushrut Samhita*, *Ashtanga Hridaya* & *Ashtanga Samgraha* are the real manuals of *Shalakyatantra* available at present. *Shushruta Samhita* has devoted first twenty-six chapters in *Uttartantra*, last chapter of *Nidan Sthana*, 16th chapter of *Sutra Sthana* and 22nd chapter of *Chikitsa Sthana* for *Shalakyatantra*, they are the foundation stones of *Shalakyatantra*.^[1] In *Shushruta Uttartantra*, chapter no- 6, “*Sarvagata-rogvidhyaniam*” he mentioned *Shushkakshipaka*, which can be correlated to Dry Eye syndrome. Dry eye disease is a common condition that is characterized by range of signs & symptoms. The prevalence of dry eye is between 5% to 30%. It may be caused by number of factors such as age, hormonal changes (in womens), eyelid conditions, systemic conditions, adverse environmental influences, & wearing contact lens. Despite wide range of etiology, dry eye disease involves the inflammation of ocular surface & loss of homeostasis of the tear film. The water loss resulting from the evaporation causes tear hyperosmolarity that leads to eye discomfort, tissue damage, & the inflammatory mediators that can be detected at the ocular surface & in the tears.^[2]

Pathogenesis

Modern view

Several researchers have hypothesized that inflammation may be the root of cause of dry eye syndrome. During the dry eye syndrome, the dryness of eyes trigger inflammatory cytokines such as interleukin-6, interleukin-8, interleukin-12, or tumor necrosis factor (TNF- α) interferon- α on the ocular surface. This leads to the altered osmolarity of the tear film & consequently to the spread of inflammation. Chronic inflammation of the ocular surface, manifested by the tear hyperosmolarity, increases the severity of dry eye syndrome.

Ayurvedic view

The conduction of tears from the conjunctiva into nasal cavity is through the *Ashru Srotas* which means lacrimal passage. *Ashrumarga* is formed from the *Akash Mahabhuta*. *Ashruvaha Srotas* is consisting of two *Ashruvahinya* and *Netranadi*.

In case of *Shushkakshipaka*, as name suggests dryness or *Rookshata* is the basic cause of disease. *Nidanas* mainly *viharas* and environmental factors predominantly cause an increase of *ruksha guna* in *netra*. This *rukshata* is responsible for *Chaya of vata dosha*. Since tear film (may be considered as *tarpaka kapha* as provides *snigdhatva* to eye, also is involved in nourishment of cornea) is most external part of *netra* and is directly exposed to *nidanas*, *vata Chaya* happens over the ocular

surface, which is very evident from the reduced quality of components of the tear film, which in turn affects the normal movements of the lid especially *unmeelana* (opening) in the beginning. Because of this reason it is considered as *vartha roga* by *Acharya Vagbhata* & named as *Krichronmeelan*, gradually *pitta* get involved in the *samprapti* if the condition is not addressed properly. The *samprapti* penetrates deeper *dhatu*s of conjunctiva & cornea so that more inflammatory changes develop & now the possible diagnosis is strictly from the context of *Sarvagatanetaroga* is *Shushkakshipaka*.^[3]

Symptoms

Irritation
Foreign body sensation
Itching
Non specific ocular discomfort
Chronically sore eyes not responding to variety of drops instilled earlier
Discomfort while blinking
Heaviness of lids
Photophobia.

Causes

According to the *Ayurvedic* point of view, dry eye is nothing but the *vata prakopa* on the eyes & related anatomical structures of eyes, along with lack of nourishment to the tissues of the eyes.

1. Ageing- It is natural ageing process especially due to menopause. Also can be an adverse effect of medications like decongestants, anti-histamines, anti-depressants, tranquilizers or birth control pills.
2. Dry eyes can also be experienced in rheumatoid arthritis, allergies other eye disease like incomplete closure of eyelids, etc
3. Insufficient blinking of eyes is also one of the reason.
4. Continuous staring at television or computer screen for long hours worsens the condition.
5. Over consumption of alcohol & cigarette smoking can cause dry eye.
6. Living in dry, dusty, windy, and hot climate, or over-exposure to pollution, syndrome.

Treatment

The condition of dry eyes is managed in allopathy science by instillation artificial tear drops or lubricants. Eye ointments are applied at bed time, punctal plugs are inserted in eyelids to keep tears on your eyes which prevents tears from draining away quickly.

