



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume - 5, Issue - 2

February- 2024



IJIM

INDEXED



International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702 International Journal Address (IJA): IJA.ZONE/258276217634

Role of Saindhav –Eladi Anjana in Pishtaka W.S.R. to Pinguecula: A Review

Dhole Vishwalata S,¹Kamble Shrawan N², Kedar Komal B³

1. Assistant professor, Dept. Of Shalaky Tantra, Bhargava Ayurveda college, Dahemi, Anand, Gujarat vishwalatadhole@gmail.com
2. Associate professor, Dept. of Prasuti Tantra Evam Stree roga, Bhargava Ayurveda college, Dahemi, Andan, Gujarat shra1patodakar@gmail.com
3. Assistant professor, Shalaky Tantra, Datta Meghe Ayurvedic Medical college Hospital and Research centre, Wanadongri, Nagpur komalnanaware09@gmail.com

ABSTRACT:

Pishtaka are dots which look circular, elevated, white like rice flour, clear like water appear on white portion of eye ie. Shuklamandala. It is described under Shuklagata Sadhya Roga in Classical texts of Ayurveda. Pishtaka is correlated with Pinguecula which is characterized by Yellowish white triangular patch near the limbus on bulbar conjunctiva. It is an extremely common degenerative condition of the conjunctiva commonly seen in persons exposed to UV light, dust, wind etc. Usually Pinguecula is asymptomatic, but when it is cosmetically unacceptable surgical removal is the only treatment in modern science. An ocular therapeutic Anjana is indicated in treatment of Pishtaka. The formulation Saindhav –Eladi Anjana is one of the medicine mentioned in Ashtanga Sangraha, Uttarsthana in the management of Pishtaka. Hence an attempt has been made to review the role of this medicine.

Keywords: Pishtaka, Pinguecula, Anjana, Saindhav-Eladi Anjana,

CORRESPONDING AUTHOR:

Dr. Vishwalata S Dhole
Assistant professor, Dept. Of Shalaky Tantra, Bhargava Ayurveda
college, Dahemi, Anand, Gujarat
vishwalatadhole@gmail.com



How to cite this article: Dhole VS, Kamble SN, Kedar KB. Role of Saindhav –Eladi Anjana in Pishtaka W.S.R. to Pinguecula : A Review. Int J Ind Med 2024;5(2):06-10 DOI: <http://doi.org/10.55552/IJIM.2024.5202>

Introduction:

Every person should make consistent efforts to protect his eyes throughout the life because for blind person day and night are equal.⁽¹⁾ If person possesses all other sense organs, strength, beauty & so on but lacks eye sight he is as useless as an insect.⁽²⁾ Shalakra Tantra is one among the eight branches of Ayurveda which deals with management of diseases above the clavicle. Pishtaka is one among Shuklagata Netraroga which is characterized by dots which are circular, elevated looks white like rice flour, clear like water droplet. It appears on white portion of the eye i.e. Shuklamandala. It is described under kaphaja Shuklagata roga. In modern science it is correlated with Pinguecula.⁽³⁾ Pinguecula is extremely common degenerative condition of conjunctiva characterized by formation of yellowish white patch on bulbar conjunctiva near limbus. It is benign, idiopathic condition which is commonly found in people who are exposed to dust, wind, UV rays etc. It is seen on nasal and temporal limbal conjunctiva. When conjunctiva is congested it stands out as an avascular prominence.⁽⁴⁾ Pinguecula is generally asymptomatic hence no treatment is required for it but when it is cosmetically unacceptable it may be excised.

Methodology:

Anjana Review:

Anjana is the procedure in which application of medicinal pastes or powders is done with the help of Shalakra or Fingers from Kanninika Sandhi i.e. inner canthus to Apanga Sandhi i.e. Outer canthus. Anjana has tremendous importance in

both healthy as well as in person having ophthalmic diseases. Anjana should be applied after shodhana therapy & when the doshas localized in the eye and total elimination of Amavastha and appearance of Pakwavastha lakshana i.e. reduced edema, itching, lacrimation etc.⁽⁵⁾

Indication of Anjana:

Pittaja, Kaphaja, Raktaja & mainly in Vataja netraroga.

