

A REVIEW OF GAIRIKADI BIDALAKA IN KAPHAJ ABHISHYANDA (BACTERIAL CONJUNCTIVITIS): A CASE STUDY**Dr. Megha Gopendra Yede^{1*} and Dr. Pravin V. Chavan²**¹PG Scholar Ms Shalakya Tantra, LRP Ayurvedic Medical College, Hospital and PG Institute, Islampur Tal. Walwa Dist. Sangli.²Professor and HOD Dept. of Shalakya Tantra, LRP Ayurvedic Medical College, Hospital and PG Institute, Islampur Tal. Walwa Dist. Sangli.***Corresponding Author: Dr. Megha Gopendra Yede**

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ABSTRACT

Conjunctivitis is a prevalent condition characterized by redness and inflammation of the thin tissue layer covering the front of the eye. In Ayurveda, Abhishyanda is described as a comprehensive eye disorder (Sarvagata Kaphaj Netra Roga) marked by symptoms such as heaviness (Guruta), itching (Kandu), sticky discharge (Pichila), foreign body sensation (Alpa Vedna), photophobia, and burning sensations in the eyes. Bidalaka, an Ayurvedic ocular therapy, involves applying a medicated paste to the outer eye surface, excluding eyelashes. This treatment is indicated for inflammatory eye conditions. A 20-year-old male patient diagnosed with bacterial conjunctivitis underwent Gairikadi Bidalaka therapy for seven days, resulting in a significant reduction of symptoms. Clinical assessment confirmed the efficacy of this treatment approach.

KEYWORDS: Bacterial conjunctivitis, Kaphaj Abhishyanda, Gairikadi Bidalaka.**INTRODUCTION**

In Ayurveda, Abhishyanda is believed to be a primary cause of numerous eye diseases. The term Abhishyanda originates from "Abhi" (profuse or excessive) and "Syandana" (discharge), describing the characteristic excessive eye discharge. This widespread eye condition affects multiple parts of the eye. According to Sushruta, there are 76 categorized eye diseases, and Abhishyanda, although treatable, can lead to complications if neglected. It is considered contagious and can be transmitted between individuals. Sushruta classified Abhishyanda into four types based on Dosha imbalances. Bacterial conjunctivitis resembles the Kaphaj type and exhibits distinct symptoms. In modern medicine, conjunctivitis refers to conjunctiva inflammation, commonly caused by Staphylococcal species, with symptoms including discomfort, discharge, and lid swelling. The prevalence of bacterial conjunctivitis is increasing due to poor hygiene and environmental factors.

Ayurvedic treatments like Tarpan, Aschyotana, Anjana, and Bidalaka can alleviate symptoms associated with Kaphaj abhishyanda. These treatments offer a holistic approach to managing eye health.

MATERIALS AND METHODS**AIMS AND OBJECTIVE:** To study Gairikadi Bidalaka in the management of kaphaj abhishyanda.**DIAGNOSTIC CRITERIA:** Redness, irritation, discharge, tearing, heavy eyes.**MODE OF ACTION:** Transdermal drug delivery is a process that involves the penetration, permeation, and diffusion of drugs through the skin's layered structure to reach the bloodstream. The stratum corneum, the skin's outermost layer, is composed primarily of fatty acids and ceramides, necessitating lipophilic properties for successful drug passage. While hydrophilic drugs can utilize the transappendageal shunt route, this pathway contributes minimally to overall drug delivery via the skin. Beneath the stratum corneum lies the predominantly aqueous epidermis, posing a challenge for hydrophobic molecules to traverse. To achieve effective transdermal delivery, a drug must exhibit a balance of lipophilic and hydrophilic properties, enabling it to navigate the skin's layered structure and reach the bloodstream.**PROCEDURE REVIEW**

In this Kriyakalpa the Lepa applied over eyelids and periorbital area except the eyelashes. So the eyes look

like cat's eye.

Matra / pramana

It is described same as Mukhalepa

- 1) Kanishta -1/4 thAngul
- 2) Madhyam -1/3rd Angul
- 3) Uttam -1/2 Angul.

Kala

Bidalaka should be removed before it gets dried. Unless if it is dried it loses its properties and makes skin dull. Bidalaka can be applied anytime during day except night time.

DRUG PROPERTIES

1. Garik-Pittakaphashamak Dravya which helps in reducing Raga and Shotha. It has properties like Snigdha, Vishada and works as Netrya.
2. Musta-Pitta kapha Shamak dravya which has properties like Laghu, Ruksha works as Shothhara(duo to its antiinflammatory properties).
3. GoroChan-Pittakaphashamak Dravya has properties of Snigdha and Stravaghna, thereby helping in reducing eye discharge and congestion.
4. Saindhav- Vata pitta kaphashamak Dravya helps in reducing Vedana and Raga.

RESULT AND DISCUSSION

Abhishyanda is a type of eye disease classified under Sarvagata Netraroga. The case study highlighted symptoms such as eye discharge, lid swelling, and eye congestion, it is categorized as Kaphaj Abhishyanda. The Bidalaka treatment method was found to work through the transdermal pathway, with the thinner skin of the eyelids aiding in drug absorption. The paste used in Bidalaka treatments is typically water-based, allowing for absorption through both intra and intercellular routes into the palpebral arteries. In Bidalaka, potency of drugs can be increased by altering temperature, concentration, tissue contact time and way of application.

The patient was prescribed for Bidalaka for 5 days, the drug which was used for Bidalaka in this case has anti-infective, anti-inflammatory properties hence it becomes very useful to overcome this clinical condition. The study showed relief in patient's symptoms therefore Bidalaka is one among the other Kriyakalpa for bacterial conjunctivitis as per Ayurvedic Science. However, the results obtained in this case study need to be substantiated with larger sample size.

CONCLUSION

Modifying factors such as temperature, concentration, tissue contact time, and method of application can enhance the effectiveness of drugs in Bidalaka. The patient was prescribed Bidalaka for 5 days, which contains anti-infective and anti-inflammatory properties beneficial for their clinical condition. Ingredients like Garik, Musta, GoroChan, and Saindhav in Bidalaka aid in reducing inflammation, eye discharge, pain, and

congestion. This study demonstrated symptomatic relief in the patient, indicating Bidalaka's potential as a treatment for bacterial conjunctivitis in Ayurvedic medicine; however, further research with a larger sample size is needed to validate these findings.

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