

Brief Introduction of Kaphaj Abhishyanda and its Chikitsa

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Introduction:

प्रायेण सर्वे नयनामयास्तु भवत्यभिष्यन्दनिमित्तमूलाः।
तस्मादभिष्यन्दमुदीर्यमाणं मुष चरेदाशु हिताय धीमान् ॥ (सु.उ६-५)
सर्वोऽक्षिरोगाः प्रायेण जायन्ते स्यन्दपूर्वकाः ।
यतश्च रक्तं संदूष्य तानतस्त्वरय जयेत्॥ (अ.सं.उ १९-१०३)

Abhishyanda is considered as root cause of almost all the eye diseases. If it is not treated in time, it may lead to sandhigat roga, vartmagat roga, shuklagat roga, and krishnagat roga and severe complication like Adhimantha and hatadhimantha. Everyone should try to prevent Abhishyanda and when gets developed it should be treated as early as possible. Abhishyanda is one among seventeen sarvagat rogas. It has four types- vataja, pittaja, kaphaja and raktaja.

Definition:

It means where there is Syandana in whole Urdva Jatru Srotas. It leads to kledana in Doshas, Dhātu and Mala and resulting in profuse discharge from all around or all parts of the eye. So Abhishyanda means an excessive discharge from the eyes.

Nidana (Hetu) of Abhishyanda:

Special Nidanas for Abhishyanda are not mentioned in any classical texts so general Nidana for Netra rogas can be considered as the Nidanas of Abhishyanda.

Acharya Sushruta has explained the disease Netra Abhishyanda as one of the 'Aupasargika Rogas'. He explained the contagious nature of disease. It can spread from person to person by sharing the articles like clothes, bedding, cosmetic items and garlands. Close contact with an infected person can also lead to the spread of infection.

Types of Abhishyanda-

- 1) Vataj Abhishyanda
- 2) Pittaj Abhishyanda
- 3) Kaphaj Abhishyanda
- 4) Raktaj Abhishyanda

Kaphaj abhishyanda Samprapti-

Abhishyanda has various stages called as Kriya kala -Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti and Bheda. They are as below:

a) Sanchayavastha-

Dosh sanchiti leads to Netra roga by two ways-

1. Due to Achakshushya Ahara- Vihara ,Agnimandya and Ama formation takes place and Doshas get vitiated in the Koshtha lead to Doshas Sanchaya in koshtha.
2. Due to vitiated Doshas and Ama ,Strotorodha takes place and Vata Pradhana Dosha Dushti and Vriddhi manifests in koshtha.

b) Prakopavastha-

In Prakopavastha, provocation of the Doshas due to continues Nidana Sevana by an individual.

c) Prasaravastha-

In Prasaravastha, Doshas get diffused to whole body through Siras and ascend towards Urdhvajatrugata Strotasa.

d) Sthanasamshryavastha

In Sthanasamshryavastha, Doshas get localised in all parts of the eyes. At that time Dosha Dushya Samurchana takes place. In this stage, Poorvaroop like redness, itching, pain occurs.

e) Vyaktavastha-

In Vyaktavastha, cardinal symptoms of the disease like profuse discharge from all parts of the eyes,Toda,guruta,itching etc are appears.

f) Bhedavastha-

If Abhishyanda is not treated in Vyaktavastha stage it leads to the complication like Adhimantha and ultimately resulting in Hatadimantha. Kaphaj Abhishyanda manifests due to the vitiation of Kapha Dosha.

It is predominant with Prithvi and Jala Mahabhoota. The vitiation of Kapha leads to Utapati of Lakshanas like Guruta, Kandu, Upadeha, Stravamuhu, Ushanabhinanda,Pischil along with Akshi Shopha.