Ayurveda shows different approach in treating the dry eye syndrome. *Ayurveda* believes in treating the deranged *vata*. Eyes being the seat of *Tej mahabhoot (Pitta dosha)*, can be very well treated with ghee (medicated or plain ghee).

Generally, *Triphala ghrita* is used in treating the eye diseases. It helps in regulating the functions of extra-ocular muscles, eyelids & tears. It thus decreases the dryness of the eyes, irritation & burning sensation prevailing in the eyes.

1. An *ayurvedic* procedure known as '*Netra-Tarpana*' gives miraculous relief from the dry eyes, it not only reduces irritation, burning & scratching sensation, but also imparts the nourishments of the eyes.^[4]
2. *Anjana- Masi* should be obtained by burning the hairs dipped in ghee in *Antardhuma* Method can be used.
 - a. *Churnanjana* made up from *Manjishta, Triphala, Kataka, Loha bhasma* and *Srotonjana* can be used.^[5]
 - b. *Pindanjana* made up from mixing equal quantity of *Tamra, Raja, Pushpa, Pundarika, Madhuka, sariva* with goats milk can be used.
 - c. *Vasanjana* mixed with *saindhava & shunthi*.^[6]
 - d. Internal & external use of *tripahala ghrita* soothes & strengthens the eyes.
3. Drops of *triphalala ghrita* instilled in the eyes.
4. A gentle massage with *triphalala ghrita* over & around the eyes is also beneficial, our skin being permeable absorbs it upto remarkable amount.
5. Take a spoonful of *triphalala* powder & add a glass of water to it, leave it overnight, strain the liquid the next morning & wash the eyes with the infusion.
6. Add *triphalala churna* to glass of hot water, covers the solution after the powder settles down dip the sterile

eye pads into the clearliquid & place them on both eyes for 10-15 mins. .

7. You can also apply pad dipped in rose water or cold milk.
8. Application of drop of honey on the lower eyelid cleanses the eyes by producing tears profusely.
9. *Nasya* with medicated *Anutaila* or *Sarivadi ghrita*, & *Gandush* also gives good results.^[7]
10. Similarly, boil *triphalala* powder in water & reduces it to half strain, add 1tsp of honey, you can drink this daily as a general tonic for eyes.
11. *Basti karma* with *Grita, Madhu, Madhuka, Shatavari*.^[8]

DISCUSSION

Shushkakshipaka is considered to be *Sarvagata Roga*. *Shushkakshipaka* can be correlated with dry eye syndrome. Dry eyes is a common condition that occurs when one's tears aren't able to provide adequate lubrication for eyes. Dry eye is a disorder of tear film due to tear deficiency or excessive tear evaporation.

In this syndrome, patient feels foreign body sensation, ocular discomfort, dryness, soreness and grittiness in the eye. This pathology also includes objective sign of ocular surface, tear film instability and tear hyperosmolarity.

In the recent era, use of computers, mobiles, habits of watching television, more use of air conditioners or dry heating system in homes or offices has been increased. Along with this driving of vehicles with unprotected eyes, living in dry, dusty or windy climate are the reason for increasing number of patients of dry eye syndrome.

For dry eye syndrome, various treatment modalities has been given which helps to control the symptom but there is no permanent cure. Some people may have recurring episodes.

The treatments for dry eye syndrome are aimed at substituting, preserving or stimulating production of tears. One of the most popular treatment includes artificial tear drops and supplements. Tear substitutes used for dry eye syndrome does not mimic the biological activities of tear film. These artificial tear drops needs frequent and regular instillation which is hectic and costly regimen.

Dry eye syndrome cannot be exactly correlated with any specific *Netraroga*. Some of etiological factors and clinical features of *Shushkakshipaka* are similar to dry eye syndrome. Various medical therapy and *Kriyakalpa* has been mentioned in *Ayurveda* for *Shushkakshipaka*.

CONCLUSION

Ashru- tear secretion is an integral component of ocular surface physiology; when compromised (qualitatively or quantitatively) leads to *Shushkakshipaka* (dry eye syndrome) with various ocular discomfort symptoms &

ultimately the patient may land in corneal blindness. Local, systemic & environmental factors play a major role in its pathogenesis. *Vata, Pitta & Rakta* vitiation as per *ayurvedic* view point are the major contributing pathological factors in its manifestation. Contrary to the available modern medical treatment; *Ayurveda* propounds a systemic, holistic approach in the treatment of dry eye syndrome. A patient with dry eye syndrome can be treated with such treatment explained above.

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