

**Study of efficacy of Triphala ghrita in Vataj Netraabhishyanda W.S.R.T. Conjunctivitis****Dr. Chandrashekhar N. Mule**

P.G. Guide

Dept. Of Shalakyatantra,

Y.A.C. Ayurved Medical college, Kodoli

**Dr. Ashwini S. Mohite**

P.G. Scholar (Shalakyatantra)

Y.A.C. Ayurved Medical college, Kodoli

**Abstract:**

*Ayurveda is a branch of science which deals with health and diseases of the body. Ayurveda is divided into eight parts and Shalakyatantra is one of them. It deals with the health condition and diseases in head and neck region. Eye is the most useful and sensitive part of our body. The life will be colourless without sight. So we have to take care of these precious eyes. They are at continuous risk of danger by vitiation of doshas. Acharya Sushruta has mentioned Triphala ghrita as a remedy for Vataj netra abhishyanda. It can be correlated with Conjunctivitis according to modern science. Vataj Netraabhishyanda shows symptoms like pain in eyes, discharge through eyes, photophobia and redness of eyes. All these symptoms were relieved by use of Triphala ghrita in internal use as well as on external use by Aschotana.*

**Keywords:** Ayurveda, Netraabhishyanda, Conjunctivitis, Triphala

**Introduction:**

**A**yurveda is the ancient science which deals with maintaining health of the person and treating illness of diseased person. <sup>1</sup> Person is said to be healthy only when he is free from any pain. The pain is of two types, namely physical and psychological. Our Ayurveda has been divided into eight branches which is called as *Ashtang Ayurveda* and *shalakya* is one of them. <sup>2</sup> Shalakyatantra is a branch of Ayurved which deals with health and disease of head and neck region.

Eye is the most important sense organ which has peculiar functions in everyone's life. Acharya Vagbhata has said that all efforts should be made to protect eyes during whole life. For any blind man, the day and night will be same. World will be useless for him without eyes though he has more wealth. <sup>3</sup> There is vast comprehensive description of eye related diseases and their treatment available in our classical Ayurveda literature. It has described that Vitiated doshas propagate through sira towards head region, enters the eye and produces ocular diseases. Ocular diseases are classified into various categories based on dosha predominance, location, prognosis and surgical methods for cure.

Netra abhishyanda is a disease mentioned in Sushrut Samhita. It is caused due to vitiation of

doshas and its accumulation in eyes. It can be related to Conjunctivitis according to modern science. There is severe pain in eyes due to Vata dosha vitiation. It also has redness in eyes, photophobia and watery Discharge through eyes. <sup>4</sup> Systemic and topical measures are best remedy for the management of Netra rogas. Topical measures includes operative procedures and kriyakalpa like tarpan and seka with siddha ghrita. Siddha ghrita i.e. medicated ghee is widely drug of choice for netra rogas. Acharya Sushruta has mentioned Triphala ghrita as a remedy for Netra abhishyanda in 'Vata abhishyandi pratisheha' adhyaya. <sup>5</sup> So this study is an attempt to study the effect of Triphala ghrita in Vataj netra abhishyanda with special reference to Conjunctivitis.

**Aim:**

To evaluate the effect of Triphala ghrita in Vataj netra abhishyanda.

**Objective:**

1. To evaluate the effect of Triphala ghrita in Vataj netra abhishyanda.
2. To observe any side effects of Triphaladi ghrita.
3. Detail study of Vataj Netra abhishyanda according to Ayurveda.

**Material and Methods :**

**Selection criteria:**

**Inclusion criteria:**

1. Patients between age group of 20 to 65 years were selected.
2. Patients with vataj netra abhishyanda were selected.
3. Patients will be selected irrespective of sex, marital status, religion, education and economical status.
4. Patients willing for trial.
5. Patients of Vataj Netra abhishyanda having following symptoms-
  - Pain in eye
  - Redness in eye
  - Photophobia
  - Discharge from eyes

