



AYURVEDIC MANAGEMENT OF MACULAR OEDEMA – A CASE STUDY

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ABSTRACT

A middle aged case of macular oedema and known case of hypertension was diagnosed, investigated and treated by ayurvedic principles and medicines. Punarnavadi Guggulu and Punarnavadi kadha were given for 20 days. Her macular oedema was significantly reduced due to Shothahara, Kledahara action of dravyas and vision improved.

KEYWORDS: Shotha, macular oedema, Punarnava, Guggulu, Kledahara, Shothahara dravyas.

INTRODUCTION

Macular oedema refers to collection of fluid in the outer plexiform and inner nuclear layer of the retina centered around the foveola.^[1]

It develops due to leakage of fluid following breakdown of inner blood retinal barrier i.e. leakage from the retinal capillaries.

Initially there is minimal to moderate loss of vision, unassociated with other symptoms. If oedema persists, there may occur permanent decrease in vision.

The part of body having Utsedha and collection of fluid termed as Shotha.^[2]

There is vitiation of Rakta, Pitta and Kapha doshas along with Vata dosha. These dushta doshas travel through bahya sira. Due to vitiated Pitta, Rakta and Kapha doshas in sira cause obstruction, which is responsible for the obstruction of Vatamarga.^[3]

Thus there is Vimargagamana of dushta doshas and they get escaped from the sira and get localized within Twaka and Mansa causing Shotha Harit Samhita mentioned about the Vimargagamana of Rasa along with Pitta, Rakta and Kapha doshas in Shotha samprapti.^[4] All doshas along with Rasa occupy whole body to cause Shotha as Rasa dhatu is reachable to all body parts.

In Shotha mostly, drugs which acts on Mutravaha Strotas, Mutravirechaniya dravyas are indicated.^[5]

Mutral dravyas helps in reduction / decrease in kleda. Due to this property Shotha decreases.

In Shotha Punarnava, Devdara, Haritaki, Shunthi, Punarnavadi and Pathyadi kadha etc Shamana dravyas are indicated.^[6]

CASE STUDY

A 45 yr old female patient Muslim by religion, housewife came to Shalakyantra OPD of our hospital. Patient having complaint of diminished vision, eyestrain and giddiness since 3 months.

A detailed ophthalmic and systemic history was taken. Patient is known case of hypertension since 8 months under antihypertensive treatment.

Local examination revealed that eyes are quiet about eyelids, conjunctiva, cornea and pupils. She was having mild complaints since 8 months but gradually from 3 months complaints are increasing.

Her V/A was as follow:

V/A	RE	LE
Unaided	6/36	6/36p
PH	6/24p	6/24p
Near vision	N/10	N/10

The vision was not improved on refraction. Then bilateral funduscopy done under mydriasis.

IOP = RE - 17.3 mmhg LE- 20.6mmhg

Direct Fundoscopic Examination	RE	LE
Media	clear	clear
Lens	clear	clear
Vitreous	clear	clear
Optic disc	WNL	WNL
Blood vessels	AV nicking inferior to disc	AV nicking at superior and inferior to disc
Background retina	normal	normal
Macular 5mm zone area	macular oedema ++	macular oedema +
Fovea at 1.5 mm zone	oedema	oedema
Foveolar reflex	absent	absent

Diagnosis

From above examination patient was diagnosed as macular oedema.

MANAGEMENT AND OBSERVATIONS

Considering above complaints patient was treated with following medicine

1. Tab. Punarnavadi Guggulu: 1BD
2. Punarnavadi Kadha: 20 ml BD with water
3. With her antihypertensive drug for 20 days.

On follow up she has marked relief from visual diminution.

DISCUSSION

Patient has relief from diminished distant vision.

Patients improvement in vision is as follow:

V/A	RE	LE
Unaided	6/18p	6/24
PH	6/18	6/18
Near Vision	N/8	

On refraction

RE = SPH + 0.50 => 6/18

LE = SPH + 0.75 => 6/12

With addition of + 1.75 for near => N/6

Funduscopy	RE	LE
	Macular oedema - -	Macular oedema -

Samprapti bhanga and mode of action of drugs

Punarnavadi kadha contains = Punarnava, Haritaki, Guduchi, Shunthi, Patola, kadunimb etc. dravyas.

