



ROLE OF YASHTIMADHVADI ANJAN IN SIMPLE ALLERGIC CONJUNCTIVITIS (VATAJA ABHISYANDA) A CASE STUDY

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INTRODUCTION

Allergic conjunctivitis is an inflammatory disorder that affects the eyes by presenting with redness, itching and watering eyes. It is caused because of the exposure to dust, pollen. Conjunctiva being the outermost protective, transparent layer of the eye is most susceptible to the allergens. It is the body's reaction towards the substances which are harmful for the body. This condition may or may not be associated with a runny nose. Allergic conjunctivitis alone has been estimated in 6-30% of the general population and in up to 30% in children alone or in association with allergic rhinitis. [1] Modern trend of management of such conditions advocates avoidance of the allergen and treatment with either topical or systemic steroids/decongestant drops/mast cell stabilizers along with antihistamine and anti-inflammatory agents. This management is not satisfactory and seems to be temporary and also has its own side/adverse effects. [2] Vataja abhishyanda having its lakshana as toda (Pricking pain), Sangharsha (foreign body sensation), Achhasruta (watery discharge), Alpa Shopha (mild chemosis), Vishushka Bhava (feeling of dryness) that is almost resonating the signs of allergic conjunctivitis. Therefore, the treatment modality of vataja abhishyanda in case of allergic conjunctivitis is more productive than the antihistamines, NSAIDs

CASE REPORT

A Female patient aged 66 years had a complaint of severe itching, frequent rubbing of eyes since past 5 days associated with watering and congestion in both eyes and on getting up in the morning, she noticed matting of eyelashes. She slowly developed photophobia due to which her everyday routine was interrupted. She had similar recurrent episodes since past 2 years, along with complaints like excessive sneezing and nasal blockage, aggravated by exposure to dust and smoke. She consulted various ophthalmologists but had found no satisfying result, for which the patient shifted this time towards ayurvedic treatment and visited our hospital.

CLINICAL FINDING**Eye examination (Visual Acuity Assessment)**

	Distant	Near
Right Eye	6/12	N/8
Left Eye	6/12	N/8

Slit Lamp Examination (Before Treatment)

Not effected Ocular Posture Orthophoric Normal position Normal Matting of Normal Normal Eye lids
 Difficulty in movement of lids Conjunctiva Congested Congested Sclera Normal Normal Cornea Clear
 Anterior Chamber Normal Depth Iris Normal pattern, brown Pupils Normal, Reactive, 3mm Normal,
 Reactive, 3mm Lens Pseudop

PARTS OF EYE	RIGHT	LEFT
Head Posture	Not effected	Not effected
Ocular Posture	Orthophoric	Orthophoric
Eye brows	Normal position	Normal position
Eye lashes	Matting of eyelashes	Matting of eyelashes
Eye lid margin	Normal	Normal
Eye lids	Difficulty in movement of lids	Difficulty in movement of lids
Cunjunctiva	Congested	Congested
Sclera	Normal	Normal
Cornea	Clear	Clear
Anterior Chamber	Normal Depth	Normal Depth
Iris	Normal pattern, brown	Normal pattern, brown
Pupil	NSRL	NSRL
Lens	Pseudophakia	Pseudophakia

INVESTIGATIONS

Complete blood count was done, where Hemoglobin, WBC, ESR were in normal range; Lymphocytes, Eosinophil count were higher than normal range but there was mild decrease in Neutrophil, Monocyte count. Absolute Eosinophil count was highly increased (800cells/mm). Lacrimal Sac patency test, Tear break up test (TBUT) and Schirmer's Test was also done and readings were noted down.

Timeline

Total Study Period- 1 month

Treatment period-7 days

Follow up- 15th and 30th day

DISCUSSION

As a preventive aspect Sushruta Acharya says Nidanaparivarjana, to break up the entry of causative factors and prevent the disease, so we advised her to avoid exposure to cold and smoke, intake of cold water that in turn vitiates the Alochaka pitta present in the eyes

CONCLUSION

The clinical features of Vataja Abhishyanda explained in all classical texts resemble with most of sign and symptoms of allergic conjunctivitis. The treatment helps in reducing the absolute eosinophilic count. As a conclusive remark, We says that Ayurveda possess a useful approach, quality procedures and abundant reserve of herbal drugs which can be employed in the management of vataja Abhishyanda(Allergic Conjunctivitis) with proper diet and regimen. Ayurvedic drugs used in this treatment are easily available. This overall regimen did not cause any unwanted effects

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