**Exclusion criteria:**

1. Patients having serious congenital anomalies.
2. Patients of conjunctivitis suffering from serious systemic illness.

**Preparation of drug:**

**Triphala Ghrita:** <sup>6</sup>

1. Kalka of Triphala (which contains equal amount of Amalaki, Bibhitaki and Haritaki) – 1 part
2. Ghrita – 4 parts
3. Drava dravya – 16 parts

**Method of preparation –**

Triphala ghrita is prepared as per mentioned in *Sharangadhar Samhita* as follows <sup>15</sup>

*Amalaki, Bibhitaki* and *Haritaki* each raw drugs were taken clean and dried. Proper authentication and Standardization is done. Each raw drug was made separately with the help of mixer grinder in yavakuta form and stored in polythene pouch to protect from moisture. Kalka was made of all these drugs. 1 part of kalka, 4 parts of ghrita and Dravya Dravya means water is taken in 16 parts and boiled together for certain duration till the evaporation of water and appearance of ghrita siddhi lakshanas.

The properties of each drug is as follows: <sup>7,8</sup>

Drav ya	Latin name	Rasa	Vee rya	Vipa ka	Gun a	Karma
<i>Amalaki</i>	Emblisca officin	Mad hur, Amla	She eta	Mad hur	Lag hu, ruks	Rasayana, tridoshag

	alis	, Katu , tikta, kash aya			ha	hna
<b>Bibhitaki</b>	Terminalia bellerica	Kashaya	Ushna	Madhur	Laghu, ruks ha	Rasayana, tridoshag hana, anulomana
<b>Haritaki</b>	Terminalia chebulica	Madhur, katu, amla, katu, kashaya	Ushna	Katu	Laghu, ruks ha	Rasayana, Tridoshaghna
<b>Goghrita</b>	-	Madhur	Sheeta	Madhur	Guru, snigdha	Vatapittakapha vinashaka

**Investigations:**

All routine investigations of blood and urine were done for all the cases. Along with this, few specific investigations were also performed.

- A. Blood examinations  
CBC with ESR  
BSL (R)
- B. Urine examination : routine and Microscopic
- C. Some specific Investigations  
IgG for tuberculosis  
Montoux test  
Biopsy for fistulous tract on suspected case of tubercular fistula.  
HIV for AIDS
- D. Radiological investigations  
X ray chest PA view

**Methods:**

Total 10 patients were selected and treated.

**Treatment:**

Triphala ghrita – 1 tsp after meal twice in day

Triphala ghrita – 2 drops ashotana two times a day

**Duration –15 days**

Follow up – after 15 days

**Statistical Analysis:**

By Paired ‘t’ test.

**Assessment Criteria :**

**1) Discharge**

No discharge	<b>0</b>
Very negligible pus discharge	1
Scanty discharge	2
Profuse discharge	3

**2) Pain**

No pain	<b>0</b>
Mild pain	1
Moderate pain	2
Severe pain	3

**3) Photophobia**

No photophobia	<b>0</b>
During exposure to light	1
Intermittent photophobia	2
Continuous photophobia	3

**4) Redness of eye**

No redness	<b>0</b>
Occasional redness	1
Redness on exposure to light	2
Continuous redness	3

**Observation and Results:**

The response of treatment was observed and recorded on a case paper and data collection by clinical study.

Sr. No.	Assessment criteria	Discharge	Pain	Photophobia	Redness
1.	Case 1	BT	2	2	2
		AT	0	0	1
2.	Case 2	BT	2	3	2
		AT	1	2	1
3.	Case 3	BT	2	1	0
		AT	1	0	0
4.	Case 4	BT	0	1	2
		AT	0	0	1
5.	Case 5	BT	1	1	2
		AT	0	1	1
6.	Case 6	BT	0	2	3
		AT	0	0	1

7.	Case 7	BT	2	3	2	1
		AT	0	1	1	0
8.	Case 8	BT	2	2	3	3
		AT	1	1	2	1
9.	Case 9	BT	3	2	2	2
		AT	1	1	1	1
10.	Case 10	BT	0	2	0	2
		AT	0	0	0	0

(BT- Before Treatment, AT- After Treatment)

**Results:**

Effect of *Triphaladi ghrita* on cardinal symptoms of Vataj Netra abhishyanda is as follows

Cardinal Symptoms	N	Mean BT	Mean AT	S.D.	S.E.	't'	P value	Result
Discharge	10	1.4	0.4	0.67	0.211	4.7393	P<0.001	H.S.
Pain	10	1.9	0.6	0.455	0.143	9.09	P<0.001	H.S.
Photophobia	10	1.8	0.9	0.322	0.101	8.91	P<0.001	H.S.
Redness in eye	10	1.8	0.5	0.455	0.143	9.09	P<0.001	H.S.

