

Review Article of Management of Netra Roga: Modern Diagnostic Methods and Specific Ayurveda Treatment

¹Dr.Shweta Ramdas Pandav ²Dr.Swati Sarwade.

¹PG Scholer, Department of Shalakya Tantra ²HOD & GUIDE, Department of Shalakya Tantra
Pravara Medical Trust Shevgaon

Abstract- Shalakyantra is one of the branches of Ayurveda which associated with disorders related to eye, ear, nose and throat or disorders related to above clavicle region. The eye is very important and sensitive part of our body and responsible for visibility therefore the disease related to eye must be handled carefully. The line of treatment for the management of eye diseases is very specific or selected due to hypersensitive and delicate nature of eye. Shalakyantra emphasized management of eye related disorders using validated approaches with great expertise. The Ayurveda and modern science described use of formulation, instruments and physical exercise, etc. For the treatment of eye disorders or to enhance vision. This article summarizes some Ayurveda and modern approaches for the management of eye disorders.

Keywords: Ayurveda, Shalakyantra, Eye, Netra roga, Ocular Diseases.

INTRODUCTION

Ayurveda is the science related to well being of human health. Ayurveda recommended use of herbs, formulation and balanced lifestyle along with Yogic exercise for the maintenance of healthy living. Ayurveda dealt diseases in specific manner therefore different types of diseases or maintenance of various body parts done through specified branches. Shalakyantra is one such branch which deals with diseases related to eye, ear, nose and throat. Ayurveda encompasses use of various parasurgical/surgical procedures in Shalakyantra for the management of Netra Roga such as; Pakshmakopa, Pualasa, Abhishyanada and Andhimantha etc. Ayurveda described use of Yantra in along with Upayantra and Anushastra in Netra roga. Ayurveda text also mentioned the use of herbs and herbal formulation such as; Bilwadi Yoga Aashchyotana, Keshanjana and Rasanjana Madhu Aashchyotana, etc. for the management diseases related to eye.

The modern medical science also mentioned various approaches for the management of the diseases of eye

such as; use of medicines and surgical techniques (cataract surgery, glaucoma surgery, corneal surgery, retinal surgery, oculoplastic surgery and pediatric surgery).

The instrumental techniques used in eye disorders are; ophthalmoscope, retinoscope, refractometer and perimetry etc.

Modern Approaches Ophthalmoscopy It used for the complete evaluation of posterior segment of eye.

Flouroskien Angiography It is used for diagnosis of retinal and choroidal pathologic lesions. It also helps in monitoring of retinal and macular disorders treatment. It utilizes camera, digital imaging, and high resolution photographic filters.

Gonioscopy It eliminate problems of internal reflections therefore used to observe angle of anterior chamber using tear film goniolens interface.

Corneal Topography It is non invasive technique of imaging used for surface mapping of cornea curvature. It is also used to detect ectatic disorders, marginal degeneration, keratoconus and keratoglobus.

Tonometry It is used for the assessment of intraocular pressure related to the glaucoma patients. It helps in early detection and treatment of glaucoma.

Perimetry It uses for central 30 degree visual field examination for management of glaucoma.

Ultrasound Bio-microscopy It helps to visualize structures behind iris in plateau iris. Optical

Coherence Tomography It is used to measure retinal thickness, volume of retina, retinal nervous fiber layer and help in detection of disease related to retina.

Ocular surface staining It is used to measure basal secretion of tears and tests related to epiphora.

Ayurveda approaches- Ayurveda utilizes various Pakshmakopa, Pualasa, Abhishyanda and Adhimantha, etc. in Shalakyantra for the management of Netra Roga

Agni karma in Netra roga- Agnikarma may be indicated in Varmagata Roga such as; Krichronmila,

