

Effect Of Thilvaka Ghrita Paana In The Management Of Shukthika W. S. R. To Bitot's Spots

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Abstract

It was a single blind open trial where 40 patients were selected. Thilvaka Ghrita was treated with internal administration in madyama mathra after considering the age, agni, koshta etc. of the patients, once before meals when the patient is hungry for a period of 30 days.

The subjective parameters were pain in eyes, burning sensation in eyes, thirst, diarrhea and fever. The objective parameters were size of the Patch and number of a patches. They were suitably graded to assess the results based on the clinical observations. Statistical tests were applied to analyse the results. It was observed that Thilvaka Ghrita is very effective in treating Shukthika.

KEY WORDS :Shukthika, Bitot's spots, Thilvaka Ghrita.

Introduction

Thilvaka Ghrita is mentioned in Charaka Samhitha in the management of Shukthika. Hence an attempt will be made with such a set of simple and effective measures picked up from Ayurvedic treatise i.e. internal administration of Thilvaka Ghrita in Shukthika and an assessment will be made as regard to the efficacy of Thilvaka Ghrita in treating Shukthika in this present study.

Based on a deficient serum retina there are more than 125 million preschool age children with Vitamin A deficiency among whom close to 4 million have an ocular manifestation of some kind, termed broadly as Xerophthalmia. Bitot's spots are clear indicators of Vitamin A deficiency, which can be screened even prior to other complicated and costly blood investigations. Hence diagnosing them early and giving proper treatment is important to prevent further complications like Keratomalacia and structural damages like Xerophthalmic fundus etc. Management as per modern medical science includes oral and intramuscular supplementation of Vitamin A.

Bitot's spot consists of heaping of desquamated, keratinized epithelial cells which form a slightly raised area on the conjunctiva in the inter palpebral area.

In children being treated for Vitamin A deficiency according to the protocols, transient bulging of fontanels occurs in 2% of infants and transient

nausea, vomiting and head ache occur in 5% of preschoolers. Acute toxicity of Vitamin A can result in increased intracranial pressure, vertigo, diplopia, bulging fontanels in children, seizures and exfoliative dermatitis, it may result in death.

Bitot's spots are best correlated with Shukthika as per Ayurveda as per Ayurvedic reference. Bindu which are multiple, resemble muscles or Sukthi (oyster shell) developing on the sclera. There are various non-invasive as well as safe treatment modalities told in Ayurvedic classics for the treatment of Shukthika. These can be done on O.P.D. level and as well as by the patient himself and are cheap and convenient.

Aims And Objectives :

- To evaluate the efficacy of Thilvaka Ghrita in the management of Shukthika.

Materials And Methods :

Methodology

Shukthika is a disease of Netra comes under the classification or Shukla Gata Rosa according to Sushruta Samhita. Shukthika is best co-related to Bitot's Spots.

The symptoms are —

a. Raised, silvery white, foamy, triangular patch of keratinized epithelium, situated on the bulbar conjunctiva in the inter-palpebral areas.

b. Multiple spots/dots resembling oyster shell (Shukthi) on sclera.

- c. Burning sensation in eyes.
- d. Pain in eye.
- e. Diarrhoea
- f. Thirst
- g. Fever

Thilvaka ghrita is mentioned in Charaka Samhita in the management of Shukthika. Hence internal administration of Thilvaka ghrita was selected for this study.

Method of collection of data

A. Drug

Method of Preparation of Triphala ghrita Thilvaka ghrita was prepared in the Baishajya Kalpitna Department of Late Kedari Redekar Ayurveda Medical College, Gadhinglaj as per classics.

Inclusion Criteria -

- Patients irrespective of age, sex, socioeconomic status and religion will be included for the study.
- Patients with clinical features of Shukthika will be taken for the study after proper screening.

Exclusion Criteria -

- Patients who are on supplementation with Vitamin A.
- Patients having any inflammatory disease of the eye.
- Patients suffering from chronic debilitating systemic diseases.
- Patients with a history of previous intestinal surgery.

Dose – Dose was fixed individually after considering the Age, Koshta, Agni etc. of the patient.

Follow up : The patients will be followed up at regular intervals of 1 month after stopping the treatment of a period of two months.

Observations And Results :

40 patients of Shukthika were treated by Thilvaka Ghrita. The effects are being described under the respective headings.

