

**“EFFECT OF NIMBADI BIDALAKA IN THE MANAGEMENT OF BLEPHARITIS
(KRIMIGRANTHI): A CASE STUDY”**Vd. Smita M. Lone^{1*}, Vd. Sunil B. Ugale² and Vd. Amol A. Deshmukh³¹Associate Professor, Dept. of Shalaky Tantra, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik.²Associate Professor, Dept. of Shalaky Tantra, Pravara Ayurved College and Hospital, Shevgaon, Ahmednagar.³Professor, Dept. of Shalaky Tantra, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik.***Corresponding Author: Vd. Smita M. Lone**

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ABSTRACT

Ayurveda; the basic life science has a great contribution to science, since very long time as the herbal drugs are exceedingly used in alleviating wide range of diseases. *Shalaky Tantra*, a branch of *Ayurveda* which deals with disease of *Urdwajatrugata Rogas* in which the importance to healthy eye comes first. Ayurveda based eye care and herbal drugs are now a days becoming the main stream for such diseases. *Krimi Granthi* (blepharitis), disease classified under *Sandhigata Roga* where there will be a cyst like swelling produced by *Krimis* in eye lids and eye lashes, Present case study is considering all symptoms as well as pathology of *Krimigranthi* disease treated by *Kriyakalpa Nimbadi Bidalak* which constitute the *Krimighna Gana Dravya* gives relief from *Krimigranthi* by virtue of their qualities and actions. Charak, Sharangdhar and Vagabhat have mentioned about *Bidalaka*. It is one of the *Kriyakalpa* mentioned in Ayurveda in which drugs are made into paste form and applied to the outer surface of the eyelids leaving the eye lashes. In *Bidalaka* tissue contact is more and helps in large absorption of drugs. *Dravyas* used in *Nimbadi Bidalak* having anti-infective and anti-inflammatory properties.

KEYWORDS: Blepharitis, *Bidalaka*, *Kriyakalpa*, *Krimigranthi*.**INTRODUCTION**

In ophthalmic practice, blepharitis is one of the most common complaint for which patient rush to the OPD, inadequate prevalence or incidence data exist. Some reports indicate that it is present in almost 47 percent of ophthalmic patients.^[1] Blepharitis or inflammation of the eye lid is one of the most frequently encountered eyelid disorders. The word originates from the Greek word “blepharos”, which means “eyelid” and the Greek suffix “itis”, which means inflammation.^[2] symptoms include seborrhea of scalp along with chronic staphylococcal infection of the lid margin, which causes irritation, itching, mild lacrimation, gluing of cilia, photophobia.^[3] Even though the pathophysiology of blepharitis is poorly understood triad of possible mechanisms underlies anterior blepharitis: 1). Direct bacterial infection of the lids 2). reaction to the presence of endotoxins and/or exotoxins produced by pathogenic bacteria and/or commensal lid flora 3). cell-mediated delayed hypersensitivity response to bacteria antigens.^[4] Blepharitis, if not recognized and appropriately managed, can lead to worsening of signs and symptoms, disrupted precocular tear film, discomfort, changes in visual function, structural changes in eyelash follicle resulting in misdirected eyelashes (trichiasis), loss of eye lashes (madarosis), scarring with irregularity of lid margin (tylosis) and a negative effect on patient’s quality

of life.^[5] Common sequelae of blepharitis include blepharon-conjunctivitis, hordeolum and chalazion (styes). Complete disease elimination is rarely achieved with the modern line of management which include topical antibiotic ointment like sodium fuscidic acid, bacitracin, chloramphenicol, kenalog etc. and topical weak steroid ointment like flurometholone. Lid hygiene and removal of cause is of great importance regardless of type of blepharitis.^[6] In *Ayurveda* it can be incorporated under *Krimigranthi*. *Krimigranthi* is the *Sandhigatha Roga* caused by *Krimi* in *Netra Pakshma* and *Vartma* associated with *Kandu* if not treated at proper time leading the *Krimi* to invade the inner structure of eyes.^[7] Hence the proper treatment with treating root cause comes in first line.

Aim: To study role of *Bidalaka* in Blepharitis with special reference to *Krimigranthi*.**Objective:** To study role of *Bidalaka* to reduce sign and symptoms of Blepharitis with special reference to *Krimigranthi*.**CASE REPORT**

A 28-year-old female patient having following complaints was came in OPD of Shalaky Department,

Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints

1. left eye Lid collaret's Itching.
 2. left Eyelid swelling and Foreign body sensation.
 3. Plugging of Meibomian gland orifices
 4. Redness of left eyelid and eye.
- } Since, last 6 months

History of Present Illness: Patient had already consulted nearby allopathic clinic and ophthalmologist many times for the same and was suggested with few

antibiotics and ointments (details unknown), patient used to get relief with the medicines but once when the medications were discontinued the condition reoccurred, as it was the hindering factor for her studies patient approached Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik for Ayurvedic treatment.

