

AN AYURVEDIC APPROACH IN THE MANAGEMENT OF ARJUNA W.S.R. TO SUBCONJUNCTIVAL HAEMORRHAGE - A CASE STUDY

Dr. Rishabh Dwivedi^{1*}, Dr. Rajendra Singh Patel², Dr. Jagruti Richhariya³ and Dr. Arunima Namdeo⁴

¹P.G. Scholar, ²Associate Professor, ³Assistant Professor, ⁴Professor & HOD,
Dept. of Shalakyatantra, Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal.



***Corresponding Author: Dr. Rishabh Dwivedi**

P.G. Scholar, Dept. of Shalakyatantra, Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal.

Article Received on 11/06/2024

Article Revised on 01/07/2024

Article Accepted on 21/07/2024

ABSTRACT

According to Acharya Charaka if a person is endowed with all other sensory faculties, strength, beautiful, appearance etc. but without the eyes the world seems useless. So to protect the eyes is not only a necessity but also a responsibility of every individual. Subconjunctival haemorrhage is a common benign condition of the eye that has characteristic features, such as the painless acute appearance of a sharply circumscribed redness of bleeding underneath the conjunctiva in the absence of discharge, and inflammation in contiguous areas. According to Ayurveda Subconjunctival haemorrhage can be correlated with Arjuna. A female patient came to the OPD of Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal with chief complaint of painless red spot over white surface of right eye and history of trauma in right eye. So taking these things into consideration Triphala ghrita Ashchyotan followed by Yashtimadhu, Haridra Kashaya Parishek and Mahamanjishthadi Kwath orally was prescribed.

INTRODUCTION

Eyes are the most precious gift of the god to the living beings without the eyes the world seems useless. So to protect the eyes is not only a necessity but also a responsibility of every individual. India is having the highest rate of head injury in Road traffic accident in the world. Out of which 60% are suffered from Subconjunctival haemorrhage.^[1] The conjunctiva, or membrane that covers the white of your eye, contains many tiny blood vessels that can break, resulting in subconjunctival haemorrhage. Subconjunctival haemorrhage also called ecchymosis, is due to rupture of small vessels beneath the conjunctiva. Other than the red spot in your eye, there are no subconjunctival haemorrhage symptoms. It doesn't cause pain or swelling, and it doesn't affect your vision. Most people who have a subconjunctival haemorrhage don't even know it until they look in a mirror or someone tells them. There's a chance you could have mild irritation, but there should be no discharge or any other symptoms. Subconjunctival haemorrhage is not a medical emergency and a harmless condition, it can worry the patient. It often occurs without any obvious harm to eye. Causes of subconjunctival haemorrhage includes increased blood pressure diabetes, hyperlipidemia, trauma

by contact lenses which are used for cosmetic purpose or any foreign body, vigorous rubbing of eyes.^[3]

According to Ayurveda Subconjunctival haemorrhage can be correlated with *Arjuna*. *Arjuna* is a *Sadhya*, *Rakta Doshaja*, *Shuklagat Roga*. According to Acharya Sushruta *Arjuna* is a spot or a dot in *Shuklamandal*, painless in nature, smooth and red like blood of rabbit or like *Indragopa*.^[4]

MATERIAL AND METHOD

A 29 years old female patient came to the OPD of Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal with chief complaint of painless red spot over white surface of right eye and history of trauma in right eye since 2 days. The subject was thoroughly examined and diagnosed as *Arjuna*. The treatment was planned accordingly.

- History of Present Illness- complaint of painless red spot over conjunctiva (right eye) since 2 days
- History of Past Illness- history of trauma in right eye 2 days ago
- Family history: Nothing significant.
- Personal history:

Bowel	Regular
Micturition	4-5 times/day
Appetite	Good
Sleep	Disturbed

- *Ashtavisda pareeksha*

<i>Nadi</i>	<i>VP</i>
<i>Mala</i>	Regular
<i>Shabda</i>	<i>Prakrutha</i>
<i>Druk</i>	<i>Vikrutha</i>
<i>Mutra</i>	4-5times/day
<i>Jihwa</i>	<i>Niraama</i>
<i>Sparsha</i>	<i>Anushna Sheetha</i>
<i>Akruthi</i>	<i>Madhyam</i>

- Vitals

Pulse rate	78/min
Blood pressure	120/80 mm Hg
Temperature	98.4 ⁰ F
Respiratory rate	22/min

- Systemic Examinations: All the systemic examinations revealed no abnormalities.
- Ophthalmic Examination: Slit lamp examinations explained in Table no: 1

Table 1: Slit lamp examination.