Effects of Thilvaka Ghrita on Shukthika –

Group 1 (Triphala Ghrita)	Mean Score		% of reduction in mean score	SD of Mean ()	SE of Mean ()	't' Value	P Value
	BT	AT					
Pain in Eyes	0.90	0.65	29.77	0.17	0.03	8.3	< 0.001
Burning sensation	1.1	0.65	41.90	0.31	0.07	6.42	< 0.001

Diarrhoea		0.6	41.00	0.28	0.06	6.66	< 0.001
Thirst	1.25	0.85	35.0	0.28	0.06	6.66	< 0.001
Fever	1.15	0.70	40.15	0.31	0.07	6.42	< 0.001
Size of Patch	2.3	1.55	31.60	0.53	0.12	6.25	< 0.001
No. of Patches	1	1	0	0	0	0	> 0.1

Discussion :

Discussion On Review Of Literature

Susruta has explained 72 types of Netra rogas and shukthika is one among them. The features of Shukthika can be correlated to Bitot's spots because the main symptom is spots that resemble muscle or Sukti (oyster shell). developing on the sclera. Bitot's spots are clear indicators of Vitamin A deficiency and if left untreated accounts to major ophthalmic complications like Keratomalacia, and structural damages like Xerophthalmic fundus etc.

According to our classics, pitta dosha is responsible for shukthika. Due to ahara and vihara the pitta dosha undergoes chaya followed by prakopa and stanasamsraya in the eyes to manifest the disease.

This study was designed to assess the efficacy of Thilvaka Ghrita Paana in Shukthika.

Discussion On Observations

✓ Age

In this study 81% of the cases were below 30. As vitamin A deficiency is more prevalent in pre-school age children and women of reproductive age, this would have lead to more incidence of Bitot's spots in this age group.

✓ Sex

It was observed that number of female patients (53.5%) having Bitot's spots were more than male patients (46.5). It may be because women of reproductive age and during pregnancy are at higher risk of vitamin A deficiency.

✓ Religion

Religion wise distribution of patients showed that majority of patients (75.5%) were Hindus. This

might be because Hindus outnumber other communities in the general population. Hence it don't have any research significance

✓ Occupation

Agriculturists were more affected. Poor nutrition, lack of education on balanced diet might be the possible reason.

✓ Education

Illiterates (65%) were more affected than literate (35%) patients. This might be due to lack of knowledge on balanced diet to them.

✓ Marital status

Almost 72% of the cases in the present study were unmarried. This may be because children in preschool age and young women in their reproductive age were more prone to vitamin A deficiency.

✓ Place

Patients living in rural area (79.5%) were more affected than patients from urban area (20.5%). This might be due to lack of education on nutrition and poor living standards as well as poverty.

✓ Socio-economic status

Socio economic wise distribution of patients in the study showed that Bitot's spots were more prevalent in lower class (50%) than middle class (38%) and upper class (12%). This might be due to poor living standards, poor nutrition, lack of health education, lack of timely treatment in lower class.

✓ Prakruthi

Prakruti wise distribution showed that maximum number of patients in the study were of pitta predominant prakruti (49.5%) followed by kapha predominant prakruti and vita predominant prakruti. This may be since it is easy for pitta predominant person to cause prakopa of pitta and result in a paitika vyadhi as shukthika is apaitika vyadhi.

✓ Ahara

Dietary wise distribution in the patients of shukthika showed that 70% of the patients have vegetarian diet and 30% patients have mixed diet. This don't have any research significance as the population was mostly vegetarians.

✓ Agni

Agni wise distribution showed that 65% of the patients were having vishamagni and 35 percent were having mandagni. More importantly none of the

patients were having samagni. This indicates the importance of role of agni in shukthika. If the agni is improper even the balanced food we take don't get digested and end up in nutritional deficiency diseases like Bitot's spots.

✓ Malapravritti

Based on malapravritti the distribution showed that 79% of the cases were having loose motion and only 21% were having regular bowels., this also shows the disturbed digestive sr stem in these patients.

✓ Vyasana

Addiction wise distribution showed that 72% of the cases were taking tea, 15.5% of cases taking alcohol, 16.5% smokers, 4% of cases chewing tobacco and 2.5% cases using pan masala.

