

Review Article on Kukunaka

VD. Dipali Gorkhnath Bhise^[1], Vd. Jayprakash Khairnar^[2]

^{1]}PG Scholar, Dept. of Kaumarbhritya Ashvin Rural Ayurved College and Hospital, Manchi Hill, Sangamner

^{2]}Guide And HOD, MD AYU Professor Dept. of Kaumarbhritya Ashvin Rural Ayurved College and Hospital, Manchi Hill, Sangamner

Abstract: In Ksheerapa avastha, kukunaka is a specific inflammatory eye illness that most commonly affects infants under eight months. Kukunaka is mentioned as Vartmagata Kapha-Raktaj disease of eye. It is a Bala Netrarog linked to photophobia and ocular weakening. The most prevalent eye condition affecting infants is kukunaka, associated with neonatal conjunctivitis or Ophthalmia neonatorum. Local irritation, microorganisms, and the herpes simplex virus are the main causes of inflammation. It happens due to postpartum difficulties or infections and maternal infections during labor and delivery. Because of an allergic reaction, the child keeps rubbing their forehead, eyes, nose, and throat. This condition is characterized by watering and purulent discharge from both eyes and keratitis or uveitis may also be present. A neonate with neonatal conjunctivitis or ophthalmia neonatorum would have an inflamed conjunctiva. This review paper aims to review the management of Kukunaka from classical texts of Ayurveda. This review was conducted by learning Ayurveda classical texts related to Kaumarbhritya, Pediatrics texts on Neonatal diseases, published research journals on Pediatric diseases, and electronic databases. This review's peculiarity is compiling all the data for kukunaka vyadhi from classic texts like its clinical features, causative factors, and various internal and external medications. Various formulations of kukunaka that are not studied yet are enlightened in this review, along with some shodhana karma that was indicated to nursing mothers and infants, are described in detail. The article concludes that this review is carried out for future research, which will be helpful for the management of kukunaka.

Keywords- Kukunaka, Ophthalmia Neonatorum, neonatal conjunctivitis, Stanyadusti, Lekhana.

INTRODUCTION

Eye is an important sense organ. It has been privileged as the main sense organ because its loss of function leads to serious disability of a man by keeping him in the darkness. Life without eyesight is miserable and valueless. Hence it is very important to protect vision at any cost. Vagbhata, the great author of Ayurveda has rightly described the importance of

eyes in the verse. Acharya Sushruta has counted it under communicable diseases. Conjunctivitis is inflammatory condition of conjunctiva mainly occurs due to the infection of the membrane characterized by discharge which may be (watery, mucoid, mucopurulent), irritation and discomfort. In Ayurveda all the routes of infection known today such as ingestion, inhalation, physical contact in and vectors are included. Furthermore it has unequivocally stated that these disease spread from one person to another or by contact with the diseased person. It is also interesting that diseases mentioned above are certainly infectious in nature. The contagious diseases are thought to be caused by invisible creatures present in the environment and classified the diseases as Agantuja Roga (Exogenous).

Epidemiology: Prevalence depends on socio-economic status, standards of maternal health care & prevalence of sexually transmitted infection. Ophthalmia neonatorum is a type of conjunctivitis encountered in the neonatal period (the first 28 days after birth). In the United States, N. gonorrhoeae conjunctivitis has an incidence of 0.3 per 1000 live births, while Chlamydia trachomatis represents 8.2 per 1000 cases.³ Approximately 10000 cases of blindness per year are secondary to ophthalmia neonatorum worldwide.

Hetu (causes of Kukunaka) –

There are two thoughts regarding the concepts of etiological factors. Sushruta, Kashyapa and Madhava have considered it as a disorder of vitiated milk, while Vagbhata says it as a complication of dentition. Kashyapa has listed the factors responsible for vitiation of breast milk and ultimately for development of Kukunaka.

