


**STUDY THE EFFICACY OF RASANJAN PRATISARAN IN ANAJANNAMIKA**
**<sup>1\*</sup>Dr. Mehetre Sharada Raosaheb and <sup>2</sup>Dr. Mehetre D. P.**
<sup>1</sup>PG Student Dept. of Shalakya Tantra, SVNTH T's Ayurved Mahavidyalaya, Rahuri, Dist. Ahmednagar.

<sup>2</sup>Guide & HOD, Dept. of Shalakya Tantra, SVNTH T's Ayurved Mahavidyalaya, Rahuri, Dist. Ahmednagar.

**\*Corresponding Author: Dr. Mehetre Sharada Raosaheb**

PG Student Dept. of Shalakya Tantra, SVNTH T's Ayurved Mahavidyalaya, Rahuri, Dist. Ahmednagar.

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**ABSTRACT**

Every human being has panchdnyanendriyas. Eye is one of the panchdnyanendriya, eyes are said to be most important than all other indriyas because they are considered as the reflectors of the mind. Eyes consist of 2 vartmapatalas, which covers the eyes and also protect from dust, foreign body, helps to open and close eyes are called vartma i.e; eyelids and the diseases occurred over this patal are vartmagatvyadhis. Anjannamika is one of them. A small boil in the eyelid margin which is soft, moderately painful, copper-red in color and characterized by burning and pricking sensation is known as "ANJANNAMIKA". The disease taken anjannamika as described in ayurvedic text has sign and symptoms similar to stye. Anjana is one of the kriyakalpa described by our great ancient Acharya. Acharya Yogratanakara has explained "Rasanjan Pratisaran" for Anjannamika-as it is used in Raktaj doshas and contain properties of tikta, kashaya, katu, ushna, laghu, ruksha, pittaghna, kaphagan gunas.

**KEYWORDS:** Anjannamika (Style) Disease Explanation.

**INTRODUCTION**

Every human being has panchdnyanendriya; panch jnanendriyas are - Karna, Netra, Nasa, Jivha and Twacha. Among them "NETRA" i.e- "Chakshurendriya" is most important.

Eye is the most precious and important vital organ in the human body. We should always take care of eyes. Eyes are said to be most important than all other indriyas because they are considered reflectors of mind. eyes are most preciously developed portion, which is seen outside the body

As per ayurvedic literature there are two vartmapatalas. The part which covers the eyes and also protect from dust foreign body. helps to open and close the eyes are called as vartma i.e lids the diseases occurred in this patal are called vartmagatvyadhis. Anjannamika is one of them. It is vartmagat bhedya vyadhi.

A small boil in the eyelid margin which is soft, moderately painful, copper-red in color and characterized by burning and pricking sensation is known as "Anjannamika". The disease taken anjannamika as described in ayurvedic text has sign and symptoms similar to stye.

Stye includes signs and symptoms such as single or multiple painful and hard swelling near lid margin, blurred vision, irritation of eye, discomforts during discharge. "Anjannamika" is the vartmagata

vyadhi having symptoms daha(burning sensation), toda (pricking sensation), mandruja (mild pain), kandu (itching). These symptoms can be correlated with disease explained by modern medicine as "stye" i.e-External Hordeolum.

It is most common condition observed in school going children and young adults due to their habit of rubbing of eyes, fingering lids and nose. It is common in pts with DM. Ayurveda is a great medical science of world which deals with health of mankind. Ayurveda is a science which explains each and every aspect of life. Anatomy Physiology types of disease and their management.

**Ayurveda divided into 8 angas i.e- branches** -Among these angas, urdhwanga chikitsa is shalakya tantra. Urdhwanga which includes ear, nose, throat, head and eyes.

Shalakya Tantra is concerned with the diseases of parts of body which are above the clavicle (sternal notch) Out of five dnyanendriya (organs of senses) four are situated in urdhwanga. So shalakyatana is called as "Utamang Chikitsa".

All efforts should be made by men to protect eyes throughout the life ask for the man who is blind this world is useless and the day and night are same even though he may have wealth.

Anjana is one of the kriyakalpa described by our great ancient acharya.

**According to acharya Vaghbata** - In Ayurved samhita Acharya Sushruta has classified Netra Rogas in 76 types out of which 21 are vartmagatvyadhi i.e-concerned to lid.

Anjanannamika is one among 21. Acharya had mentioned Anjanannamika is "TRAMRAPIDIKA" which measures "Mudgamatra" situated at centre or end of lid margin which is having symptoms symptoms daha, toda, mandaruja, kandu. According to Acharya Sushruta Anjanannamika is "bhedyavyadhi" Acharya Yogrnatnakara described Anjana for Anjanannamika vyadhi. According to modern science clinical signs and symptoms of Anjanannamikavyadhi can be considered with disease styte.