Lagana, and Pakshmoparodha. It also used in Sandhigata Roga of eye like; Puyalasa and Alaji. Agnikarma also plays vital role in Netra Roga such as; Abhishyanda and painful condition of eyes. The wet gauze piece used to burn eye lashes in the lid margin for the treatment of eye lid diseases Jambavoshtha and Shalaka may be used for Agnikarma. The Shalaka dipped in heated liquids such as; bee wax, honey or other oily substance may used. The treatment of Krichronmila using Agnikarma done by touching hot needle in a row so as to make bindu upto the skin level only. The hot needle may also be used in Pakshmoparodha, Puyalas and Lagana to burn Dosha. In Upapakshma paste of Laksha rasa applied on eye lashes, lifted with Sandamsa Yantra then heated needle used to burn Romkupas. Conjunctivitis and painful condition of eyes (Abhishyanda and Adhimantha) should be treated as last option by Agnikarma which is to be done above the eyebrows. The mode of action of Agnikarma in eye problem may involve the concept of local thermo action which increases tissue metabolism and eliminate toxins.

Kshara Karma in Netra Roga-

Kshara Karma is able to pacify Tridosha disorders. It also offers beneficial effects in eye lid diseases such as; Lagana, Arsho Vartma, Shushka Arsha and Pakshma Kopa. The Kshar recommended for specific eye diseases as follows: • Kshar used in Lagana (cyst): Tuttha, Yawakshara, Gorochana and Pippali with Honey. • Kshara used in Arshovartma and Shushkarsha (Trachoma): Eranda Bija Majja or Vibhitaki Kshara with honey. • Kshara used in Pakshmakopa: Ginja Kshara with honey. The Shodhana, Ropana, Shoshana and Lekhana properties of Kshara offer beneficial effects in diseases related to eye. It helps in elimination or expulsion of harmful substance from the wound around the eye are. The Shodhana property of Kshara also helps in removal of sloughs and pus. Antiseptic action of Kshara due to Ropana property helps in wound healing.

Raktamokshana- recommended in Puyalasa, Arma, Savrana Shukla, Hemorrhagic Retinopathy, Kaphaja Timira, conjunctivitis and congestive glaucoma. However Raktamokshana in eye problem should not be performed in person who is old, exhausted, diseased, unconscious, anemic and anemic women. Raktamokshana in eye diseases should be performed in frontal eye area and in outer canthus.

Raktamokshana helps to remove vitiated doshas which are responsible for ailment. It is purification approach which removes toxins, purify blood and help to heal wound around the eye.

Ayurvedic Formulation for Netra Roga

Bilvadi Yoga -Bilvadi Yoga offer benefits in Vataja Abhishyanda. It consisted of Bilva, Agnimantha, Aralu, Patala, Gambhari, Eranda, Brihati, and Madhu Shigru. These all ingredients offer Vata Shamaka, Anti-inflammatory and antibacterial effect. The drug pacifies Dosha by penetrating into Akshikosha Strotas, Ghrana Strotas and Sira Strotas. Ushma virya of formulation possess Vata Shamaka, Vedana Sthapana, and Varna Ropana properties which helps in eye diseases such as: Vataja Abhishyanda.

Madhu Anupana (oral) and Go-Ghrita (Tarpana Karma) -Oral use of Madhu Anupana and Tarpana Karma with Go-Ghrita offer beneficial effects in dry eye, eye strain, burning sensation and Vataja, Pittaja Raktaja Abhishyanda. This combination also relieve eye strain, blurred vision, slow re-focusing and eye fatigue. Oral use of Madhu Anupana and Tarpana Karma with Go-Ghrita pacify Vata dominating, Pittaja vitiation in eye, thus offer relief in Vataja, Pittaja, Raktaja Abhishyanda and Shushkakshipaka. The cooling, calming and Dosha pacifying effect of Madhu Anupana and Go-Ghrita offer relief in symptoms of various eye problems. Rasanjana Madhu Ashchyotana

Rasanjana Madhu Ashchyotana is Rasanjana (Extract of Berberis Aristata) in honey base offer beneficial effects in Abhishyanda or Netra Abhishyanda diseases. It improves eye symptoms such as: redness, lacrimation, burning sensation, lid oedema and headache. The Rasanjana Madhu Ashchyotana pacify vitiated Doshas, removes toxins, offer cooling/calming effects, possess antiseptic and antibacterial action therefore offer relief in Netra Abhishyanda. However literature suggests careful use of formulation due to the hypersensitivity of eye.

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