(BT- Before treatment, AT- After treatment, S.D- Standard Deviation, S.E.- Standard Error of mean)

**Discussion on *Triphala ghrita*:**

After seeing all the contents of *Triphaladi kwath*, they have properties like *Tiksha* and *kashaya rasa*, *sheeta veerya*, *Katu vipaka* and *laghu & ruksha guna*. So the properties of *Triphaladi ghrita* can be taken as

*Rasa- Tikta , kashaya Veerya- sheeta, Vipaka- Katu, Guna- laghu, ruksha*

By viewing above properties, it is clear that all these drugs are very effective to break the pathogenesis of three doshas. It is very useful in diseases like Daha, Vatarakta , Raktapitta etc. Goghrita is said to be best in all sneha Dravya. It acquire the properties of Dravya in which it is prepared without losing own property. It is very useful in eye diseases. Ghee being a very good



rejuvenator and moistening agent, is very soothing for eyes. It also relieves eye irritation.

*Triphala ghrita* is highly significant in Vataj Netra abhishyanda at p value 0.001. The statistical analysis is done by paired 't' test.

**Conclusion:**

Vataj Netraabhishyanda is commonly occurring disease. It shows pain, redness and discharge in eyes and photophobia. Triphala ghrita is remedy mentioned in Sushrut Samhita in Vataj Netra abhishyanda Pratishedha adhyaya in Uttar tantra. The Triphala has the property to mitigate all the three Vitiated doshas. Goghrita is best in all sneha Dravya and it reduces the increased Vitiated Vat dosha. Goghrita is best rejuvenator.

*Triphaladi ghrita* shows highly significant effect on Vataj Netra abhishyanda. There is considerable decrease in mean value between before Treatment and after Treatment. It is highly significant at p value 0.001.

**Bibliography:**

- 1) Dr. Kaviraj Atridev Gupta , Ashtang Hrudayam Sutrasthan by Chaukhambha Prakashan, Varanasi, 2016 edition, Adhyaya 1, shlok no. 5.
- 2) Trikamaji J. Sushrut Samhita of Sutrasthana with Nibandhsangraha commentary of Shri Dalhanacharya, Chaukhambha Sanskrit

Prakashan , Varanasi ,1994 edition, Sutrasthana, shlok no. 8.

- 3) 'Review of Siddha ghrita in the management of Netra rogas' by Vd. Gayatri Kashikar and Vd. Indira Ujagare, Rashtriya Shikshan Mandal's Ayurvedya Magazine, Issue no. 8, January 2020, ISSN- 0378-6463, page no. 25.
- 4) Kaviraj Dr. Ambikadutt Shastri, Sushrut Samhita, Choukhambha Sanskrit Sansthan, Varanasi, reprint edition 2012, Volume 2, page no. 34.
- 5) Kaviraj Dr. Ambikadutt Shastri, Sushrut Samhita, Choukhambha Sanskrit Sansthan, Varanasi, reprint edition 2012, Volume 2, page no.52.
- 6) Shailaja Srivastava, Sharangadhar Samhita with Jiwanprada Hindi commentary Madhyam Khand 9/12-13,Chaukhambha Orientalia Publication Varanasi.
- 7) Dravyaguna vigyan (2nd Volume), Chaukhambha Bharati Academy, Varanasi, Priyavat Sharma, 4th edition, P:753.
- 8) Dravyaguna vigyan (2nd Volume), Chaukhambha Bharati Academy, Varanasi, Priyavat Sharma, 4th edition, P:931.

ISSN 2349-638X

www.aiirjournal.com