✓ Visual Acuity

Basrd of Visual acuity, 89.5% of cases were having normal vision (6/6 -6/18) and 10.5% were having diminished vision (6/24 — 6/60). Diminished vision was more prevalent in higher age group and in might be because of normal ageing process and don't have any research significance.

✓ Affected eye

Based on the affected eye, 57.5% of the cases in the present study had the incidence in the right eye and 42.5% in the left eye.

Discussion On Clinical Features

The cardinal feature of shukthika, the Bitot's spots, was present in all patients. Pain in eyes was present in 29.77%. Diarrhoea was present in 41% of cases. 35.0% of cases were having increased thirst, Fever was present in 40.15% cases.

Response

- After treatment with internal administration of Thilvaka ghrita, pain in eyes reduced by 29.77% which is highly significant (p value — < 0.001), burning sensation reduced by 71.90% which is highly significant (p value — < 0.001), diarrhoea reduced by 41% which is highly significant (p value — < 0.001), thirst reduced by 35.0% which is highly significant (p value - < 0.001), fever reduced by 40.15% which is highly significant (p value - < 0.001), size of patch reduced by 31.60% which is highly significant (p value -< 0.001), number of patches was unchanged.

Discussion On Mode Of Action

As per Susruta samhita, the causative dosha in Shukthika is Pitta and hence treatment involves mitigating this pitta dosha. It is told in susruta samhita that the causative dosha should be eliminated from below (by purgation).

Thilvaka ghrita is having purgative properties. the medicine tried in the present research is ghrita, especially 'go ghrita' is pittahara and is considered best for the eyes.

Thilvaka Ghrita — The main ingredient in Thilvaka Ghrita is Lodhra which is having kapha-Pittahara property and is chakshushya and is widely indicated in various netrarogas. Gomutra is an ingredient in Thilvaka Ghrita which is easily digestible and act as a mild purgative. Gomutra also cleanses the srothas and kindles digestion. Amlakanjikam also acts on the digestive system and relieves constipation and brings the excreta downwards and is an appetizer. Saindhavam, another ingredient is an appetizer as well as promotes vision and do not cause burning sensation.

Medicine is in a lipid medium. The disease Bitot's spots is a Vitamin A deficiency disease and Vitamin A is a lipid soluble vitamin. It is almost impossible for any medicine to cross the blood-brain barrier unless it is alcohol or lipid to reach the conjunctiva where the disease is manifested.

Conclusion :

- Shukthika can be compared to Bitot's spots. Presence of raised silvery, white, foamy, triangular patch of keratinized epithelium situated on the bulbar conjunctiva in the inter-palpebral area is the chief complaint accompanied by pain in eyes, burning sensation in eyes, diarrhoea, thirst and fever.
- Most common etiology of Shukthika is improper ahara and vihara causing chaya followed by prakopa and stana samsraya of pitta dosha in the eye. Etiological factors concerned with Bitot's spots are Vitamin A deficiency.
- In the present study Shukthika was found to be more prevalent in pre-school age children, students, women in reproductive age and alcoholics.

- In general internal administration of Thilvaka ghrita was found to be more efficacious.
- Symptoms like pain in eyes, diarrhoea, thirst, fever responded more with internal administration on Thilvaka ghrita.
- Thilvaka ghrita Paana is cost effective, safe and easy procedure which can be done by the patient himself in their own homes.

Summary :

This clinical research work is entitled — Effect of Thilvaka Ghrita Paana in the management of Shukthika w.s.r. to Bitot's Spots.

Introduction, Review of literature, Methodology, Observation and Results, Discussion, Conclusion and lastly Summary.

The introductory part includes the need for the selection of the topic, therapy, drug of present study with its aims and objectives.

The review describes historical aspects of Shukthika, Anatomical and physiologic considerations of Netra as per Ayurveda, followed by Anatomy and physiology of eye. Next chapter deals with disease review of Shukthika and its management, its relation to Bitot's spots and its management in Contemporary Medicine. In next chapter, Santana Snehapana is explained. The drugs used for the preparation of Sneha have been explained in the Drug review.

The third part deals with Methodology, which was carried out on 40 patients in, Source of patients, materials, plan of study and criteria for inclusion, exclusion and assessment of results has been given.

Observations made and Results obtained from the study has been presented in table and chart forms. The signs and symptoms are analyzed statistically.

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