

The Efficacy Of Elaadi Bidalak In Abhishyand

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Abstract

In this study Elaadi Bidalak was used in the treatment of abhishyanda in 40 patients. Symptoms such as Daha, Upadeh, Rag, Ashru and Shoph were graded according to point scale. The observations were recorded and sample Paired T test was applied. After statistical analysis results were noted. It proves the efficacy of Elaadi Bidalak in abhishyanda. A randomized, controlled, double blind, active (topical antibiotics) control study can be planned to observe the effect of Elaadi Bidlak in large sample size. Also a detailed study can be planned to find out mechanism of action of Elaadi Bidalak.

This study provides the evidence of potential efficacy and safety of Elaadi Bidalak in the treatment of abhishyanda. Elaadi Bidalak was well tolerated by all the patients indicating its safety. The procedure of making Elaadi Bidalak is very easy and can be adopted at any place.

Keywords : Elaadi Bidalak, Abhishyanda.

Introduction

Abhishyanda is a sarvagata disease, which occupies all patal, mandal, sandhis. Generally all diseases of eye commence with Abhishyanda as their chief cause, hence abhishyanda should be treated at its onset quickly.

For the treatment of abhishyanda there is description of kriyakalpas in Ayurvedic samhitas. Apart from all kriyakalpas, Bidalak plays an important role in modality of treatment of Abhishyanda.

Bidalak, which is local lepa of Medicine over closed eye excluding Pakshma, is the primary and basic line of treatment for eye diseases. Due to Bidalak symptoms like pricking, burning, redness, discharge get relief.

Aacharya Vagbhata has explained Elaadi Bidalak prepared from Patra, Ela, Maricha, Swarna gairik, Rasanjan, Yashti, Tagar, Chandan, Saindhav is used in abhishyanda. To see the effect of this Bidalaka it is essential to run clinical trial in the netrabhishyand. As per above discussion, I chose this subject for my dissertation.

Aims And Objectives :

Aims:

- To study the efficacy of Tamalpatra, Ela, Marich, Tagar, Swarnagairik, Rasanjan,

Yashtimadhu, Chandan, Saindhav Bidalak in patients of netrabhishyand.

Objectives:

- To study the netrabhishyand in detail, which is given in Samhitas.
- To study the ' Tamalpatra, Ela, Marich, Tagar, Swarnagairik, Rasanjan, Yashtimadhu, Chandan, Saindhav ' in detail and characteristics of the contents, individually.
- To study Bidalak kriyakalpa.

Materials And Methods :

Ingredients of Elaadi Bidalak :

- Patra / tamalpatra
- Ela
- Marich
- Swarnagairik
- Rasanjan
- Yashti
- Tagar
- Chandan
- Saindhav
- Water

Elaadi Bidalak is prepared as per Sharangdhar Samhita Uttarkhanda Thirteen chapter.

Materials

Weighing Machine, Dish

Inclusion Criteria

- 1) Patients having *netrabhishyand* were randomly selected.
- 2) Selection was irrespective of sex, religion and socio-economical class.
- 3) Patients of either sex within the age group of 18 – 70 years.

Exclusion Criteria

- 1) Patient's having complications due to *Netrabhishyand* were not selected .
- 2) Patient's up to 17 yrs and above 70 yrs of age were not selected.
- 3) Known case of any systemic diseases

Dose And Duration

Dose and time of administration of drug accordingly *samhita*.

Thickness- ¼ th angul

Kaal - Madhyaanhkala.

Duration : Daily for 7 days.

Follow Up : Follow up was taken on 0, 3rd, 5th, 7th, 15th, 1month and observation were recorded in a tabular form.

Number Of Patients : 40 adults of either sex.