Samprapti Ghataka-

Dosha	-	Kapha pradhana Tridosha
Dushya	-	Rasa and Rakta
Agni	-	Mandagni
Srotasa	-	Rasavaha and Raktavaha
Stroto Dushti	-	Sanga ,Vimargagamana and Atipravriti.
Rogamarga	-	Madhyama
Adhishthana	-	Sarvaakshi-Tejojalashrita Patala
Vyadhi Svabhava-	-	Chirakari

आगन्तुर्हि व्यथापूर्वं समुत्पन्नो जघन्यं वातपित्तश्लेष्मानः वैषम्यमापादयति,
निजे तु वातपित्तश्लेष्मानः पूर्वं वैषम्यमापद्यन्ते,जघन्यं व्यथामभिनिर्वर्तयन्ति ॥

च.सु.२०/७

Shushruta had described abhishyanda as Aupasargik Vyadhi.In Aupasargik vyadhi,samprapti occurs as Agantu Vydhi.In Aupasargik vyadhi,vyadhi appears first(vyaktavastha) then doshvaishmya occurs.

Poorvarupa of Kaphaja Abhishyanda-

No specific poorva rupa of Kaphaj Abhishyanda is mentioned in classical texts,but Acharya Charaka quoted that ,whenever poorva rupa of the disease is not mentioned ,weak manifestation of roopa can

be considered as poorva rupa. So all the cardinal features like Toda, Shopha, Kandu, Stravo muhu of Kaphaj Abhishyanda in mild form can be considered a poorvarupa.

Roopa-

Full presentation of disease is known as Roopavastha. These Roopa vary according to predominance of different Doshas. With the help of Roopa the disease can be dignosed. On the basis of Dosha predominance Abhishyanda is of four types-Vataja, Pitaja, Kaphaja and Raktaja Abhishyanda. Signs and symptoms mentioned for Kaphaja Abhishyanda in different classics are described here-

Symptoms-

Kaphaj Abhishyanda-

उष्णाभिनन्दा गुरुतादक्षिशोफः कण्डूपदेहो सितता तिशेत्यम् ॥
स्त्रावो मुहुः पिच्छिल एव चापि कफाभिपन्ने नयने भवन्ति ॥ (सु.उ. ६-८)

1. Ushnabhinanda : Longing for warmth (Comforts)
2. Guruta : Heaviness
3. Kandu : Itching
4. Upadeha : Stickiness due to increase exudates (Thickening)
5. Sitata : Whiteness
6. Atisaityam : Excessive coldness
7. Stravomuhuh : Frequency of discharge increase
8. Pischil : Slimy

Upashaya and Anupshaya-

While explaining the disease Kaphaja Abhishyanda Acharya Vagbhata quoted that Ruksha, Ushna upachar relieves the signs and symptoms of Kaphaj Abhishyanda. So it can be considered as Upashaya for Kaphaj Abhishyanda.

Sadhyasadhya-

In Ayurveda ,description of prognosis is given in detail as Sadhya, Krichcha Sadhya, Yasya & Asadhya. The prognosis of disease is usually depend upon its severity. Abhishyanda is Vyadhana Sadhya Vyadhi.

Upadrav of Abhishyanda-

Upadravas means the secondary symptoms occurring due to further progression of same process of the disease. The later, is often pacified when, the main disease is treated. As it appears later it becomes more afflicting because of patient being already suffering from the disease. Acharya Sushruta described Adhimantha as a complication of the Abhishyanda. He also quoted Hatadimantha in case of ignored Adhimantha.

Kaphaj abhishyanda Chikitsa-

In Kaphaj Abhishyanda chikitsa, Sushruta Samhita quoted that Snehan, Swedana, Raktamokshana Avapidan Nasya, Anjana, Dhumpaana, Seka, Pralepa, Kavalgraha, Ruksha Aschyotan, & Ruksha Putpaka are beneficial in Kaphaj Abhishyanda. In Kaphaj Abhishyanda and Adhimantha, three days of fasting or light food with Tikshna (irritating) dhumpaana, kavala and nasya is advocated by Acharya Vagbhata. (A.S.Ut.19.27)

Sira moksa-After dhupana with yava, madana, bhurja and samipatra and sarpipan of ghee processed in trikatu and Yavakshara, siravedha should be done followed by Virechana.

