ABSTRACT:

Abstract: The human body is endowed with five sensory organs: eyes, nose, ears, tongue, and skin, with eyes being widely regarded as the most crucial. In Ayurveda, it’s emphasized by experts that "Sarvendriyanam Nayanam Pradhanam," highlighting the paramount importance of eyes among all senses. Currently, the world faces myriad challenges related to ocular health, with allergic conjunctivitis emerging as a significant concern, particularly affecting outdoor workers exposed to various environmental factors. Allergic reactions primarily target the eyes and eyelids, necessitating intervention by ophthalmologists who typically employ antihistamines, NSAIDs, corticosteroids, etc., for management. Interestingly, this condition bears resemblance to Vataja Abhishtyanda in Ayurveda, and its treatment, notably with Triphala Kwath Parishek, showcases remarkable efficacy with reduced chances of recurrence. Thus, presenting a case of Vataja Netrabhishtyanda intervention through Triphala Kwath Parishek for effective management.

Keywords: Vataja Netrabhishtyanda, Allergic Conjunctivitis, Triphala Kwatha Parishek.

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INTRODUCTION:
Allergic conjunctivitis manifests as inflammation in the eyes, characterized by symptoms such as redness, itching, and excessive tearing, typically triggered by exposure to dust, pollen, and mold spores. The conjunctiva, the eye's protective outer layer, is particularly vulnerable to these allergens. This condition arises as the body's response to harmful substances. While it may or may not coincide with nasal congestion, allergic conjunctivitis is estimated to affect 6-30% of the general population and up to 30% of children, either independently or alongside allergic rhinitis. [1] The contemporary approach to managing such conditions emphasizes allergen avoidance and treatment with topical or systemic steroids, decongestant drops, mast cell stabilizers, as well as antihistamines and anti-inflammatory agents. However, this management strategy often falls short, offering only temporary relief and potentially causing adverse effects. [2] Vataja Abhishyanda, characterized by symptoms like pricking pain, foreign body sensation, watery discharge, mild swelling, and a feeling of dryness, closely mirrors the presentation of allergic conjunctivitis. Consequently, the treatment approach for Vataja Abhishyanda appears to be more effective than relying solely on antihistamines and NSAIDs for managing allergic conjunctivitis.

Aim: To study the role and efficacy of Triphala Kwath Parishek in Vataj Abhishtyand with respect to Allergic conjunctivitis.

Method and Material: Review regarding allergic conjunctivitis and Triphala Kwatha Parishek was done from ayurvedic modern textbook, journals, internet sources.

CASE REPORT:
A male patient aged 46 years had a complaint of severe irritation and itching, frequent rubbing of eyes since past 5 days associated with watering and congestion in both eyes and on getting up in the morning, he noticed matting of eyelashes. He slowly developed photophobia due to which his everyday routine was interrupted. He had similar recurrent episodes since past 2 years, along with complaints like excessive sneezing and nasal blockage, aggravated by exposure to dust and smoke. He consulted various ophthalmologists but had found no satisfying result, for which the patient shifted this time towards ayurvedic treatment and visited OPD of Shalakya Department, Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints:
- Irritation and itching of both eyes
- Mild lid edema of both eyes
- Congestion at both eye
- Watering of both eyes

History of Present Illness: Patient had already consulted nearby allopathic clinic and ophthalmologist many times for the same and was suggested with few antibiotics and ointments (details unknown), patient used to get relief with the medicines but once when the medications were discontinued the condition reoccurred, as it was the hindering factor for her studies patient approached Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik for Ayurvedic treatment.

Past History: K/C/O Hypertension since last 3 years
Patient had recurrent history of allergic conjunctivitis

**Present Medicinal History:** Antihypertensive as Tablet Telmisartan 40mg once a day

**Family History:** Matruj Kula: Jivit Pitruj Kula: Jivit.

**Past Surgical History:** No H/o any refractive surgery.

**PERSONAL HISTROY**

**Ahar:** patient takes spicy fermented bakery products on regular basis

**Vihar:** occasional contact with dust soil and cold air

**Clinical findings:**
- Pulse: 88/min
- Respiratory rate: 20/min
- Blood pressure: 130/80mmhg
- Temperature: afebrile

**Dashvidha Parikshan**
- Prakruti: Vatapita Pradhan Prakruti

**Asthavidha Praman**
- Nadi: Vataj Sarpagati
- Mala: Prakrut
- Mutra: Prakrut
- Jivha: Saam
- Shabdha: Spashta
- Sparsha: Anushnashta
- Druka: Prakrut
- Aakruti: Madhyam