• **Statistical Analysis –**

Daha (Burning Sensation)

GRA DES	No of Patients (Days)						No Of Patients (%)					
	0	3	5	7	1	3	0	3	5	7	15	3
Grad e 3	6	2	0	0	0	0	15	5	0	0	0	0
Grad e 2	3	2	8	3	0	0	82	5	2	7.	0	0
Grad e 1	1	1	3	3	1	1	2.	4	8	75	37	3
Grad e 0	0	0	0	7	2	2	0	0	0	17	62	7
					5	8				.5	.5	0

Upadeha (Discharge)

GRA DES	No of Patients (Days)						No Of Patients (%)					
	0	3	5	7	1	3	0	3	5	7	15	3
Grad e 3	2	1	0	0	0	0	5	2.	0	0	0	0
Grad e 2	3	1	4	2	0	0	8	3	10	5	0	0

Grad e 1	3	2	3	3	2	2	7.	5	82	77	67	5
									.5	.5	.5	5
Grad e 0	3	3	3	7	1	1	7.	7.	7.	17	22	4
									.5	.5	.5	5

Rag (Redness)

GRA DES	No of Patients (Days)						No Of Patients (%)					
	0	3	5	7	1	3	0	3	5	7	15	3
Grad e 3	2	1	0	0	0	0	5	2.	0	0	0	0
									5			
Grad e 2	3	1	6	1	0	0	8	30	1	2.	0	0
									0	5	5	
Grad e 1	6	2	3	2	2	2	1	68	8	70	62	6
									.5	5	.5	0
Grad e 0	0	0	0	1	1	1	0	0	0	27	38	4
										.5	.5	0

Ashru (Lacrimation)

GRA DES	No of Patients (Days)						No Of Patients (%)					
	0	3	5	7	1	3	0	3	5	7	1	3
Grade 3	6	2	0	0	0	0	15	5	0	0	0	0
Grade 2	3	2	8	3	0	0	82	5	2	7.	0	0
									.5	0	0	5
Grade 1	1	1	3	2	1	1	2.	4	8	72	3	2
									5	0	.5	0
Grade 0	0	0	0	8	2	3	0	0	0	20	7	8
											0	5

Shopha (Inflammation)

GRA DES	No of Patients (Days)						No Of Patients (%)					
	0	1	3	5	1	3	0	1	3	5	15	3
Grad e 3	1	1	0	0	0	0	2.	2.	0	0	0	0
									5	5		
Grad e 2	3	1	4	2	0	0	8	32	10	5	0	0
									0	.5		
Grad e 1	3	2	3	3	2	1	7.	57	82	77	67	4
									.5	.5	.5	5
Grad e 0	4	3	3	7	1	2	1	7.	7.	17	32	5
										.5	.5	5

% Efficacy of Elaadi Bidalak Treatment

% Efficac y	Burning Sensation	Disc harg e	Red ness	Lacrim ination	Inflam mation
After 1 day	-	-	-	-	24.00

After 3 days	24.88	27.32	28.95	24.88	41.14
After 5 days	43.66	43.72	39.47	43.66	49.71
After 7 days	57.75	51.91	60.53	58.68	55.38
After 15 days	82.16	62.84	66.84	85.91	61.14
After 30 days	85.91	69.94	68.42	88.26	74.28

Paired Samples Test									
		Paired Differences					t	Df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Burning Sensation - Burning Sensation Final	1.82	.501	.079	1.66	1.98	23.05	3.09	.000
Pair 2	Discharge - Discharge Final	1.27	.679	.107	1.05	1.49	11.87	3.09	.000
Pair 3	Redness - Redness Final	1.30	.687	.109	1.08	1.52	11.97	3.09	.000
Pair 4	Lacrimination - Lacrimination Final	1.77	.463	.073	1.72	2.02	25.59	3.09	.000
Pair 5	Inflammation - Inflammation Final	1.30	.687	.109	1.08	1.52	11.97	3.09	.000

Statistics Tables

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Burning Sensation	2.12	40	.404	.064
	Burning Sensation Final	.30	40	.464	.073
Pair 2	Discharge	1.82	40	.636	.101
	Discharge Final	.55	40	.504	.080
Pair 3	Redness	1.90	40	.441	.070
	Redness Final	.60	40	.496	.078
Pair 4	Lacrimination	2.12	40	.404	.064
	Lacrimination Final	.25	40	.439	.069
Pair 5	Inflammation	1.75	40	.670	.106
	Inflammation Final	.45	40	.504	.080

Paired Samples Correlations				
		N	Correlation	Sig.
Pair 1	Burning Sensation & Burning Sensation Final	40	.342	.031
Pair 2	Discharge & Discharge Final	40	.308	.053
Pair 3	Redness & Redness Final	40	-.070	.667
Pair 4	Lacrimination & Lacrimination Final	40	.398	.011
Pair 5	Inflammation & Inflammation Final	40	.342	.031

Discussion:

Charkacharya and *Sushruta* have introduced eight specialty of *Ayurveda* (*Ashtanga Ayurveda*) and explained the details of therapeutics accordingly. *Charakacharya* has allocated first priority to *Kayachikitsa* while *Sushrutacharya* described *Shalya* and *Shalakya* as the first two specialties of *Ashtanga Ayurveda*.