Punarnavadi Guggulu contains = Punarnava, Guggulu, Haritaki, Bibhitaki, Aamalki. Trivrutta, Maricha, Shunthi, Pippali, Eranda tail etc. dravyas.

Latin Name	Rasa	Vipaka	Virya	Guna	Dosha Karma	Karma
Boerhavia diffusa	Madhura, Kashaya, Tikta,	Madhura	Ushana	Laghu, Ruksha	Tridosahar Kphavatghan	Lekhana, Shothahara, Rasayan
Commiphora mukul	Tikta, Katu	Madhura	Ushana	Laghu, Ruksha, Tikshna, Vishada, Sukshma, Sara	Tridosahar	Shothahara, Raktaprasadan, Vedanasthapana, Anulomak, Mutrala
Berberis aristata	Tikta, Kashaya	Katu	Ushana	Laghu. Ruksha	Kapha pittahara	Shothahara, Vedanasthapana, Raktashodhaka, Kaphaghna
Zingiber officinale	Katu	Madhura	Ushana	Laghu, Snigdha	Kapha vatashamak	Hridya, Shothahar, Raktashodhaka
Tinospora cordifolia	Tikta, Kashaya	Madhura	Ushana	Guru, Snigdha	Tridosahar	Raktashodhak, Kaphaghna
Terminalia chebula	Lavanavrit pancharasa	Madhura	Ushana	Laghu, Ruksha	Tridosahar	Hridya, Shothahar, Kaphaghna, Mutrala
Emblica officinalis	Lavanavrit pancharasa	Madhura	Shita	Guru, Ruksha, Shita	Tridosahar	Hridya, Kaphagna, Mutrala, Rasayan, Chakshushya
Terminalia bellirica	Kashaya	Madhura	Ushana	Laghu, Ruksha	Tridosahar, Kaphaghna	Shothahara, Chakshushya, Vedanasthapan
Piper nigrum	Katu	Katu	Ushana	Laghu, Tikshna	Kaphaghna	Dipan, Pachan, Lekhan, Kaphanissarak
Piper longum	Katu	Madhura	Anushna shita	Laghu, Snigdha, Tikshna	Kaph-vata shamak	Mutral, Raktashodhak
Operculina turpethum	Tikta, Katu	Katu	Ushana	Laghu, Ruksha, Tikshna	Kapha-pitta sanshodhan	Rechana, Shothahara, Lekhana
Ricinus communis	Madhura	Madhura	Ushana	Snigdha, Tikshana, Sukshma	Kapha-vata shamak	Hridya, Shothaha, Kaphaghna, utravishodhan, Vedanasthapana

In this most of the dravyas are Ushna viryatmaka, Laghu gunatmaka and Kaphagna, Shothaghna, Lekhana & Mutral in nature.

Kleda plays important role by accumulation in tissues and causing oedema. Punarnava is Kledahara and Shothaghna. Guggulu plays catalyst role in action of Punarnava and Guggulu it self is Shothaghna dravya.

Punarnavadi kadha is recommended in Nija shotha.

“पुनर्नवम करोति इति पुनर्नवा”

Punarnava rejuvenates the tissues, it clears kleda, it is Kaphaghana. Punarnava contains Punarnavin which is not only diuretic but cardiogenic also. Its diuretic property is proven in various researches, it improves the cardiac tone hence improvement in circulation helps in decreasing oedema.

Hence above combination gave good results in decreasing macular oedema.

CONCLUSION

Tab. Punarnavadi Guggulu and Punarvadi Kadha is beneficial as it marked relief over symptoms since Punarnava acts as Shothahara dravya. It is easily available. No adverse reaction has been reported during treatment. The study conclude that Punarnavadi Guggulu and Punarnavadi Kadha is effective in the management of macular oedema.

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