**Visual acuity:** both eyes: 6/6

**Specific examination of eyes**

<table>
<thead>
<tr>
<th>Eye examination</th>
<th>Rt eye</th>
<th>Lt eye</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occular mobility</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Eye lid</td>
<td>Mild swelling of Both eye lids</td>
<td>Mild swelling of Both eye lids</td>
</tr>
<tr>
<td>Conjunctiva</td>
<td>Moderate congestion of Conjunctiva</td>
<td>Moderate congestion of Conjunctiva</td>
</tr>
<tr>
<td>Cornea</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Anterior chamber</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Visual activity</td>
<td>6/6</td>
<td>6/6</td>
</tr>
</tbody>
</table>
Treatment Protocol
Treatmen protocol was to Kwatha Parishek protocol

Material
1. Triphala Churna
2. water

Triphala Kwatha 50gm Triphal Bharad Churna add 400ml water and then reduce it untill remains ¼ amount (100ml) remains. Strain with fine strainer. [3]

Table No. 2: Showing Rasapanchak of Content of Triphala Churna

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Latin Name</td>
<td>Emblica Officinalis</td>
<td>Terminalia Bellirica</td>
<td>Terminalia chebula</td>
</tr>
<tr>
<td>Family</td>
<td>Euphobiaceae</td>
<td></td>
<td>Combretaceae</td>
</tr>
<tr>
<td>Guna</td>
<td>Laghu</td>
<td>Laghu ruksha</td>
<td>Laghu ruksha</td>
</tr>
<tr>
<td>Rasa</td>
<td>Madhura, amla, katu, tikta, k Ahsaya</td>
<td>Kashaya</td>
<td>Madhura, amla, katu, tikta, kashaya</td>
</tr>
<tr>
<td>Virya</td>
<td>Shita</td>
<td>Ushana</td>
<td>Ushana</td>
</tr>
<tr>
<td>Vipaka</td>
<td>Madhura</td>
<td>Madhura</td>
<td>Madhura</td>
</tr>
</tbody>
</table>

Procedure: Wash the eyes gently with Triphala Kwatha twice a day

Table No. 3 Showing Observations

<table>
<thead>
<tr>
<th>Complaints</th>
<th>Day 0</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irritation of both eyes</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>Nil</td>
</tr>
<tr>
<td>Mild lid edema</td>
<td>+</td>
<td>+</td>
<td>Nil</td>
<td></td>
</tr>
<tr>
<td>Congestion of both eyes</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>Nil</td>
</tr>
<tr>
<td>Watering of both eyes</td>
<td>++</td>
<td>+</td>
<td>Nil</td>
<td></td>
</tr>
</tbody>
</table>

Discussion:
In cases of Vataja Abhishayanda, the vitiation of the Vata Dosha is prominent, with the Rasa and Rakta Dhatus being affected. The signs and symptoms primarily arise from the imbalance of the Vata Dosha. Given its Tridosha properties and its specific affinity for the eyes (Chakshusaya), Triphala plays a crucial role in the management of Vataja Abhishayanda. Kwatha Parishek, a therapeutic procedure involving the application of herbal decoctions, has historically proven to be highly effective in treating various eye ailments. As demonstrated in Table 3, this treatment significantly alleviates symptoms such as
irritation, itching, edema, congestion, and watering of the eyes, providing substantial relief to patients suffering from Vataja Abhishayanda and other ocular conditions.

**Conclusion:**
In summary, the study demonstrates the effectiveness of Triphala Kwatha Parishek in treating allergic conjunctivitis. The clinical manifestations of Vataja Abhishyanda described in classical Ayurvedic texts closely resemble the signs and symptoms of allergic conjunctivitis. Thus, it is concluded that Ayurveda offers a valuable approach, utilizing quality procedures and a rich repository of herbal remedies for managing Vataja Abhishyanda (allergic conjunctivitis), alongside appropriate dietary and lifestyle recommendations. Moreover, the Ayurvedic medications utilized in this treatment regimen are readily available and have been found to be well-tolerated without causing any adverse effects.

**References:**

**Source of Support:** None declared

**Conflict of interest:** Nil