



SQUAMOUS BLEPHARITIS AND ITS AYURVEDIC MANAGEMENT – A CASE REPORT

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ABSTRACT

Introduction: Squamous blepharitis is a most common and most recurrent disease seen in the society. Therefore, this study was done to evaluate the efficacy of *Manjishthadi Ghanvati* and *Pilla Shukra Nashaka Anjana Varti* for the management and to prevent the recurrence of Squamous Blepharitis. **Materials & Methods:** A fully conscious, normal oriented male patient, aged 34 years, came to OPD of *Shalakya Tantra*, IPGT & RA, Jamnagar, with chief complaints of whitish dandruff like scales on upper eyelid margin in both eyes since six month. He has also complained of Itching, Pain, watering and Redness in both eyes since one month. Whitish dandruff like scales aggravates in the early morning. He was treated with *Pilla Shukra Nashaka Anjana Varti* for *Anjana* and *Manjishthadi Ghanavati* internally for one month. Follow up was done for one month. **Result:** At the end of the study, complete remission was found in the whitish dandruff like scales on upper eyelid margin in both eyes, itching, pain, redness and watering in both eyes. No recurrence of any symptoms was found during follow up period. No adverse event was reported during study. **Conclusion:** Thus, it can be concluded that *Ayurvedic* approaches are helpful in managing Squamous blepharitis. This study emphasizes on the importance of integrated approach in healthcare. As the observation were drawn from a single case, can be revalidated through well designed clinical trials.

KEYWORDS: *Anjana*, *Ghanavati*, Squamous Blepharitis.

INTRODUCTION

Squamous Blepharitis is an inflammation of hair follicles and glands of zeis along with the edges of the eyelids. The glands of zeis secrete abnormal excessive lipids. So accumulation of white dandruff-like scales are seen on the lid margin and among the lashes associated with mild discomfort, irritation, occasional watering and a history of falling of eyelashes. As per the modern texts disease Squamous Blepharitis is curable but the recurrence rate is very high. But we can minimize recurrence with Ayurvedic treatment.

MATERIALS AND METHODS

History of patient

- A fully conscious, normal oriented male patient, aged 34 years, came to OPD of *Shalakya Tantra*, IPGT&RA, Jamnagar with chief complaints:
- Whitish dandruff like scales on upper eyelid margin in both eyes for six month.
- He has also complained of itching, pain, watering and redness in both eyes for one month.
- Whitish dandruff like scales aggravates in the early morning.

Ocular examination (Torch light and Slit lamp): Both eyes

Lid : Moderate whitish dandruff like scaling on upper eyelid margin and among the lashes.
 Conjunctiva : Moderate congestion on Palpebral and Bulbar conjunctiva
 Cornea : Normal
 Anterior chamber : Normal
 Iris : Normal
 Pupils : NSNR (Normal in Size /Reaction)
 Lens : Normal

Table 1: Visual acuity.

	Right EYE	Left EYE
	B.T.	B.T.
DV unaided	6\6	6\6
pH	6\6	6\6
NV	N6	N6

Table 2: Dashavidha Pariksha and Ashtavidha Pariksha.

Dashavidha Pariksha		Ashtavidha Pariksha	
Sharira Prakruti	Vata-Kaphaja		
Manasa Prakruti	Rajas	Nadi	Sadharana
Vikruti	Vata Pradhana Tridosha	Mutra	6-7 times/24hrs
Sara	Madhyama	Mala	Abaddha
Samhanana	Madhyama	Jihva	Anupalepa
Satva	Madhyama	Shabda	Spashta
Satmya	Madhyama	Sparsha	Anushnaseetha
Abhyavaharana Shakti	Madhyama	Drika	Prakruta
Jarana Shakti	Madhyama	Akruti	Madhyama
Vyayama Shakti	Madhyama		
Desha	Anupa		
Vaya	Yuva		

Past history: No relevant past history.

Koshtha : Madhyama

Agni : Samagni

Personal History

Diet : Pure veg.

Appetite : Good

Sleep : Sound

Bowel : Regular

Bladder : Normal

Vitals

Pulse rate : 73/min

Respiratory rate : 18/min

Blood pressure : 128/82mmHg

Table 3: Laboratory finding.

Blood	Hb (%)	TLC (/cmm)	DLC					ESR	RBS
			N%	L%	E%	M%	B%		
BT	14.8	5800	60	34	2	3	0	08	81mg/dl
Urine		Physical			Chemical			Microscopic	
BT		NAD			Nil			NAD	

Investigation was done to rule out general health condition.

Table 4: Treatment Protocol.