Contraindication:

Insomnia, eye exposed to breeze, dust, smoke, in presence of eye injury & fatigued eye, thirsty patient, angry patient, emotionally upset patient i.e. fear, grief, weeping, after emesis, purgation, meal, day sleep, nasyakarma in presence of indigestion, headache, extreme cold weather, immediately after headbath or before sunrise, suppression of natural urges, suffering from fever, shiroroga, shopa, kruchchronmilan, Timira etc.⁽⁶⁾

Types of Anjana:⁽⁷⁾

Anjana is of 3 types i.e. Gutika (Pills), Rasakriya (Semisolid) and Churna (powder). Acharya Susruta and Vagbhata mentioned that the strength of Anjana increases in preceding order as Gutika, Rasakriya and Churna. However Acharya Bhavamishra mentioned that order somewhat differently as Rasakriya, Varti and Churna. Hence can be used Anjana according to the severity of the disease as Gutika, Rasakriya and Churna for the most severe, moderate and mild disorders respectively

Types of Anjana	Doshagnata	Mode of Action
Lekhana Anjana	Kaphaja netraroga	Doshas situated in eyelids, vessels supplying eyes, srotas, Shrugata marma are drained out through mouth, nostril & eyes.
Ropana Anjana	Pittaja netraroga	Healing, Improves Vision
Prasadana Anjana	Vataja netraroga	Soothing, Purification of netra dosha

Application method of Anjana:⁽⁸⁾**Poorvakarma:**

When doshas are localized in eye only

When doshas exhibit symptoms of Niramavastha

Pradhan karma:

After selecting proper Anjana as per dosha, patient has to lie in supine or sitting position. The learned physician should open the eyelids of patient with the help of left hand &

Drug Review:⁽⁹⁾

Sr. no	Drug	Latin Name	Rasa	Virya	Vipaka	Guna	Doshghnata
1	Saindhav ⁽¹⁰⁾	<i>Sodium Chloridum</i>	Swadu Lavana	Sheeta	-	Laghu, Snigdha, Sukshma, Deepana, Pachana, Vrushya	Tridosahara
2	Ela ⁽¹¹⁾	<i>Elecitaria Cardamomum</i>	Katu	Sheeta	-	Laghu	Vatahara
3	Maricha ⁽¹²⁾	<i>Piper nigrum</i>	Katu	Ushna	Katu	Tikshna, Ruksha Krimighna, Deepana, Shulghna, Ruchya	Kapha vata shamak Pittakarak
4	Kata-phala ⁽¹³⁾	<i>Murica nagi</i>	Kashaya, Tikta, Katu	-	-	-	Vata-kapha hara
5	Shankh ⁽¹⁴⁾	<i>Turbinella pyrum</i>	-	Sheeta	-	Laghu, Netrahit	Pitta-kapha shamak
6	Samudra-phena ⁽¹⁵⁾	<i>Sepia officinalis</i>	Kashaya	Sheeta	-	Chakshushya, Lekhana, Vishaghna, Karnaroghahara	Kaphanashak

Discussion:

Lekhana anjana is indicated in kapha predominant vyadhi by Acharyas. As the drugs used for preparation of Saindhav –Eladi Anjana having properties like katu, Tikta, Kashaya rasa, Tikshna, Ruksha, Laghu Guna and Kaphahara

application of Anjana is done with fingertip or Anjana Shalaka held in right hand from kanninka sandhi to Apanga sandhi or viceversa. After application of anjana, patient is asked to rotate the eyeball slowly in all direction to disperse the anjana material uniformly.

Paschat karma:

Eye should be properly washed with water.

doshghnata this Anjana may be helpful in Pishtaka as it is a kapha predominant roga.

Mode of Action of Lekhana Anjana:⁽¹⁶⁾

The vitiated dosha which are situated in vessels applying eye & eyelids srotas i.e., Larima apparatus

& also in Shrungataka marma are drained out through mouth, nostril & eye because of irritant effect of Lekhana Anjana.

Mode action modern :

i. Bioavailability and Drug Delivery:

- a. Developing topical ocular drugs involves enhancing bioavailability and controlling the constant release of the drug.
- b. Factors such as precorneal barriers, anatomical structures, and systemic absorption significantly impact bioavailability.

ii. Precorneal Factors:

- a. **Solution Drainage:** The tear film turnover rate affects the drainage of instilled solutions.
- b. **Blinking:** Each blink removes a small volume of fluid from the cul-de-sac.
- c. **Tear Film:** The tear film offers initial resistance due to its rapid restoration time.

iii. Mucin and Protective Role:

- a. Mucin present in the tear film forms a hydrophilic layer over the glycocalyx of the ocular surface.
- b. It plays a protective role by clearing debris and pathogens, including ocular drugs.

iv. Human Tear Volume:

- a. Human tear volume is estimated to be around 7 μ l.
- b. The cul-de-sac can transiently contain approximately 30 μ l of the administered eye drop.
- c. However, tear film restoration occurs rapidly (within 2-3 minutes).

v. Blinking and Drug Drainage:

- a. Blinking promotes the drainage of instilled ocular drugs through the nasolacrimal duct.

- b. Spontaneous tear flow results in the complete loss of instilled drugs from the cul-de-sac within about 5 minutes.
- c. Approximately 80% of the drug is lost through the nasolacrimal drainage.

