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Clinical Evaluation of Shatavari siddha ghruta tarpan in Shushkakshipaka

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Abstract:

In the present era, the vision acuity of human beings goes on decreasing day by day. For instance, due to use of computer or laptops, there is much more stress on eyes, thereby decreasing the vision acuity.

In most of the netrarogas, there is sthanik pitta-dushti and rakta-dushti. So clearance of vitiated rakta and pitta gives relief in many netrarogas.

Yogratnakar & Acharya Sushruta has explained role of tarpana in netraroga chikitsa. The present study was undertaken to evaluate the effect of shatavari ghruta tarpana in patients of shushkakshipaka. The study was carried out in 10 patients & results were observed. It was found that the results are satisfactory & shatavari ghruta tarpana is found to be more effective in shushkakshipaka.

Keywords: Shatavari siddha ghruta, tarpan, shushkakshipaka, dry eye syndrome.

INTRODUCTION:

“Shushkakshipaka” is one of the sarvagat vyadhi means affecting all parts of the eye ball. This condition can cause major problems to all parts like Shukla, Krishna, Drishti mandals, if not treated properly. It is described as Vataj disease by Sushruta (S.U.1/30) and Vatpittaj by Vagbhata (A.H.U.15/16,17).

“Shushkakshipaka” is very similar to Dry Eye Syndrome in modern ophthalmology and detailed analysis reveals that they have similar etiological factors, signs and symptoms.

While going through texts, Shatavari ghruta tarpan was found for treatment of Shushkakshipaka (Dry Eye Syndrome).

Tarpan is mentioned as a treatment modality in shushkakshipaka and especially indicated in

various condition like rooksha,parishushka, kutil, avilaneetrata, krichronmeelan and also in other diseasesuch as timir, arjuna, shushkshipaka, abhishyanda and adhimanth. Hence, shushkakshipaka can be considered as Tarpan sadhya Netraroga.

Hence, A clinical study to evaluate the efficacy of Shatavari Ghrith Tarpan in Netra roga (shushkakshipaka) with special reference to dry eye syndrome is selected for research.

AIM:

A Clinical Study to evaluate the efficacy of Shatavari ghritha tarpan in shushkakshipaka with special reference to dry eye syndrome.

OBJECTIVES:

To study the Dry Eye Syndrome according to modern medicalscience in detail.

To study the Shushkakshipaka & to find it's co-relation with Dryeye Syndrome.

To evaluate efficacy of Shatavari ghritha tarpan in shushkakshipaka.

Materials –

Shatavari siddha ghritha

Tarpan yantra

Methods –

According to Bhavprakash Nighantu, contents of shatavarii ghritha such as shatavari etc. are chakshushya. In shushkakshipaka, tarpan is the best treatment. Hence we give a tarpan for shushkakshipaka (dry eye syndrome).

For tarpana, Shatavari siddha ghritha is used.

CRITERIA FOR SELECTION OF PATIENTS:

INCLUSION CRITERIA:

Patient diagnosed as case of dry eyesyndrome with following symptoms.

All the patient with signs and symptoms of dry eye syndrome willbe taken for clinical trial irrespective of sex, caste, religion, socioeconomic status and chronicity.

Age Group – 10 to 60 Years of age

EXCLUSION CRITERIA:

Patients having any other knownocular pathology.

Systemic disorder like Rheumatoidarthritis, SLE and Sjogren's syndrome.

Patient using any other systematic drug which may alter the result of study.

Injuries (Mechanical / Chemical) -

Abhighataja netra roga

Associated with any inflammatory and infective ocular condition and other condition like glaucoma.

INVESTIGATIONS:

Following investigations will be carried out for patients treated in the proposed study.