Avapidan nasya-With Kaphahara drugs.

Anjana, Dhumpana, Pariseka, Pralepa, Aschyotana, Sweda, Tarpana and Putpaka should be applied while doing treatment of the patient of the Kaphaja Abhishyanda. These are some yogas described by Acharyas in the treatment of Kaphaj Abhishyand

A. Bidalak –

Procedure : Local application of following drugs paste to eyelids externally accept at eye lashesh. Indicated in acute stage of eye disorders.

- 1)Rasanjan
- 2)Shunthi,haritaki,gairik
- 3)Vacha,shunthi,haridra
- 4)Gairik,shunthi
- 5)sarangesta, kusta, tagar, murungi, vyosa, ela and daruharidra (A.S.Ut. 19,27)

B. Anjana :

Procedure : It is local application of medicinal paste of following drugs to inner surface of lead margin with the help of Anjana Shalaka or finger from Kanineeka Sandhi to Apanga Sandhi. Indicated when Doshas are located only in eyes and acute symptoms of ocular problem has subsided.

1. Rock salt, hingu, triphala, madhuka, prapoundarika, anjana,tuttha and copper pasted with water
2. Haritaki,haridra, madhuyashti and anjana
3. Trikatu,triphalaharidra and vidanga
4. Flowers of chameli, shobhanjan and karanj
5. Fruits and Flowers of brihati.(Su.Ut.11/6-9)

C. Dhumpana:

With Kaphahara dravyas.

D. Parisheka:

Procedure :

It is pouring medicated salutation of following Dravyas as stream from 4 Angula on closed eyes continuously for specific time. Indicated in acute and inflammatory conditions which cannot be cure with Aschyotana.

The rough powder of Nimba, Patola, Jatipatra, Lodhradwaya and Sunthi should be packed in a piece of cloth and is immersed in the alcoholic preparations. This liquid should be used for parisheka.

E. Aschyotan:

Procedure :

It is Adya Upakrama in which medicated drops of following drugs are instilled in to open eye from 2 Angula height ant Kanineeka Sandhi indicated in initial stage of eye disease when Doshas are not severely vitiated.

To relieve shopha, upadeha and kandu,a decoction should be prepared with gomutra and tilwaka, brihati, nidigdhika ,lodhra, aragwadha mul twaka are used for aschyotan.

F. Sweda:(A.S.Ut.19.31):

Swedana should be done by a decoction mixed with gomutra and rohisa, putikaranj, Kapittha, asphota, pilu, bilwa, leaves of surasa, arka nimba.

G. Tarpana and Putpaka:

Procedure :

Tarpana is mainly lukewarm medicated Ghrita or Taila is filed over eye up to complete immersion of eye lashes for specific time by making circular boundary around orbital fossa using dough.

Putapaka is same as Tarpana but medicine is prepared by Swarasa extracted by Putapaka Vidhi.

The milk decoction of goat's liver, agaru ,priyangu, nalada and devdaru should be churned and the butter should be obtained . These should be heated along with these medicines to prepare ghee for tarpana.(A.S.Ut.19.34)

For putpaka goat's liver should be cooked with tagara, darvi, and sarvagandha along with honey and ghee.

Anulepa should be done with barhista, sunthi, devdaru and kusta(Su.Ut.11.8)

H.Diet:

Avoid kaphakar diet.

Conclusion :

For eye disorders local therapeutic producer is as much important as systemic management. Various drugs can be selected for Kriyakalpa according to stage and type of eye diseases. Through all above explanation and observation it is very obvious to conclude that Kriyakalpa done with Kaphaghna Dravyas plays important role in Kaphaj Abhishanda Chikitsa. Various drugs can be used according to various Lakshana or various stages of Kapha Abhishanda.

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