

A Case Study: Effect of Chandrodavarti Anjana in Avrana Shukla W.S.R. to Nebular Corneal Opacity.

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Submitted: 15-03-2022

Accepted: 28-03-2022

ABSTRACT :

In Ayurveda, Kriya Kalpas i.e. topical ophthalmic procedures are explained in the management of eye diseases. Ayurveda has 2 aims i.e. prevention of health and secondly cure from the disease.

Anjana is one among these Kriya Kalpas. It is useful both in healthy as well as diseased eyes.

Here, we preferred Chandrodavarti Anjana in case of nebular corneal opacity i.e. Avrana Shukla (Acchaghananukari shukla).

Depending on the density, corneal opacity is graded as nebula, macula and leucoma.

Keywords : Avrana Shukla, Corneal opacity, Anjana, Chandrodavarti.

I. INTRODUCTION :

Cornea is one of the most important structures in the process of vision. The primary physiological functions of cornea are :

- 1) To act as a major refracting medium
- 2) To protect the intraocular contents
- 3) Absorption of topically applied drugs.

Cornea performs these functions by maintaining its transparency and regular replacement of its tissues.⁽¹⁾

If there is loss of transparency of cornea, it can cause the diminished vision, if opacity is present centrally.

The term "Corneal opacity" is used particularly for the loss of transparency of cornea due to scarring.

In modern science, optical iridectomy, phototherapeutic keratectomy, cosmetic coloured contact lens, keratoplasty and tattooing of scar explained as a treatment of corneal opacity. But due to lack of donor tissue for optical keratoplasty there are some limitations. Tattooing of scar is used as a cosmetic purpose and not to improve vision.⁽²⁾

Acharya Sushrut has explained Krushnagat Vyadhis in Uttar Tantra, under which he explained Corneal opacity as Avrana

Shukla.⁽³⁾ According to Acharya Avrana Shukla is caused if Abhishyanda is not treated but Abhishyanda is not only one cause.⁽⁴⁾ Practically, we observed that corneal ulcer due to trauma is a major cause of corneal opacity.

But, in our case there is clear history of trauma in right eye that causes the corneal ulcer, which after treatment converted into nebular corneal opacity.

Cosmetically, patient was thinking about to remove white spot from cornea without surgical interventions. So that we tried some ayurvedic concepts about Corneal opacity i.e. Avrana Shukla.

Yogratnakar explained Chandrodavarti Anjana as a part of treatment in Avrana Shukla i.e. Acchaghananukari Shukla.⁽⁵⁾

So, we decided to use Chandrodavarti Anjana in nebular corneal opacity.

Objective :

To observe the effect of Chandrodavarti Anjana in Nebular Corneal opacity i.e. Avrana Shukla.

Materials and methods :

A 30 years old male patient presenting with 5'o clock position white spot over cornea since 3 years came to our OPD for treatment in our institute. So, we advised Chandrodavarti Anjana as a treatment.

II. RESULT :

No any considerable result observed in the form of improvement in above complaints.

Corneal opacity :

In Uttartantra, under Krishnagat vyadhis Acharya Sushrut explained Avrana shukla. Acharya Sushrut has stated Acchaghananukari & Bahal shukla as two types of Avrana shukla. Also, Gambhir (deeply situated) & Chirkari (chronic) as two types of Bahal shukla. As per Sushrut,

Acchaghananukari explained as sadhya and gambhir and chirkari as kruchsadhya.⁽⁶⁾

In modern science, causes of corneal opacity stated as

- 1) Congenital opacities may occur as developmental anomalies or following birth trauma.
- 2) Healed corneal wounds.
- 3) Healed corneal ulcers.

Depending on the density, corneal opacity graded as nebula, macula and leucoma.

- 1) Nebular corneal opacity – if superficial part of Bowman’s layer is involved.
- 2) Macular corneal opacity – if opacity is present upto the mid of stroma.

Local examination :

	RE	LE
Eyebrows	No any deformity	No any deformity
Eyelids	No any deformity	No any deformity
Eyelashes	No any deformity	No any deformity
Cornea	Nebular corneal opacity @ 5’o clock	No any deformity
Sclera	No any deformity	No any deformity
Pupil	Normal size reacting to light	Normal size reacting to light
Anterior chamber	No any deformity	No any deformity
Iris	Color pattern normal	Color pattern normal

Treatment :

Chandrodaya varti anjana – 3 settings of 7 days with 20 days interval.

Anjana vidhi (Procedure) :

Procedure of Anjana vidhi explained to the patient. Patient is advised to be in supine position .

2 drops of Proparacaine Hydrochloride 0.5% instilled in right eye to avoid irritations during the procedure.

Washing of eyelids externally and cleaning of fornices internally with the help of ringer lactate. After that lower eyelid of right eye retracted with left hand, while with the help of right hand shalaka is moved from inner canthus i.e Kaninika sandhi (by saving lower puntum to avoid future complications like punctum block) to outer canthus i.e. Apang sandhi .

- 3) Leucomatous corneal opacity – if complete corneal thickness is involved.⁽⁷⁾

III. CASE REPORT ;

Name of patient : ABC

Age : 30 years

OPD No. : 44743

Place : Nagpur

Occupation : welding work

Chief complain : white spot over cornea at 5’o clock position.

Past history : history of iron particle trauma at 5’o clock over cornea during welding work since 3 years back.

Visual acuity : RE – 6/6 LE – 6/6

After applying the Anjana, the patient is asked to close the eyelids gently and to rotate the eyeballs. Due to this procedure medicine forms the films in the eye. The dosha’s dissolves and comes out in the form of lacrimation.

When lacrimation stops, the netra prakshalan (eye wash) performed with the help of pure water.

During this procedure, patient is advised

- not to open and close the eyes spontaneously,
- do not rub the lids forcefully
- do not wash the eyes immediately after the application of Anjana karma.⁽⁸⁾

We advised the patient to perform this procedure in morning or evening (as per the comfort of the patient).

Frequency of Anjana :

3 settings of 7 days with 20 days interval.

IV. RESULT :

Symptoms	Before treatment	After treatment
Small white sopt over cornea @ 5'o clock position of right eye	Present	Present

V. CONCLUSION :

So , we experience that this Anjana is not effective to reduced the corneal opacity . Simultaneously , patient not experienced any adverse effect.

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