TREATMENT	MEDICINE	MODE OF ADMINISTRATION	DURATION
Anjana	Pilla Shukra Nashaka Anjana Varti	Anjana ~60mg per day with water one time in morning	For one Month
Vati	Manjishthadi Ghanavati	2Vati (500mg)/tds (After meal) with water	For one Month

Before starting the treatment patient's written consent was taken. *Anjana* was done with *Pilla Shukra Nashaka Anjana Varti*^[1] approximately 60 mg per day with water in morning time along with *Manjishthadi Ghanavati*^[2] two *Vati* (500mg) two times per day with water after meal. He was followed for one month after completion of treatment.

RESULT

Patient's progressive reports are as follows:

Ocular examination (Torch light and Slit lamp): Both eyes

Lid : No whitish dandruff like

scaling

Conjunctiva : No congestion

Cornea : Clear

Anterior chamber : Normal

Iris : Normal

Pupils : NSNR (Normal in Size

/Reaction)

Lens : Normal

Table 5: Symptoms of Both eyes.

No.	Components	Scoring BT	Scoring AT
1.	Pain in eyes (<i>Ruja</i>)	2	0
2.	Itching (<i>Kandu</i>)	2	0
3.	Heaviness in lids (<i>Vartma Gaurava</i>)	2	0
4.	Scaling	2	0
5.	Discharge (<i>Srava</i>)	1	0

Table 6: Slit lamp examination of Both eyes.

No.	Components	Scoring BT	Scoring AT
1.	Scaling	2	0
2.	Congestion on Palpebral conjunctiva	2	0
3.	Congestion on Bulbar conjunctiva	2	0
4.	Madarosis (<i>Pakshma shata</i>)	0	0
5.	Lid Oedema (<i>Bahytam Shunam</i>)	1	0
6.	Discharge (<i>Srava</i>)	1	0
7.	Hyperemia of the Anterior lid margin	2	0
8.	Hyperemia of the Posterior lid margin	2	0

With this treatment patient was completely cured. No recurrence was found in any symptoms and signs after follow up of one month. No any adverse reaction was found during study and follow up periods.

DISCUSSION

On the basis of symptoms and sign of Squamous Blepharitis it can correlate with *Vartmagata Roga Klinnnavartma*.^[3] Pilla Shukra Nashaka Anjana Varti has high potency and penetration power because it is a combination of herbo-mineral drugs containing *Triphala*, *Pippali*, *Katuki*, *Saindhava*, *Shankhabhasma* and *Tamrabhasma* which make them *Yogavahi* as it is the property of *Rasaushadhi*. Most of the drugs are having *Katu*, *Tikta*, *Kashaya Rasa*, *Laghu*, *Ruksha* and *Sukshma Gunas*, *Katu Vipaka* and having *Ushna* and *Kaphahara* properties which pacify the *Kapha-Pitta Dosha* and *Kashaya Rasa* does *Lekhana* of the *Kapha Dosha*. *Tikshna Guna* and *Ushna Veerya* increase the penetration power of drug and do the *Lekhana* of the *Kapha Dosha*. When we apply the drug as *Anjana*, it goes to *Netra Sandhi*, *Netra Shira*, *Shrotas of Shir*, *Ghrana*, *Mukha* and *Shringataka* and bring the *Dosha* out from that part. That's why the disease can cure.^[4] Pilla Shukra Nashaka Anjana Varti having *Karmas* (actions) like *Tridosahara*, *Netra Roga Nashaka*, *Krimighna*, *Kapha-Pittahara*, *Twakadoshahara* and *Raktashodhaka*. So it may act as bacteriocidal or bacteriostatic, detoxifier, blood purifier and anti-inflammatory. So by the above mentioned properties drug may help in the management of inflammation, infection and do healing of the disease.

Praklinnavartma is a *Kapha Pradhana*^[5] *Vartma Roga*. Acharya Sushruta has mentioned *Rakta* and *Mamsa Dushhti* in *Vartmagata Roga Samprapti*^[6] and Acharya Sharangdhara mentioned *Manjishthadi Ghanavati* in *Rakta* and *Mamsa Dushti*.^[7] That's why *Manjishthadi Ghana Vati* was taken as *Rakta* and *Mamsa Shodhaka* drug in Squamous Blepharitis. Most of the ingredients of *Manjishthadi Ghana Vati* are *Tikta*, *Kashaya Rasa*,

Laghu, *Ruksha Guna*, *Kapha-Pitta Shamaka* and *Raktashodhaka* which purifies *Rakta Dhatu* and removes *Siranusaribhi Kapha Dosha*, responsible for *Praklinnavartma*. By doing so, excess virulence is removed from the site by purification and more pure blood reach at the site of disease which combats from the disease condition and reduce the inflammatory reaction locally.

CONCLUSION

After analysis of all the data, it can be concluded that Ayurvedic management with *Pilla Shukra Nashaka Anjana Varti Anjana* and *Manjishthadi Ghanavati* orally is effective in the Squamous Blepharitis. Thus, it can be concluded that *Ayurvedic* approaches are helpful in managing and to prevent Squamous Blepharitis. This study emphasizes on the importance of integrated approach in healthcare.

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