

**To Study the Efficacy of 'Guduchyadi Rasakriya Anjan' in the Management of Arma (Pterygium)**

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**Abstract**

In Ayurvedic Samhitas 'Arma' is described under 'Shuklagata Netraroga' which can be correlated with 'Pterygium' according to modern science. According to Acharya Sushrut, main treatment for 'Arma' is Cheddan (i.e. excision) but he also describes Aaushadi Chikitsa of Arma. Anjan of 'Guduchyadi Rasakriya' (Reference; Sharangadhar Samhita U. A-13-98,99 & Yogaratnakar U. Netraroga Chikitsa) Mainly contains three drugs Guduchi, Madhu and Saindhav, which was prepared according to method, given in Sharangadhar Samhita, along with addition of preservative and antioxidants agents, to maintain its quality, clarity & sterility in reputed pharmaceutical company.

Now a days, in Modern Science there is no specific medical treatment for pterygium, there is only surgical treatment and recurrence rate after excision of pterygium is also more, hence it has been decided to do research on Aaushadi Chikitsa of Arma, based on references in Ayurvedic Samhita.

'Guduchyadi Rasakriya Anjan' is not effective to reduce the length and size of Arma (pterygium), But the drug is statistically highly significant, to reduce redness, foreign body sensation, watering which is occurred by pterygium, it also does not reduce width of Arma, visual disturbances, astigmatism occurred due to Arma (pterygium)

**Keywords** - Arma, Anjan, Guduchyadi Rasakriya Anjan, Pterygium, Chedan, excision

**Introduction ;**

In Ayurvedic Samhitas 'Arma' is described under 'Shuklagata Netraroga'. It grows continuously therefore it is called as 'Arma'. According to modern science 'Arma' can be correlated with eye disease 'Pterygium' which is triangular shaped, degenerative & hyperplastic process, occurring medially & laterally in the palpebral aperture, in which bulbar conjunctiva encroaches upon cornea.

According to Acharya Sushrut, main treatment for 'Arma' is Chedani.e. excision, but he also describes Aaushadi Chikitsa of Arma. Arma which is small, thin, yoghurt like and blue, red, brown in appearance should be treated on the lines described for the treatment of Shukravadyadhi. Various Anjanyogas are described in management of Shukra Vyadhi. Anjan of 'Guduchyadi Rasakriya' (Reference; Sharangadhar Samhita U. A-13-98,99 & Yogaratnakar U. Netraroga Chikitsa) Mainly contains three drugs Guduchi (Tinosporacordifolia), Madhu (honey) and Saindhav (Rock salt) which was prepared according to method, given in Sharangadhar Samhita, along with addition of preservative and antioxidants agents, to maintain its quality, clarity & sterility in reputed pharmaceutical company. Now a days, in modern science there is no specific medical treatment of pterygium, there is only surgical treatment and recurrence rate after excision of pterygium is also more hence it has been decided to do research on Aaushadi Chikitsa of Arma based on references in Ayurvedic Samhitas.

**Aims And Objectives:**

To assess the effect of 'Guduchyadi Rasakriya Anjan' in Arma (pterygium).

**Materials And Methods:**

Clinical assessment criteria-

Subjective Parameters-

- Redness
- Foreign body sensation
- Watering

Objective parameters

- Length of pterygium
- Width of pterygium
- Visual disturbances
- Amount of astigmatism

- **Inclusion Criteria-**
  - ✓ Patients from age group 25-55 years were included.
  - ✓ The *Arma* which can be treated medically as per *Samhita Grantha* was selected.
  - ✓ Patients with *arma* (pterygium- type-I- extends less than 2mm onto the cornea) was selected.
  
- **Exclusion Criteria -**
  - ✓ Patients with *Chedhya* and *Asadhya Arma* as per *Samhita Grantha* were excluded.
  - ✓ Patients with Pterygium Type-II (Involve upto 4mm of cornea) and involve visual Axis were excluded.
  - ✓ Other conditions which decrease visual acuity were excluded.
  - ✓ Pterygium and associated other ocular conditions were excluded.

**Follow Up:**

- For subjective parameters including, redness, Foreign body sensation, watering- follow up was taken daily.
- For objective parameters including, -length and width of pterygium were measured BT i.e. on 0<sup>th</sup> day, 7<sup>th</sup> day, 14<sup>th</sup> day and AT i.e. on 22<sup>nd</sup> day
- For visual disturbances and amount of astigmatism was assessed BT i.e. on 0<sup>th</sup> day and AT i.e. on 22<sup>nd</sup> day
- In all above parameters results was assessed on the basis of data obtained at the end of therapy i.e. on 22<sup>nd</sup> day.

**Observation and Results-**

All the patients were studied on basis of factors like age, sex, habitat to observe any relationship between the factors and *Arma*.

- i. Age- out of 40 patients maximum 16 (40%) belongs to age group 40-45.
- ii. Sex- out of 40 patients 26 (65%) females were affected from *Arma* (pterygium).
- iii. Habitat- maximum 23(57.5%) patients were of urban area.
- iv. Occupation- as far as occupation is concerned maximum belongs to outdoor work category 20(50%).
- v. According to site of *Arma*- in maximum no. of patients *arma* found unilaterally 31(97.5%).
- vi. According to site of *Arma*- in maximum no. of patients *arma* found nasally 39(77.5%)
- vii. According to type of *Arma*- in this study maximum no. of patients were of *prastariarma* 23(57.5%)

• **Clinical Evaluation of Symptoms :**

- ✓ After the treatment of 21 days, 'redness' was relieved by 86% in Group A and 2.08% in Group B.
- ✓ Foreign body sensation was relieved by 51.51% in Group A and 2.77% in Group B.
- ✓ Watering was relieved by 58.62% in Group A & 3.12% in Group B.
- ✓ After the treatment of 21 days, there was no change in length width of *Arma*, visual disturbances and astigmatism caused by *Arma* in both groups.

**Discussion:**

Pterygium is very commonly observed condition in ophthalmic practice & is commonly found in hot, dusty and sandy weather. The hallmarks of pterygium formation are UV radiation exposure, altered tearfilm and inflammation. Now a day in modern science there is only surgical treatment and recurrence rate after excision is also more.

**Conclusion-**

It is concluded that '*Guduchyadirasakriya Anjana*' is not effective to reduce the length or size of *Arma* (pterygium).

But the drug is statistically highly significant to reduce redness, foreignbody sensation, watering which is occurred by pterygium, and it also, doesnot reduce width of *arma* (pterygium).

Scope of further study:

- To standardize the methodology for preparation of *Guduchyadi Rasakriya Anjan*.
- To evaluate the efficacy of '*Guduchyadi Rasakriya Anjan*' further study on large is required
- Proper measuring technique for length and width of pterygim which are slit lamp beam examination technique and anterior segment optical coherence tomography (OCT) are required.

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