

A clinical case study article on Anjananamika w. s. r to Recurrent sty

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Abstract—A 41 year old male patient was diagnosed as recurrent sty in both eyes since 1 year. A Sty is an inflamed swelling on the edge of an eyelid, caused by bacterial infection of the zeis or moll gland at the base of an eyelash. Staphylococcus is the most primary reason for recurring sty due to many causes. Anjananamika is one of the Vartmagata and Raktapradhan roga which has similar symptoms of Sty. It is very commonly seen in daily ophthalmic OPD. Shodhankarma is necessary for a permanent cure to prevent recurrence diseases. Raktamokshana is the best procedure of Shodhana Karma which is indicated for Dushita Rakta. According to Yogaratnakara Jaloukavacharana is directly indicated in Anjananamika. With above reference, Jaloukavacharana was selected for Samprapti Vighatana of this recurrent sty along with internal medicine. Due to this treatment patient got complete relief from recurrent sty and found excellent result which is discussed in case study.

Index Terms—Sty, Anjananamika, Shodhankarma, Raktamokshana, Jaloukavacharana.

Details of patient: A 41 year old male patient living in Ikorochi, chalkaranji District kolhapur, Maharashtra, India came with the complaint of Burning sensation, Irritation, Eye ache, Swelling and Heaviness in the Rt. eye since 7 days.

Detail of present illness: The pt. was apparently better before 1 year. Afterward he got complain of burning sensation, irritation, eye ache and heaviness in both eye repeatedly. Due to above repeated eye complain he was consulted allopathic ophthalmologist. Though the allopathic treatment was continue, he got same problem repeatedly. So He came with this complain in Rt. eye since 7 days for good treatment as well as prevention of recurrence.

Past medical history: Patient has taken antibiotic eye drops since 1 year for his complains.

Past surgical history: Patient has not been given any relevant surgical history.

Work history- He was working on computer for 4-5 hours per day in his company.

Family history: There is no any relevant family history found in this patient.

Vital sign: All vital signs were normal.

Systemic examinations: were normal.

Specific examination: 3 july 2026. (Photograph: 1)

OD		OS
Matting of lower eye lashes	Lashes	Normal
Red, tender swelling on lid margin of lower lid	Eye lid	Normal
Normal	Bulbar Conjunctiva	Normal
Mild congestion on lower palpebral conjunctiva	Palpebral Conjunctiva	Normal
Normal	Cornea	Normal
Normal	Pupil	Normal

Photograph: 1(before treatment)



Patient was come with same complain in left upper eye lid on 20 July 2026.

Eye examination:

OD		OS
Normal	Lashes	Matting of upper eye lashes
Mild Red swelling on lid margin of lower lid	Eye lid	Red, tender swelling on lid margin of upper lid
Normal	Bulbar Conjunctiva	Normal
Normal	Palpebral Conjunctiva	Normal
Normal	Cornea	Normal
Normal	Pupil	Normal

Treatment plan:

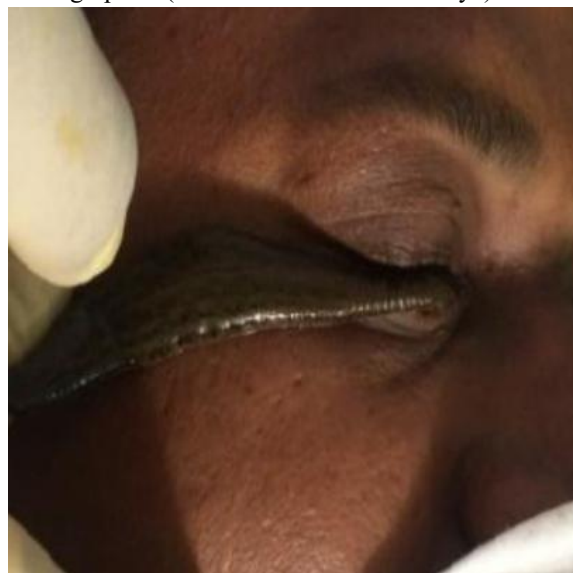
1. Netraseka with Triphala quath twice in a day.
2. Triphala gugul -2 BD with warm water
3. Jaloukavacharana after 7 days in right eye. (It was done on 10 Feb 2026), the same procedure was done on 27 July 2026 in left eye.

The follow up of the patient has been done after the 7 days of given treatment and reduced complain of burning sensation, irritation, eye ache, swelling and heaviness in right eye.

I. METHOD

The process of Jaloukavacharana (photograph: 2) was done according to as per mentioned in Susruta Samhitaii.

Photograph: 2 (J aloukavacharana in Rt. Eye)



Assessment:The assessment of the treatment was done on the basis of reduction in sign and symptoms of Anjananamika.

Result: After one sitting of Jaloukavacharana in each eye along with internal medicine gives complete relief in complain of burning sensation, irritation, eye ache swelling and heaviness in both eye (photograph 3). No recurrence was found for next 4 months and till date.

Photograph: 3 (After treatment)



Monthly Follow up

MONTH	COMPLAIN	TREATMENT	REMARK
March	C/o heaviness in both eye. no pain, no redness, no irritation O/E small inflammation on site	Rasayana Vati 2 BD	No recurrence
April	c/o heaviness in both eye O/E mild inflammation on site	Rasayana Vati 2 BD	No recurrence
May	c/o heaviness in both eye	Rasayana Vati 2 BD	No recurrence
June	No complain	Rasayana Vati 2 BD	No recurrence

II. DISCUSSION

Triphala quath and Guguluiv also possess Rakta Shudhdhikar property as result it is able to clarify the Dushita Rakta. It contains anti-inflammatory properties. Jaloukavacharana is the best treatment for Pitta-Raktaja Vyadhi as Anjananamika is Raktaja Vyadhi. Jaloukavacharana has been advised in Anjananamika by Yogaratnakarav. Jalouka (Leech) sucks impure blood from affected site when the Grathita and Avagadha Doshavi. According to Acharya Susruta, Raktaja Roga being Apurnabhava (not recurrence) which treated by Raktamokshanavii. Rasayana Vati was given in follow up period for immunomodulator.

III. CONCLUSION

Raktadhatu (blood tissue) is vitiated in Anjananamika. Jaloukavacharana is the best & effective method of Raktamokshana in Pitta Dushita Raktaviii. Jaloukavacharana gives great relief to the patient of Recurrent Stye (Anjananamika).

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