

A REVIEW OF SHIGRU PATRA SWARAS ASCHYOTANA IN THE MANAGEMENT OF ALLERGIC CONJUNCTIVITIS (VATAJ ABHISHYANDA)**Dr. Sourabh Hindurao Tate^{1*} and Dr. Pravin V. Chavan²**¹PG Scholar Ms Shalaky Tantra LRP Ayurvedic Medical College, Hospital and PG Institute, Islampur Tal. Walwa Dist. Sangli.²Professor and Hod Dept. of Shalaky Tantra LRP Ayurvedic Medical College, Hospital and PG Institute, Islampur Tal. Walwa Dist. Sangli.***Corresponding Author: Dr. Sourabh Hindurao Tate**

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ABSTRACT

The clinical condition of allergic conjunctivitis is one that practitioners deal with regularly. The prevalence rate of allergic conjunctivitis is 6-30 percent.^[1] Based on symptoms like Toda (pricking pain), Sangharsha (foreign body sensation), Achhasruta (watering), Alpa Shophya (mild chemosis), Vishushka Bhava (feeling of dryness), Parushya (dryness), Alpa Dushika (discharge), Kandu (itching), etc., it can be correlated with Vataja Abhishyanda in Ayurveda. Vata is the main offender, and it is connected to other Doshas. Aschyotana with Shigru patra swarasa^[2] explained in Bhavprakash has excellent result and the signs and symptoms of the condition were significantly reduced by this medication, and there was no negative side effect.

KEYWORDS: Allergic conjunctivitis, Vataj Abhishyanda, Aschyotana with Shigru.**INTRODUCTION**

The allergic conjunctivitis is an inflammatory condition affecting the eyes, include redness, itching, and watering. It occurs due to exposure to allergens such as pollen and dust. The conjunctiva is transparent and outermost layer of eye and it is more prone to allergens.^[3] It is the body's response to those allergens. Avoiding the allergen and treating the disease with topical or systemic steroids, decongestant drops, mast cell stabilizers, antihistamines, and anti-inflammatory drugs are the current trends in managing such conditions. This management has its own side effects^[4] and detrimental impacts in addition to being unsatisfactory.

Lakshana of vataj abhishyanda (allergic conjunctivitis)^[5] as toda (Pricking pain), Sangharsha (foreign body sensation), Achhasruta (watery discharge), Alpa Shophya (mild chemosis), and Vishushka Bhava (feeling of dryness), Vataja abhishyanda have nearly the same symptoms of allergic conjunctivitis. Therefore, the treatment modality of vataja abhishyanda in case of allergic conjunctivitis is more productive than the antihistamines, NSAIDs.

MATERIALS AND METHODS**Aims and Objectives:** To study shigru Aschyotana in the management of vataj abhishyanda (Allergic Conjunctivitis).**Diagnostic Criteria:** Pricking pain, Foreign body sensation, Watery discharge, Feeling of dryness in the both eyes.**Mode of action:** Aschyotana is the first line of treatment in all eye-related disorders. Usually, the medicine, (medicated ghruta or drops) are instilled into the eye.

Shigru patra swarasa Aschyotana contains katu rasa which will help in srotoshodhana and breakdown of abhishyantdva, which alleviates itching, lid and conjunctival swelling and Guruta.

Shigru having vata kapha shamaka chaksushya and Lekhana properties, which will alleviate the Abhishyanda.

Procedure Review^[6]

- 1) The patient should be comfortably lying down in supine position, in kriyakalpa theatre.
- 2) The eye is opened by stretching and pressing apanga pradesha (lateral end) –From the right hand, medicine is instilled into open eye.
- 3) The drugs can be held either in a conch shell, small vessels or in a piece of cotton.
- 4) The medicine should be put in the eye from a height of two angula.
- 5) The medicines should fall on side of the eye, should be wiped out with a piece of cotton or soft cloth

immediately.

Dharana Kala of drug

Aschyotana is 100 Matra Kala or 200 Matra Kala or until the Samyak Lakshana is achieved.

Nature of medicine on basis of dosha

The medicines should be

1. Warm - In vataja disease
2. Lukewarm - In kaphaja disease
3. Cold - Pittaja and Raktaja disease.

Time of administration

1. Morning - Kaphaja disease
2. Afternoon - Pittaja and Raktaja disease
3. Evening - Vataja disease.

Contraindications: Aschyotana performing at night.

Drug Review^[7]

Rasa- katu, Tikta

Guna- Laghu, Ruksha, Tikshna

Virya- Ushna

Vipaka- Katu

Effect on Tridoshas – Vata-kaphahara **Part used:** Patra (Leaves)

RESULT AND DISCUSSION

Exposure to allergens, pollens or dust can trigger the allergic conjunctivitis. Shigru having katu and tikta rasa which will do srotoshodhana and breakdown of abhishyanda. Shigru having vata kapha shamaka chaksushya and Lekhana properties, which will alleviate the Abhishyanda.

CONCLUSION

Management of allergic conjunctivitis with shigru swarasa aschyotana is possible because of its properties. The side effects of modern medicines are reduced by using this treatment.

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