Conclusion:

Pishtaka is correlated with the Pinguecula in modern science. Pinguecula is usually asymptomatic and not required any treatment but if it is cosmetically unacceptable to patient then the surgical removal of it is the only treatment option in modern science and to avoid the surgery it is important to find out an effective alternative treatment.

In ayurveda Anjana Kriyakalpa is indicated in Pisthaka which is safe and cost effective treatment. As per Acharyas, Lekhana Anjana is useful in Pisthaka & drugs in Saindhav –Eladi Anjana has Lekhana property which helps in reducing size of Pisthaka.

References:

1. Ashtanga Samgraha of Vagbhata (English translation) translated by Prof. K.R. Srikantha Murthy, Chaukhamba Orientalia Varanasi, Vol III Uttarsthana Reprint 2012 Chp.16, shloka no.29
2. Dr. Brahmanand Tripathi, Charaka Samhita vol I, Sutrasthana Chp.8/9, Chaukhamba Surbharati Prakashan, Varanasi 2017
3. Shrikantha Murthy K.R. Sushruta Samhita (English Translation), Vol III, Uttarasthana Chp.4/8, Chaukhamba Orientalia, Varanasi 2017
4. A. K. Khurana. Comprehensive Ophthalmology, 4th ed. New Age International (P) Limited publishers; 2007. Diseases of Conjunctiva page no.81-82
5. Dr. Yogendranath Sharma, Dr. Amandeep Kaur: Role of Anjana Kriyakalpa in Eye Care: A Review Article: JETIR October 2023, Volume 10, Issue 10

6. Shrikantha Murthy K.R. Sushruta Samhita (English Translation), Vol III, Uttarasthana Chp.18/68-73, Chaukhambha Orientalia, Varanasi 2017

7. Shrikantha Murthy K.R. Sushruta Samhita (English Translation), Vol III, Uttarasthana Chp.18/52, Chaukhambha Orientalia, Varanasi 2017

8. Shrikantha Murthy K.R. Sushruta Samhita (English Translation), Vol III, Uttarasthana Chp.18/64-65, Chaukhambha Orientalia, Varanasi 2017

9. Ashtanga Samgraha of Vagbhata (English translation) translated by Prof. K.R. Srikantha Murthy, Chaukhambha Orientalia Varanasi, Vol III Uttarasthana Reprint 2012 Chp14, shloka no.9

10. Bhavprakasha Nighntu (Indian material medica) of sri Bahvamishra English commentary by Prof.D.Shanthkumar Lucas Forword by padamashree Prof.K.C.Chunekar, Chaukhambha Vishvabharati Varanasi, edi 2017, haritkyadi vargah, shloka no.24, page no.79

11. Bhavprakasha Nighntu (Indian material medica) of sri Bahvamishra English commentary by Prof.D.Shanthkumar Lucas Forword by padamashree Prof.K.C.Chunekar, Chaukhambha Vishvabharati Varanasi, edi 2017, karpuradi vargah, shloka no.63, page no.104

12. Bhavprakasha Nighntu (Indian material medica) of sri Bahvamishra English commentary by Prof.D.Shanthkumar Lucas Forword by

padamashree Prof.K.C.Chunekar, Chaukhambha Vishvabharati Varanasi, edi 2017, haritkyadi vargah, shloka no.60,61, page no.13

13. Bhavprakasha Nighntu (Indian material medica) of sri Bahvamishra English commentary by Prof.D.Shanthkumar Lucas Forword by padamashree Prof.K.C.Chunekar, Chaukhambha Vishvabharati Varanasi, edi 2017, haritkyadi vargah, shloka no.80, page no.57

14. Bhavprakasha Nighntu (Indian material medica) of sri Bahvamishra English commentary by Prof.D.Shanthkumar Lucas Forword by padamashree Prof.K.C.Chunekar, Chaukhambha Vishvabharati Varanasi, edi 2017, dhatvadi vargah, shloka no.59 page no.407.

15. Bhavprakasha Nighntu (Indian material medica) of sri Bahvamishra English commentary by Prof.D.Shanthkumar Lucas Forword by padamashree Prof.K.C.Chunekar, Chaukhambha Vishvabharati Varanasi, edi 2017, haritkyadi vargah, shloka no.18,19, page no.38 (samudraphena)

16. Shrikantha Murthy K.R. Sushruta Samhita (English Translation), Vol III, Uttarasthana Chp.18/54, Chaukhambha Orientalia, Varanasi 2017

Source of Support: None declared

Conflict of interest: Nil

© 2024 IJIM (International Journal of Indian Medicine) |

An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Website: www.ijim.co.in Email: ijimjournal1@gmail.com