



**THE SIGNIFICANCE OF ANJANA (KRIYA KALPA) IN NETRA ROGA**

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### INTRODUCTION

Among the 5 sense organs eyes hold the special status because good vision is very important for social and intellectual development of human being. Acharya Vagbhata said that for a man without eyes this world is useless because day and night are same for them even if the other sensory organs are healthy. Hence it is recommended that all efforts should be performed to protect the eyes throughout the life. Hence authentic classics prescribed several preventive and curative measures to protect the eyes. Many Acharya prescribed several treatment procedures for management of ophthalmic disorders. Kriyakalpa described in Ayurveda to treat various eye disorders have unique speciality. Netrakriyakalpa have very fast action to the target tissue including posterior segment of eye.

There are mainly 7 kriyakalpas which includes Tarpan, Putapaka, Anjana, Aschyotana, Seka, Pindi, Bidalaka. The first 5 procedures were mentioned in Sushruta samhita<sup>[1]</sup> and last two were prescribed in Shaarnghar Samhita<sup>[2]</sup> along with other 5 procedures. Netra anjana is one of the special treatment done in eye disorder. Anjana is procedure of applying medicine in the form of Gutika, Raskriya or Churna to the inner side of lower lid either by fingertip or by an applicator (Anjanashalaka). Kriyakalpa Anjana in addition to its benefits in curing eye diseases this particular procedure has daily application in order to protect eyes from various insults caused to eye due to daily exposure and for the maintenance of equilibrium of doshas inside eyes. This it has special importance in healthy person as well as in diseases.

### Kriyakalpa

Kriyakalpa is the main therapeutic process for ophthalmology in Shalakyatantra, as the Panchkarma is the bases of Kayachikitsa. The word Kriyakalpa built from two words: Kriya and Kalpa. Kriya means therapeutic procedures for Chikitsa used to cure the disease and Kalpa means practicable, possible, manner of acting, a prescribed rule. So Kriyakalpa means specific formulation used for therapy in Ayurvedic Ophthalmology. It includes selection of specific procedure, preparation of special drug form and finally its proper application to the eyes. When we refer to our classics for the therapeutic measures adopted in the management of eye diseases, we find that the management includes many of the topical treatments along with systemic ones. The reason might be that

the drugs administered systematically may not cross the blood aqueous, blood-vitreous and blood-retinal barriers. Now the topical measures came into play and these are called as 'Kriya Kalpas'.

### AIM

To Study The Significance Of Anjana Kriya kalpa In Netra Roga.

### Anjana

In this Kriyakalpa, the medicine is usually applied in the form of a collyrium. It is commonly applied to the internal surface of the lid margin, using Anjana Salaka (Ophthalmic probe) starting from the Kanineeka Sandhi (inner canthus) and continuously applying it until the Apanga Sandhi (outer canthus) is reached, It is usually indicated for Dushti Prasadana (Improvement of vision) & to those patients that have undergone Shodhana (bio-cleansing therapies) of Vamana (therapeutic emesis) and Virechana (therapeutic purgation) when the Nirama Doshas are causing eye diseases.

### INDICATION

- Anjana should be applied only after administration of shodhana therapy.
- (Sharirshudhi).
- When doshas localize only in eye and Aamavastha is totally eliminated from eye.
- Anjana is applied only after eye starts to exhibit Pakwa lakshana like complete absence of itching sensation, swelling, redness or congestion, lack of discharge.

**Contraindications for Anjana**

Anjana should be avoided when Netraroga is associated with Udavarta, Krodha, Bhay, Jvar, Shirorog, sleep disturbances, dusty atmosphere, after Nasyakarma, after bath, after sunrise, in gastrointestinal disturbances etc. If we apply Anjana in such condition, it will cause aggravation of the diseases.

**Choice of Anjana in Drishtigata Roga**

The Anjana are of three types, as we have to treat diseases developed by three different humours.

- Lekhana Anjanas mentioned for Kapha predominant conditions.
- Ropana Anjanas for pitta related diseases.
- Prasadana Anjanas for vataja vikaras.

The Lekhana Anjanas are made of dravya having kashaya, amla, lavana and Katu in rasa, Ropana Anjana are with tikta dravya and Prasadana Anjanas with madhura sheeta dravyas.

These three varieties are of much significance while treatment of Drishtigata roga. In the management of cataract it is having predominance to kapha, lekhananjanas are of great importance. We may come across the whole varieties like Choorn Anjana-the powder form, PindAnjana (Gutika)- the solid form and Rasakriya which is in the semisolid form(Rasakriya) in this particular context.

**ANJANA MATRA (DOSE OF ANJANA)**

Depending on the quality of drugs the Anjanas are divided in to two.

1. Tikshna
2. Mridu

So the above mentioned Anjanas can be again categorise in to two groups, the dose of Anjana depends these two qualities.

The dose of Gutika Anjana of tikshna variety is Harenu matra and of mridu variety is double the dose of it. The dose of Rasakriya is vella matra for tikshna variety and in mridu variety it's twice the dose of above and the amount of Choorna Anjana to be applied in the eye is around two Shalaka in tikshna variety and three in the other.

