

**OCULAR MENIFISTETION OF RHEUMATOID ARTHRITIS AND ITS AYURVEDIC  
MENEGMENT W. S. R. KERATOCONJUNCTIVITIS SICCA - A CONCEPTUAL STUDY****Sonal S. Patel\***

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**ABSTRACT**

Rheumatoid arthritis is one of the most common autoimmune diseases. It's chronic progressive diseases causes inflammation of connective tissue. Approximately 25 percent of patients with rheumatoid arthritis (RA) will have ocular manifestations. These may include keratoconjunctivitis sicca (dry eye syndrome), keratitis, episcleritis, scleritis, peripheral corneal ulceration, and less common entities such as choroiditis, retinal vasculitis. Keratoconjunctivitis sicca (Dry eye) is a common condition in which the eyes do not produce adequate tears, leading to redness, irritation, blurred vision, dry feeling in eye, sensitivity to light. Keratoconjunctivitis sicca, or dry eye syndrome, Rheumatoid arthritiscrates indirect effect of keratoconjunctivitis sicca, which is a dryness of eyes and mouth caused by lymphocyte infiltration of lacrimal and salivary glands. Inflammation from era cause abnormalities in the tear gland significantly reduced fluid secretion. When Severe dryness of the cornea can lead to keratitis and loss of vision as well as being painful. According to Ayurveda dry eye can be correlated with *Shushkaakshipak* and it is considered as *vatajsadhyasarvagatnetravayadhi*. The management includes *Sneha pana, nasya* and other measures to pacify *vatadoshas*.

**KEYWORDS:** Rheumatoid arthritis, keratoconjunctivitis sicca, *shushkaakshipak*, *Sneha pana*.**INTRODUCTION**

Rheumatoid arthritis (RA) is a chronic systemic autoimmune disease and causes inflammation of connective tissue. which is associated with a number of extra-articular organ manifestations, such as ocular manifestations, pericarditis, pleuritis, major cutaneous vasculitis, neuropathy, glomerulonephritis, and other types of vasculitis.<sup>[1]</sup> These may include keratoconjunctivitis sicca (dry eye), scleritis, episcleritis, keratitis, peripheral corneal ulceration, and less common entities such as choroiditis, retinal vasculitis, episcleral nodules, retinal detachments, and macular oedema.<sup>[2]</sup> Connective tissue disorders have various ocular manifestations, the most common being tear deficiency leading to dry eyes, or keratoconjunctivitis sicca. The symptoms of dry eyes include burning, a foreign-body or gritty sensation, and photophobia. Keratoconjunctivitis sicca, or dry eye syndrome, is the most common ocular manifestation of RA and has a reported prevalence of 15 to 25 percent.<sup>[3]</sup> Symptoms are historically more prominent during the latter part of the day because of the evaporation of the tear film. When Sever dryness of the cornea can lead to keratitis and loss of vision as well as being painful. According to Ayurveda dry eye can be correlated with *Shushkaakshipak* and it is considered as *sarvagatnetraroga*. *Śuskāksipāka* described as a *Vātaja*

disease in *Suśruta Samhitā*<sup>[4]</sup> and according to *Acharya Vagbhatta Vāta pitta vitiated* condition.<sup>[5]</sup> and *Śāraṅgadhara* considered this as *Vātaraktaja*. The management of *shushkaakshipaka* include *vata pittadosha shamak* treatment.

**AIM**

To evaluate ocular manifestation of rheumatoid arthritis and its ayurvedic management w.s.r keratoconjunctivitis sicca.

**OBJECTIVE**

- To prevent and reduce risk of ocular manifestation of rhematic arthritis.
- To know pathophysiology of ocular manifestation of rhematic arthritis.
- To know the corelation between *shushkaakshipaka* and keratoconjunctivitis sicca (dry eye).

**MATERIAL AND METHOD**

A detailed relevant literature study will be carried out from sources like *Ayurveda* classics, Modern science, journals, previous research paper, internet etc.

### Etiopathogenesis

RA is chronic connective tissue inflammatory disease. Rheumatoid arthritis creates indirect effect of keratoconjunctivitis sicca, which is a dryness of eyes and mouth caused by lymphocyte infiltration of lacrimal and salivary glands. Dryness is occurred when tear production and drainage is not in balance. Tears are necessary for maintaining the health of the front surface of the eye and for proceeding clear vision. With each blink of the eyelid, tear spreads across the front surface of eye and cornea. These lymphocytes secrete their cytokines recruit other inflammatory mediators & causes fibrosis of the lacrimal gland. Thus, process of apoptosis occurs. Autoimmune reactions also take part in the process. Looking into pathogenesis of the *sushkakshipaka* it is a disease in which vitiated *doshas* i.e., *vata* and *pitta* affected *rasa* and *rakta dhatu* along with *ashru* and *akshisneha*. This disease affects all parts of the eye characterized by *paka* (Inflammation of *akshi*) caused by altered coherence of *ashru* with ocular surface or lack of *ashru*.