Ocular structures	Right eye	Left eye
Eyelid	NAD	NAD
Conjunctiva	Subconjunctival Haemorrhage ++	NAD
Cornea	Clear	Clear
Anterior chamber	Normal	Normal
Pupil	RRR	RRR
Lens	Transparent	Transparent

Table 2: Visual acuity.

Visual acuity	Right eye	Left eye
Distant	6/6	6/6

Table 3: Treatment given.

S. No.	Treatment given	Dose	Duration
1	Yashtimadhu, Haridra Kashaya <i>Parishek</i>		First 3 days
2	Triphala ghrita <i>Ashchyotan</i>	12 drops	3 days after <i>Parishek</i> for 4 days
3	Mahamanjishthadi Kwath	20 ml BD	7 days

- Follow up I- 3rd day

Table 4: The Slit Lamp examination showed such results.

Ocular Structures	Right Eye	Left Eye
Eyelid	NAD	NAD
Conjunctiva	Subconjunctival Haemorrhage +	NAD
Cornea	Clear	Clear
Anterior chamber	Normal	Normal
Pupil	RRR	RRR
Lens	Transparent	Transparent

- *Parishek* was dismissed and *Ashchyotan* was started on 4th day.

RESULT

Day 1	Photophobia + Sub conjunctival haemorrhage present ++ Foreign body sensation ++
Day 3	Sub conjunctival haemorrhage present + Foreign body sensation +

Day 7	Sub conjunctival haemorrhage reduced No foreign body sensation
-------	---



Befor treatment



After treatment

DISCUSSION

The disease subconjunctival haemorrhage is self-limiting which will resolve within 7 to 21 days^[5], but as redness over eyes discomforts the patient cosmetically and reduces the confidence in society and due to unawareness regarding the disease patient comes to ophthalmic OPD for the treatment.

It is seen that local trauma and foreign bodies are the cause of Subconjunctival haemorrhage. The particular patient is unable to recall anything as a result. Subconjunctival haemorrhage can arise following orbital fractures. When there is no globe trauma, the Subconjunctival haemorrhage, which appears to be coming from the fornix, is used to identify basilar skull fractures.^[6]

The present case is of trauma in the eye has the similar presentation of *Arjuna* (subconjunctival haemorrhage) and treated using different modalities of *Kriyakalpa* and oral medication which helped in resolving the haemorrhage in shorter duration. *Kriyakalpas* are the special therapeutic procedures mentioned in *Shalakya Tantra*,^[7] exclusively for ocular disorders. In this case *Yashtimadhu*, *Haridra Kashaya Parishek* was done for 3 days and after that *Triphala ghruta Ashchyotan* was done for 4 days along with this *Mahamanjishthadi Kwath* was given for 7 days which helps in restoring the integrity of conjunctival blood vessels.

CONCLUSION

Treatment of this disease is planned with *Bahirparimarjan* (*Kriyakapla*) and *Antahparimarjan* (internal medication) and these drugs gives complete relief from the symptoms after the treatment of 7 days. But we always needs to protect our eyes from external factors like trauma, foreign bodies and the internal factors like hypertension because they can cause sub conjunctival haemorrhage and can affect our eyes as well as it's not good for cosmetic purpose.

REFERENCES

1. Anand Vikram Kale, Santosh Rahinj. A Clinical comparative study of Vasadi ghruta aschyotana with Carboxymethyl cellulose eye drops in the management of Arjuna w.s.r Subconjunctival hemorrhage. International Journal of Ayurvedic Medicine, 12(2): 270-274.
2. Parsons, Diseases of eye, Edition, a division of Reed Elsevier India private limited; UP; reprint, 2008; 20.
3. Khurana A K, Disorder of eyelids, comprehensive ophthalmology, Edition, new Delhi, Jaypee brothers medical publication, 2015; 6.
4. Prof. Narayan J Vidhwansa, Text book of Salakya Tantra, 3rd edition, Chaukhamba Surbharati Prakashan, 2021; 125.
5. Khurana A K, Disorder of eyelids, comprehensive ophthalmology, 6th Edition, new Delhi, Jaypee brothers medical publication, 2015.
6. King AB, Walsh FB. Trauma to the head with particular reference to the ocular signs; injuries involving the hemispheres and brain stem; miscellaneous conditions; diagnostic principles; treatment. American Journal of Ophthalmology, 1949; 32(3): 379-398. [https://doi.org/10.1016/0002-9394\(49\)91931-5](https://doi.org/10.1016/0002-9394(49)91931-5).
7. Chitrashree H M, Dr. Nithyashree, Sujathamma K. Ayurvedic management of subconjunctival hemorrhage – a case study, International Journal of Pharmaceutical Research and Applications Volume, 2022; 7, 3: 1840-1843. www.ijprajournal.com.