Investigation – BSL, Routine Hematological Investigation to rule out systemic disease (if needed)

Urine Investigation –

Routine

Microscopic To rule out systemic disease (if needed)

Ophthalmic Examination – Routine Eye Examination

Visual Acuity

Distant Vision Retinoscopy

Slit lamp examination

Ophthalmoscopy

Observations	Criteria	Grade
1) Shushktva (dryness of eyes)	No dryness; More than 15mm wetting	0
	Mild; Between 10-15mm wetting	1
	Moderate; Between 5-10mm wetting	2
	Severe; Between 0-5mm wetting	3
2) Toda, Bheda (Pricking Tearing Pain)	No Pain	0
	Mild; Incontinuous, tolerable	1
	Moderate; Continuous, tolerable	2
	Severe; Continuous, intolerable	3
3) Gharshan (Foreignbody sensation)	No Foreign body sensation	0
	Mild- Gharshan/ Incontinuous, tolerable	1
	Moderate- Gharshan/Continuous, tolerable	2
	Severe- Gharshan/Continuous, intolerable	3
4) Darun-ruksha-vartma (Crusting of eye lids)	No crusting of lids	0
	Mild	1
	Moderate	2
	Severe	3
5) Daha (Burning sensation)	No burning sensation	0
	Mild-incontinuous, tolerable	1
	Moderate-continuous, tolerable	2
	Severe-continuous, intolerable	3

	No particular	0
6) Sheetecca (Liking for colds)	Mild-Likes if available/occasionalley prefer	1
	Moderate- Always prefer	2
	Severe-Can't take hot/warm things	3

ASSESSMENT OF EFFECT OF THERAPY

Sr.No.	ASSESSMENT	GRADATION
1)	Uttam Upashaya	3+ to 0 , 2+ to 0 ,1+ to 0
2)	Madhyam Upashaya	3+ to 1+ ,2+ to 1+
3)	Alpa Upashaya	3+ to 2+
4)	Anupashaya	No change in gradation or increasing score.

OBSERVATIONS AND RESULTS:-

Moderately symptomatic patients were high in both group, severely symptomatic patients were less in no. while mildly symptomatic patients were very less.

Most of the patients were from age group 40-60 yrs. and having normal built, So we can conclude that incidence of the disease increases with increasing age.

OBSERVATIONS ACCORDING TO SYMPTOMS:-

(BEFORE TREATMENT)

Symptom	Patient	Severe	Moderate	Mild
Shushktva	10	07	02	01
Toda, Bheda	10	05	03	02
Gharshan	10	07	01	02
Darun-ruksha-vartma	10	02	06	02
Daha	10	03	05	02
Sheeteccha	10	03	04	03

(AFTER TREATMENT)

Symptom	Patient	Uttam upashaya	Madhyam upashaya	Alpa upashaya	Anupashaya
Shushktva	10	07	02	01	00
Toda, Bheda	10	05	03	02	00

Gharshan	10	07	01	02	00
Darun-ruksha-vartma	10	06	02	02	00
Daha	10	08	02	00	00
Sheeteccha	10	10	00	00	00

Discussion:

According to Modern Pharmacology, the various drugs which are used in the form of eye drops or eye ointment, enter the eyeball by passing through cornea. This penetration depends upon the permeability of various layers of cornea. The epithelium and endothelium are highly permeable for lipid content as compared to stromal layer. Thus, fat soluble drugs readily penetrate these layers. However, only water soluble drugs can penetrate the stromal layer. Thus, for complete penetration of the drug, it should be lipophilic and hydrophilic. Above prepared ghrita is lipophilic as well as hydrophilic. Hence it can easily penetrate through various layers of cornea.

Time required for tear film break up reduces remarkably leading to loss of dryness of the eye. The bird's eye view at the related literature reveals that in such drying condition, Tarpana is a promising modality.

Conclusion:

Shatavari ghrita tarpan is found to be effective in shushkakshipaka. The promising results were observed in the cardinal signs & symptoms like Shushkta, Darun-ruksha-vartma, Sheeteccha etc. Hence it is necessary to carry out bio-assay guided study on large scale & needs further statistical analysis.

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