Stye is acute suppurative inflammation of follicle of eye lashes or associated with gland of zeis and moll.

#### Stye has two stages

1) Stage of cellulitis 2) Stage of abscess. In modern science treatment of stye is local antibiotic eye drop, oral systemic antibiotic, anti-inflammatory and analgesic drug and antacid. This combined treatment is and antibiotics having various complications.

Ayurvedic texts describes various kriyakalpa like anjana, tarpana, putpaka and raktamokshana. Among these anjana is easily available and easy to apply. Hence it has been decided to take "Study The Efficacy of Rasanaja Pratisarana In Anjanannamika".

#### Methods

- Type of study designs:-It was an experimental study.
- Place of study - SVNH Ayurved College and Hospital, Rahuri Factory
- Duration of study - 15 days.

#### Aims and Objectives

- To evaluate the efficacy of rasanjana pratisaran in anjanannamika.
- Study the shothaghana effect of Rasanja Pratisarana in annamika. To prevent recurrence of anjanannamika.

#### Sampling Technique

Patient was selected by using simple random sampling technique; patient was selected randomly on the basis of inclusion and exclusion criteria.

#### Inclusion Criteria

- Patient suffering from anjanannamika vyadhi (stye)
- Age group 10-25 yrs (irrespective of sex)
- Patient ready to give return consent for study trial.
- Patient willing for treatment.

#### Exclusion Criteria

- Age below 10 yrs and above 25 years.
- Patient not willing for clinical trial.

- Patient having ulcerative blepharitis, cellulitis, chalazion, entropion, ectropion or any other ocular infections like-corneal ulcer, uveitis.
- Patient having active systemic disease, autoimmune disease, acute respiratory distress or other febrile conditions.

#### Methods for Data Collection Relevant to Objectives

The detailed clinical history and clinical examination including anjanannamika (stye) was noted on specially prepared case sheet. The written consent was taken.

#### Drug Review

Drug Name: Rasanjana

Content: 1) Daruharida 2) Ajadugdha

Rasanjana preparation is done as per reference of sharangdhar samhita

- 1) Dravya (1 part) + Water (16 part) -> Kwath (1/8 part)
- 2) Kwath (1part) + Ajadhugdha 1/4th part)-> Rasanjana

**Dose:** 2 Times local application on anjanannamika in a day.

#### Subjective Criteria

- 1) Feeling of heaviness in eye. 2) Local tenderness.

**Objective Criteria:** Diameter of swelling measured externally by vernier caliper in mm.

Follow up: 0, 3rd 5th 7th and 14th day.

#### Instruments & Equipments

- 1) Torch. 2) slit lamp bio microscope 3) Snellen Distance Vision Chart.

#### For Operative Procedure

Torch.

Gauze Piece.

Eye Pad.

26. no. Needle

Epilation Forcep

Pratisaranshalaka

#### Procedure

A 25 yr. old male pt. suffering from anjanannamika (stye) since 4-5 days with complaints daha (burning sensation), toda (prickling feeling of heaviness over left eye upper lid. sensation), mandruja(mildpain), kadu (itching), shotha (swelling) feeling of heaviness over left eye upper lid. patient having history taking treatment since 1 yr and above but above symptoms occurs intermittently. On examination left eye r lid was having above symptoms. The pt. has no other systemic disease pt's general status is poor.

Firstly the bhedan karma was performed of anjanannamika by using 26.no.needle and epilation forcep.

Then the application of rasanjan (1-2gm) pratisaran was done with the help of rasanjanshalaka. After taking follow-up at 0, 3rd 5th 7th 14th day. We came to see that all above symptoms got subside at every follow-up n on

14th day patient was feeling free from all above symptoms.

## DISCUSSION

Daruharidra has the specific properties of aroshogana, kandugna, lekhniya, netrya.

**Also it has following properties** -tikta, kashya (rasas) katu (vipak), ushna (virya), laghu, ruksha (gunas), pittaghna, kaphaghna (doshaghanata)

**Aja Dugda has following properties** - Madhur,kshya (rasas), sheeta (virya), madhur (vippak), pittaghna (doshaghnata)

Therefore the drug prepared from these both combinations named rasanjana The properties which help to cure the above mentioned symptoms that occur in anjannamika (stye).

## RESULT

Rasanjana is useful in the management of stye without adverse effect there was no recurrence for 6 months.

## CONCLUSION

Rasanjana is highly significant for swelling, itching, local tenderness, feeling of heaviness, mild pain.

## Prevention of Sty

- Proper hygiene and washing of hands,
- Regular eye checkup especially those having high refractive error.
- Upon awaking application of warm water cloth to the eyelid for 5-10 min for 3-6 times a day.

It is beneficial in decreasing the occurrence of stye by liquefying that contents of oil glands of the eyelid blockage and by preventing the blockage.

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