Past History: No any History

Present Medicinal History : No any medicine taken.

Family History: Matruj Kula: Jivit Pitruj Kula: Jivit.

Past Surgical History: No H/o any refractive surgery.

Visual acuity: Both eyes: 6/6

Right eye: 6/6

Left eye: 6/6

Slit lamp examination	Right Eye	Left Eye
Eye lid	Normal	Erythema and sign of inflammation.
Conjunctiva	Normal	Mild congestion and dryness
Cornea	Clear	Clear
Anterior Chamber Depth	Normal depth	Normal
Iris	Normal	Normal
Pupil	Round reactive	Round reactive
Lens	Normal	Normal

General examination

Temperature	98.3 F
RR	18/ Min
Pulse rate	72 /Min
Blood pressure	120/80 mm of Hg
Height	160 cm
Weight	48 Kgs

Systemic Examination

RS	AEBE
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft and Non tender

Treatment

Bidalaka with *Nimba Choorna*, *Vidanga Choorna*, *Palasha-beeja Choorna* and *Chandan Choorna*

Dose: 5 gram once a day for making paste.

Time of applying *Bidalaka*: once a day (in morning).

Duration of therapy: 15 days

3. *Kanistha* -1/4 Angul

Kala: 20 minutes.

Paschat karma: Eyes were cleared by gently removing the applied paste with the help of wet cotton. *Mrudu Svedana* was done with sterile cotton dipped into Lukewarm water.

Procedure

Poorva Karma: Preparation of the patients: *Rugna* were placed in a comfortable position i.e., supine position and the part were cleaned. Then *Mrudu Sveda* were given. Sterile Cotton dipped in lukewarm water after squeezing would be used for *Svedana Karma*.

Pradhan Karma: Above mentioned drugs are made into paste form using sterile water and applied to outer surface of the eyelids leaving the eye lashes.^[8]

Matra

1. *Uttam* -1/2 Angul
2. *Madhyam* -1/3 Angul

Drug Properties

Table 1: Showing Rasa, Virya, Vipaka & Doshagnata of Dravyas.

S.N.	Dravya name	Guna	Rasa	Vipak	Veerya	Doshagnata	Karma
1.	Nimba ^[9]	Laghu	Tikta Kashay	Katu	Sheeta	Kapha-Pitta Shamak	kandughna Jatughna,
2	Vidang ^[10]	Laghu, Ruksha, Tikshna	Katu, Kashay	Katu	Ushna	Kapha-Vata Shamak	Krumighna,
3.	Palash Beej ^[11]	Laghu Ruksha	Katu, tikta	Katu	Ushna	Kapha- Vatashamak	Krumighna Shothahar, Vedana Sthapak
4.	Chandan ^[12]	Laghu, Ruksha	Tikta Madhur	Katu	Sheeta	Kapha-Pitta Shamak	Dahaprashaman, Tvagdoshahar

RESULT

Bidalaka with *Nimbachurna*, *Vidangachurna*, *Palashabeejachurna* and *Chandanchurna* shows

significant reduction in the sign and symptoms of Blepharitis (*Krimigranthi*).

S.N.	Lakshan or symptoms/Signs	Before treatment	After treatment
1	Lid collarettes Itching	Severe	Absent
2	a) Eyelid swelling b) F.B sensation	Moderate	Mild
3	Plugging of Meibomian gland orifices	Plugging >3 of orifices	Clear orifices in the middle part of lower lid
4	Erythema	Severe	Mild
5	Redness of eyelid and eye.	Moderate	Mild

DISCUSSION

Bidalaka has significant effect in Blepharitis (*Krimigranthi*). *Bidalaka* with the above selected drugs provide anti-infective, anti-inflammatory and soothing effect which is like the line of management of modern science. The tissue contacts time of the drugs used in procedure *Bidalaka* is more, so large absorption of drugs takes place therefore it provides quick relief in subsiding the symptoms. *Nimbachurna* used act as a *Kandughna*, *Krimighna*^[9] so it subsides symptom *kandu*. *Vidangachurna* also has *Krimighna*, *Kapha-Vatashamak*^[10] properties. *Palashabeeja Choorna* has *Krimighna*, *Shothahar*, *Vedana Sthapak* and *Kapha-Vatashamak*^[11] so it helps in reducing eyelid swelling. *Chandan* has *Sheeta Virya*, *kapha-Pittaghna* and *Dahaprashaman Properties*^[12] so it gives soothing effect and compensate the *Ushna-Tikshna-Guna* of above drug.

CONCLUSION

The study showed significant relief in the patient's symptom therefore *Bidalaka* is one of the lines of management for Blepharitis as per Ayurvedic science and helps to avoid recurrence of disease.

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