1. Aaharaj (Diet): a. Consumption of too much sweet articles – Causes diseases due to vitiation of kapha dosha like netra roga and abhishyanda etc. (cÉ. xÉÑ. 26/42) b. Leafy vegetables c. Fish and meat –

Mansahar have gunas like ushna, tikshna and abhishyandi which causes aggravation of pitta dosha and rakta dhatu. d. Milk & milk products like butter, ghee – Dugdhar causes abhishyand which is responsible for vitiation of kapha & rakta. e. Products of flour f. Grinded tila. g. Sour articles like kanji.- Among six rasas, amla is more prone to eye diseases. Vidahi items also leads to eye diseases. h. All abhishyandi articles. Ahara is the basis of all functions of the body. The doshas and dhatus of the body are created, maintained and destroyed mainly by ahara. These all dietary factors are Achakshushya. Dietary items having ushna veerya always vitiate pitta, pitta being the functional factor for eye, any vitiation of pitta, always lead to eye diseases.

2. Viharaj (Mode of life): Sleeping in day, after taking meal – Sleep in day time and keeping up late hours in the night, Eyes are modified organs to work in presence of sunlight and to rest in absence of light. Also, Divaswap is said to be trishokar. All the above causes are tridoshkar and raktdushtikar. Doshas get vitiated, following above causes and spread in whole of the body, thus blocking milk carrying channels. On consuming such vitiated milk for long time, the vitiated dosha enters the body of child, producing this eye disorder by vitiating kapha and rakta. Many Acharyas have mentioned that, the baby receives milk (stanya) which is a part of mother's ahara. So her diet is very important in transferring vyadhis to baby

TREATMENT

Snigdha or Ushna drugs used for Vataja Abhishyanda, Mrudu and Shitala therapy recommended for Pittaja Abhishyanda while Tikshna, Ruksha and Vishada drugs advised for Kaphaja Abhishyanda. Snehana, Swedana, Anjana, Seka, Ruksha Aschyotana & Ruksha Putpaka, etc. are useful for Kaphaja Abhishyanda. Local application of paste of drugs to eyelids externally, here drugs like Rasanjan, Shunthi, Vacha, Haridra and Murungi, etc. can be used for the purpose of local application in case of Abhishyanda.

Tikshna gandusha & Nasya also advised when symptoms are manifested, Snehana with Ghee, Sneha Virechana, Snehana Nasya and Sirobasti, etc. also advocated to relieves symptoms of Abhishyanda. Prophylactic treatment is always better than curative

1. Infant is isolated during 24hr. of treatment.
2. Prophylaxis include through care of mother and treatment of genital infections when suspected.

3. Deliveries should be conducted under hygiene condition.

4. The newborn baby's closed lids should be thoroughlycleansedand dried.

5. Povidone -iodine 2.5% solution is effective against common pathogens.

6. Use of 0.5% erythromycin ointment into eyes of the babies immediately after birth are useful for preventing bacterial and chlamydiaophthalmia neonatorum.

7. Single injection of ceftriaxone 50mg/kg IM or IV should be given to infants born to mothers with untreated gonococcal infection.

8. Apart from these, drugs like Haritaki, Gorochan, Pushpaka, nirmali seeds are beneficial for eyes.

DISCUSSION

Kukunaka is the type of inflammatory disease in which dushti of Varma (eyelids) due to vitiation of tridosha and raktaja vyadhi, particularly seen in ksheerapa period⁴⁰ along with by some Acharyas. It is dantoutpatti janya vyadhi¹ has named. In modern science, kukunaka can be correlated with Ophthalmia Neonatorum or neonatal conjunctivitis. Several Acharyas have detailed the clinical characteristics of kukunaka, as explained in (table no 1). Still, only Acharya Sushruta and Ashtang Sangraha have described the clinical characteristic as coppery red eyelids with stickiness.^{2,3} No other Acharya has made this claim. According to the severity of the disease, Acharyas offer several therapeutic management strategies. In this review article, the abhyantara and bahya treatments are detailed in detail. Only one Acharya had mentioned swedana karma with warm cow dung cake covered in cloth and laksha covered in breast milk, mustard oil, and kanji (sour gruel) heated on a lamp, i.e., Acharya Vangasena made a remarkable statement regarding swedana karma⁴ Additionally, numerous lepa, aschotana, parisheka, Anjana, and shodhana chikitsa treatment formulations such as vaman-virechana-raktamokshana and abhyantar have been explained. For the treatment of conjunctivitis nowadays, it is best to administer topical eye drops or ointments with antibacterial medications⁵. Since each of these symptoms, is related to the others, i.e., with Modern Science, we can infer that conjunctivitis can be treated with conventional medications. Additionally, breast milk is recommended for some operations like Navana, Aschyotana, and Tarpana since it is immunologically rich in antiviral, antibacterial, and micronutrient components^{6,7}. It is

explicitly stated in traditional literature. So, it can be used for eye conditions.