### Treatment

In modern medicine there is no sufficient treatment for dry eye, general measures should be taken for treatment of dry eye are<sup>[6]</sup>

- First, we should give psychosocial assurance.
- Supplementation of artificial tears or tear supplement: This is the main stay in treatment of dry eye. They are available in the form of drops and ointment. They are generally cellulose derivatives such as methyl cellulose, Hypromellose and poly vinyl alcohol.
- Mucolytics: 5% of acetylcysteine used 4 times a day help by dispersing the mucus threads and decreasing tear viscosity.
- According to *Ayurveda Nidanparivarjan* is the maintreatment principal.<sup>[7]</sup>

Rheumatic arthritis is the cause of keratoconjunctivitis sicca. So, this is the first management for rheumatic arthritis. According to *Ayurveda* RA has been described as *Amavata* in *Ayurveda*, in which the *Vatadosha* gets vitiated and leads to *Ama* condition.

The treatment module for *Amavata* includes *Shamana* (Conservative) and *Shodhana* (biological purification of the body) *Chikitsa*. Depending upon the stages (Acute / chronic) and *Doshas* involved, many measures are advised such as *Langhana* (a method of depletion of body tissues), *Deepana* (Increase digestive fire), and *Pachana* (Digestion of food) for accumulated *Ama* (Digestion of undigested material); *Snehapana* (Oleation), *Swedana* (Fomentation), *Virechana* (purgation) and *Basti* (Enema therapy) for elimination of *Doshas* from body.

Further the drugs used in management of *Amavata* should possess *Katu* (pungent) and *Tikta* (bitter) *Rasa* (taste); *Ushna* (Hot in potency), *Laghu* (Easily

digestible) and *Tikshna* (penetrating property through tissues) qualities which are *Vata-KaphaDosha Hara* and *Amapachana*.

Treatment of *shushkakshipaka* also given. Principles of management of *Shushkakshipaka* (dry eye) include to pacified *vata* and *pitta dosha*. To achieve this our acharya, prescribed different therapeutic procedures such as *Kriya kalpas* (Major therapeutic procedure adapted for the management of eye disease), oral administration of *Snehadravya* and *nasya karma*. In *Sarvagata netraroga chikitsa adhyaya* in contest of treatment of *shushkakshipaak*, *acharya sushruta* suggested following treatment modalities.

- *Anjana* should be done, which is made up of powder of *saindhavlavana*, *daruharidra*, *sunthi* along with lemon juice and mixed with *ghruta*, it should be applied with *stanya* and small amount of water.
- *Jivaniyaghrutapaan* and *akshitarpana* with similar *ghruta* should also be preceded by *anu tailanasya*.
- Cold water *parisheka* mixed with *saindhavlavana* should be done.
- *Rajanyadighruta* can also use for *anjana*. *Acharya vagbhata* also said almost similar *yogas*; as *ghrutapaana*, *jivaniyaghrurta tarpana*, *anutaila nasya*, *netraparisheka*. Besides these all remedies he also suggests application of *keshanjana*.<sup>[8]</sup>

### DISCUSSION

Study was aimed to explore the disease activity in patients with RA on keratoconjunctivitis sicca. When Severe dryness of the cornea can lead to keratitis and loss of vision as well as being painful. In the present scenario we have to understand the disease *Śuskāksipāka* (Dry Eye Syndrome) and planning the treatment protocol accordingly; has proved much effective than the prevailing management modalities. As per correlation with *shushkaakshipaak*, sang type of *Shroto dusti Lakshanas* are found. In this disease vitiated *doshas* i.e., *vata* and *pitta* affects *rasa*, *rakta dhatu* and *ashru* and *akshisneha* hence the treatment should be *vata pitta shamaka* and *rasa raktadhatu prasadana* along with *snehavardhana* effect.

In *Ayurvedic* literature various treatment modalities are applicable in treating *Śuskāksipāka* including *Snehpana*, *Tarpana*, *Putpāka*, *Nasya*, *Añjan* etc. Thus, it may reduce the dryness of the eyes, irritation and inflammation occurring in the eyes.

- Patient have to using conventional treatment of RA throughout these days of *ayurvedic* management.

### CONCLUSION

Patient with RA become more prone to develop keratoconjunctivitis sicca (dry eye), which can be managed by treatment principal of *Amavata* and treatment for *shushkakshipaka* (keratoconjunctivitis sicca) i.e., *vata* and *pitta shamak* drugs can be done with the procedures like *tarpan*, *anjana*, *parisheka*.

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