Ayurvedic texts have mentioned eye diseases and their treatment. *Acharya Sushrut* has explained 76 eye diseases in *Uttartantra* of *Sushrut Samhita* with different *Kriyakalpas* and Surgical techniques.

Abhishyand is a disease which belongs to *SarvagataNetraRoga* and is described by the *Acharyas* in classical ayurvedic texts.

Modern Medicine has limitation in their treatment criteria such as side effect and cost

effectiveness. Many *Acharyas* have explained *Kriyakalpas* which can be an alternative modality in treatment criteria for *Netra Abhishyand*.

Samprapti vighatana by Elaadi Biddalak in abhishyanda

- The drugs in Elaadi Bidalak mentioned in Vagbhata are having properties like ruksha and laghu guna which help in shoshan karma of Ashru.
- The samprapti is mainly rakta dhatu janya, sheeta veerya helps in shaman of pitta and rakta hence subsides Raag and Daha.
- The kashaya rasa helps in the absorption of vitiated ashru and helps to reduce Updeha lakshan. As Ashru & Upadeha lakshana reduces that subsides drushtimandya lakshan which ultimately improves visual activity.
- All the dravyas are having chakshushya property which is explained by bhavprakash. These dravyas are safe for ophthalmic treatment hence Elaadi Bidalak helps to reduce abhishyanda lakshana and hence prevents further progress of disease.

Discussion On Mode Of Action

Bidalak is applied in opposite direction of loma (hair follicle). Potent part (Virya) of drugs used in lepa reaches to target organ and do their work with the help of sweda vahini (sweat glands) and siramukh (capillaries), with this action desire goal is achieved.

Conclusion:

- This study provides the evidence of potential efficacy and safety of Elaadi Bidalak in the treatment of abhishyanda.
- Elaadi Bidalak was well tolerated by all the patients indicating its safety.
- The procedure of making Elaadi Bidalak is very easy and can be adopted at any place.
- Elaadi Bidalak is effective alternate medication for the resistant antibiotic eye drops.
- It is very cost effective as compared with topical antibiotic eye drops.

Summary:

One of the most frequently encountered ocular disorders in primary care is conjunctivitis. Acute conjunctivitis accounts for up to 1% of General Practitioners consultations, half of these occur in children. (Lancet 2005; 366:37-43). 95% of General Practitioners usually prescribe topical antibiotics, of those, 80% give chloramphenicol and 13% give fusidic acid. (Family Practice 2002; 19:658-60) along with steroids. In India, conjunctivitis prevails dominantly in rural areas and is highly contagious, where people do not have easy access to medical care. Looking at unavailability of easy access to the treatment and if available, small benefits of antibiotics in terms of early resolution of symptoms of *Abhishyanda*, we decided to study effect of *Elaadi Bidalak*, a classical formulation described by *Acharya Vagbhata* in cases of *Netrabhishyand*.

In this study Elaadi Bidalak was used in the treatment of abhishyanda in 40 patients. Symptoms such as Daha, Upadeh, Rag, Ashru and Shoph were graded according to point scale.

The observations were recorded and sample Paired T test was applied. After statistical analysis results were noted. It proves the efficacy of Elaadi Bidalak in abhishyanda.

None of the patient experienced any adverse effect of drug during the study period. Also the drug was well tolerated by the patients. This shows excellent tolerability of this drugs.

A randomized, controlled, double blind, active (topical antibiotics) control study can be planned to observe the effect of *Elaadi Bidalak* in large sample size. Also a detailed study can be planned to find out mechanism of action of *Elaadi Bidalak*.

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