Eye discharge -The vitiated Doshas, such as Kapha and Pitta, is lodged in the Ashruvahisira and discharged from the eyes. Results for this parameter were statistically significant because the trial medications, which included Shothahara⁸, Rakta Prasadana, Lekhana, and Vranaropna, may have had good results in reducing eye discharge. Redness- Because Pitta and Rakta have become vitiated, redness is classified as Raga, Lohita Netrata, and Tamra Akshi. The formulation, which contains the statistically very significant medications Sheetavirya, RaktaPrasadana, and Vrana ropaka⁹, may be to blame for the decrease in eye redness. Eyelid edema According to Ayurveda, eyelid swelling indicates inflammation and is classified as Shophya or Shwayatu. Sangha (obstruction) for the regular passage of doshas will result from dosha obstruction, which will appear as swelling over one or both eyelids. Shothahara, Vranaropana, and Lekhana¹⁰ qualities of the trial medications may have assisted in reducing eyelid oedema, which is why significant results were seen.

CONCLUSION

Abhishyanda is Sarvagata Netraroga which affects eye in all ways and possess symptoms of conjunctivitis as per the modern science. Ophthalmic Neonatorum is the name given to bilateral inflammation of the conjunctiva occurring in an neonate, less than 30days old. It is a preventable disease usually occurring as a result of carelessness at the time of birth. Kukunaka is a common disease in neonates due to the vitiation of Tridoshas. It is explained under Dantopatti Kaleenavyadi affecting Netra. By analysing the history and symptoms, it might be caused due to kapha Pradhan DushtaStanyapana. Kukunaka particular type of inflammatory disease of eye seen in infants of one month or less than one month. The Lakshanas which were explained in classics for Kukunaka are similar to Ophthalmia Neonatorum. It may also occur as a secondary complication of dantotpatti. It is Sadhya in nature.

REFERENCES

[1] Prof Srikantha Murthy KR. Chapter 2/26-29. Vagbhata's astanga Hridayam. [Varanasi. Krishnadas academy,edition]. In: Uttar Tantra. Vol. III; 1995. p. 17.

- [2] Shastri KA, Hindi AT, Chapter 1. Verse No. 7, edition reprint 2011; Varanasi; Chaukhamba Sanskrit. In: Commentary, Sushruta Samhita, sutra sthana. series 2011.
- [3] Ashtang sangraha vartmaroga vigyaniya, Chaukhamba Orientalia, Varanasi, uttarsthan, chapter no. 11, page no229-230.
- [4] Dr. Nirmal Saxena, Vangsenasara or chikitsasara samgraha of Vangasena, Chowkhamba Sanskrit series office,Varanasi,chapter no. 19 shishurogadhikar, shloka no.90-99, edition second 2014
- [5] Proff. Premvati Rewari, Text with English Translation and commentery on Kashyapa Samhita or Vriddh Jivakiya Tantra, khila sthana, Chapter 13, Verse No.9- 11, Page No.602, edition reprint 2008, Varanasi; Chaukhamba Sanskrit Series;2008
- [6] Gupta AK, Raina KU, Gupta A. Textbook of Ophthamology, New Delhi: B.I. Churchill Livingstone Pvt Ltd, 1998, Pp354, p 68.
- [7] Principles and Practice of Paediatrics in Ayurveda, Chavali's, Chaukhamba Visvabharati, Varanasi, Edition2 2015; 25: 585
- [8] Ade V, Vaghela DB. Phamacological Action of ShigruHaridradi Eye Drop AndRasayanadi Yoga on Netrabhishandhya - A Conceptual Review: International Journal of Ayurvedic and Herbal Medicine. 2018; 8(2):3151- 3157.
- [9] Baria J, Gupta SK, Bhuyan C. Clinical study of Manjishthadi Ghrita in vranaropana. Ayu. 2011;32(1):95-9. doi: 10.4103/0974-8520.85738, PMID 22131765.
- [10] Saravanakumar T. A review on the pharmacognosy and pharmacology of the herbals traded as 'Daruharidra.' Int J Pharm Biol Sci. 2014;5(1):556-70.