

Vansamula Varti Anjan In Comparison With Ocupol-D Eye Ointment In Praklinnavartma W.S.R. To Blepharitis – A Clinical Study

1.Dr.Sharadchandra M. Kadam

Lecturer, ShalakyatantraDept.

Late Kedari Redekar Ayurveda Mahavidyalaya, Gadhinglaj, Dist.Kolhapu, Maharashtra, 416502

2.Dr.Pranoti K. Ghewade

Lecturer, Shalakyatantra Dept.

Abstract

Ayurveda is the most superior and divine science of life. It exists from creation and it is a gift to human being. According to Charaka Samhita, is the principle of ayurveda. It means improving the health and protection, curing the disease. Ayurveda is Upveda of atharveda. Ayurveda is further divided in to eight different branches called 'Ashtang Ayurveda'.

Acharya Shushruta mentioned twenty one VartmagatNetraroga. Praklinnavartma is one them. It is PakshmaVartma SandhigataNetraroga.

Keywords :Praklinnavartma, Klinnavartma etc.

Introduction

Acharya Shushruta mentioned twenty one Vartmagat Netraroga. Praklinnavartma is one them. It is PakshmaVartma Sandhigata Netraroga.

It explains the Sign and Symptoms of Praklinnavartma as Vartmashotha, Netrasrava, Kandu and Nistod.

While we see contemporary wonder of science, we should not forget the superiority of Ayurvedic science. Praklinnavartma is not disease but entity, so it is need of time to explain it and find safe and affordable medicine for it. As Sushruta says, VansamulaVarti Anjana is effective medicine of Praklinnavartma Netraroga. Present study is to find efficacy of Vansa Mula Varti Anjan in Praklinnavartma as a Medicine.

It is,

- Sthan - Vartmagata
- Dosh - Kaphaja
- Sadhyasadhatva - Sadhayavyadhi

According to modern science praklinnavartma can be correlated with blepharitis. It is common eye disease caused due to dust, smoke or due to poor hygiene or bacterial infection to eyelid margin.

Though blepharitis can be recover with or without treatment 10-15 days. Our Acharya explain 'Praklinnavartma' as a separate VartmagataVyadhi with in specific Lakshna and specific Chikitsa in various form of Yoga such as Anjan.

So, the present study is planned to throw light on the efficacy of vansamulavartianjan in praklinnavartma with special reference to 'Blepharitis'.

Aims And Objectives :

1. To study the efficacy of VansamulaVartiAnjan in Praklinnavartmaw.s.r. to Blepharitis.
2. To study the "Praklinnavartma" as per Ayurvedic literature.
3. Detailed study of 'Blepharitis'.

Materials And Methods :

The patients of PraklinnavartmaVyadhi attending the OPD and IPD Shalakyatantra of our college and hospital were selected for this study irrespective of their Sex, Caste and Socio-economical status. The patient were examined in detail as per special proforma which includes both Ayurvedic and modern methods of examining the patients prepared for this purpose. They were further subjected to following criteria of inclusion and exclusion for the final diagnosis.

• Inclusion Criteria :

1. Patient having Lakshana of 'Praklinnavartma Vyadhi' (Vartmashota, Natrastrava, Kandu,Nistod)
2. Patient of the age group between 16 years to 60 years

- **Exclusion Criteria :**

1. Patient with other ocular disease like sty, chalazion, trachoma, conjunctivitis.
2. Patient having any systemic disorder like diabetes.
3. Recently eye operated patients.
4. Post – Surgical cases.

- **Method Followed In Group A -**

30 patients will be treated with 'VansamulaVarti' Anjan in evening for 15 days.

- **Method Followed In Group B**

30 patients will be treated with 'Ocupol-D' eye ointment in evening for 15 days.

Observations And Results :

Sixty patients were selected and divided into two groups (Group A, Group B) containing 60 patients each. Group A was treated with 'VansamulaVarti' Anjan', Group B with 'Ocupol-D' eye ointment. Subjective and objective changes were considered for the assessment of the efficacy of the research work.

Data were collected as follows:

1. Demographic data
2. Data related to the disease

Data related to the response of assessment.

Discussion :

Praklinnavartma is very common in people who are having poor hygiene of eyes, low Socio-Economical Status, males and farmers due to their outdoor work and exposure to dust.

Conclusion :

The classical sign and symptoms of Praklinnavartma matches with Blepharitis.

VansamulaVartiAnjan is very effective remedy for management of Praklinnavartma but in my clinical study VansamulaVarti is less effective than that of Ocupol-D Eye Ointment in Control Group. No major adverse side effect was encountered during treatment period.

Summary:

In the present study, total 60 patients are selected and distributed in two groups. Group of patients from receiving VansamulaVartiAnjan is labeled Group A. Patients receiving Ocupol-D ointments are labeled as Group B. The treatment was

accessed with observation and results for period of 15 days depending upon the signs and symptoms.

It is found that, the patients from both group got received/cured from their symptoms viz. itching, pain, swelling at lid margins within prescribed period of treatment.

When both groups were compared after completing the treatment, patients Group B shows overall good response than Group A.

Bibliography:

1. Dr. Anantram Sharma : Shushrut Samhita, Vartmagata Rogvidyananiyaadhaya. Choukhamba Prakashan : Vol. III : Reprint 2012 : Page No. 3/21.
2. Dr. Anantram Sharma : Shushrut Samhita, Ananagata Badha Pratished, Chikitsa Sthana. Choukhamba Prakashan : Vol. II : Reprint 2012 : Page No. 24/356.
3. Acharya Priyavarta V. Sharma : Sushruta Samhita (DalhanTika), Vartmagata Rogavidyaniyam. Choukhamba Orientalia, Varanasi : Vol-II : Reprint 2009 : Page No. 599/7.
4. Acharya Priyavarta Sharma : Dravyaguna Vidyana. Choukhamba Bharati Akadami, Varanasi : Vol-II : Reprint 2001 : Page No. 612.
5. Prof. A. P. Deshpande, Prof. R. R. Javalekar, Prof. Subhash Ranade : Dravyaguna Vidnyana. Anmol Prakashan, Pune : Reprint 2002 : Page No. 1007.