Though Acharyas advise the above mentioned dosage for application of Anjana, practically the individual response of eye and patient may vary which depends on various factors like the tolerance capacity of the patient, the Prakriti of patient, type of Anjana used, the amount applied etc, so it is better to apply least quantity of Anjana when it is applied for the first time, especially tikshna Anjana and gradually the amount can be increased to a maximum for e.g. of Gutika Anjana.

**Anjana Kriya Kalpa methodology**

Anjana is classified according to Dosha and the suitable time of administration as shown in the Table 1 below.

**Table 1: Anjana According to Dosha and Time of Administration.**

<b>Anjana Type</b>	<b>Dosha</b>	<b>Time Period</b>	<b>Drug Properties</b>
<i>Prasadana Anjana or Prasadanjana</i>	<i>Vata Dosha</i>	Should be done in the evening period.	<i>Amla, Lavana Rasa</i>
<i>Ropana Anjana or Ropanjana</i>	<i>Pitta Dosha</i>	Performed in the night period.	<i>Tikta, Kashaya Rasa</i>
<i>Lekhana Anjana or Lekhanjana.</i>	<i>Kapha Dosha</i>	Performed in the morning period.	<i>Katu, Tikta, Kashaya Rasa</i>

Some of the pharmaceutical preparations of Anjana mentioned by Acharya Sharangdhara are Gutikanjana, Rasanjana and Churnanjanana and these are applied to the eyes using Anjana Salaka. Each succeeding preparation is weaker in efficacy than its predecessor, hence

selection of the preparation should be based on the vitiation of the respective Dosha. The doses of these are presented in the Table 2 below.

**Table 2: Anjana Type and Dosage.**

<b>Anjana Preparation</b>	<b>Dose</b>
<i>Gutikanjana</i>	<i>Tikshna: 1 Harenu</i>
	<i>Madhyama: 1 ½ Harenu</i>
	<i>Mridu: 2 Harenu</i>
<i>Rasakriyanjana</i>	<i>Uttama: 3 Vidanga Pramana</i>
	<i>Madhyama: 2 Vidanga Pramana</i>
	<i>Hina: 1 Vidanga Pramana</i>
<i>Churnanjanana</i>	<i>Virechanika: 2 Salakas</i>
	<i>Mridu: 3 Salakas</i>
	<i>Snehaika: 4 Salakas</i>

The specific time of day is mentioned due to the fact that during the night time (causes blockage of vessels) and during the day time (due to the intensity of the sun's rays) the eye becomes weakened, so they suggest that Anjana be done both in the morning and evening. The period in the morning time should ideally be done during Kapha Shamana Kaal and in the evening, ideally during the Pitta Shamana Kaal. But according to Acharya Susruta, it is mentioned to perform Anjana in the morning for Kapha Doshha, in the evening for Vata Doshha and night time for Pitta/Rakta Doshha.

#### Procedure for Anjana

Firstly, the medication and dose should be selected according to the purpose. Then, when the Anjana is prepared, it should be carefully applied to the eyes on the lid margins. After which, the patient should be advised to gently close the eyes and slowly and gently rotate the eyeball so that the Anjana may be spread all over the eyeball to get maximum treatment efficacy. Opening and closing of the eyes and rubbing of the eyes are contraindicated during this time. After some time, when the gritty feeling has subsided, Netra Prakshalan should be done with a decoction of Chakshushya Dravyas.

Some important Anjana formulations used are: Chandrodya Varti, Karanja Varti, Amudraphenadi Varti, Danta Varti, Nilotpala Varti, Puspa Varti, Rasanjana Varti, Dhatriyadi Varti, Rasakriya, Lekhani Rasakriya, Atinindrahara Anjana, Prabodhana Anjana, Darvyadi Rasakriya, Rasanjanadi Rasakriya, Guduchi Rasakriya, Punarnava Rasakriya, Babbula Rasakriya, Hijjala Rasakriya, Kataka Rasakriya, Sirotpatari Rasakriya, Krisna Sarpavasa Rasakriya, Lekhananjana, Kana Rasakriya, Churnanjana, Ropana Churnanjana, Prasadanjana (Sauviranjana), Naga Salaka, Pratyanjana, Nayanamritanjana, Sanjivananjana, Dristi Prasadana Yoga, Sitambu Prayoga.

#### Mode of Action

According to Acharyas the LekhanAnjana because of its tikshna property, eliminate the doshas from the siras pertained to vartma & eye and from the tissue, from related srotas and also from the sringataka marma through mouth, nose and eye.

We get this much reference regarding the action of drug. Because of the complexity of the combinations applied during this procedure a research regarding the mode of action of ayurvedic drug still remains as a challenge. Any way there is no doubt that the drug administered in the eye surely penetrate the different medias and reach the proposed site, this is the inference that we get from the clinical trial. We need more research in this field especially to understand the differentiation of the drug towards different site, its absorption, mode of action so that it will be accepted by the scientific world.

#### CONCLUSION

Anjana is one of most commonly used kriyakalpa. Application of anjana procedure is very easy. It is effective in various eye disorders and can be applied daily to maintain the swasthya (proper functioning) of Eyes. Finally, it can be concluded that Anjana is an ideal remedy for various types of ophthalmic disorders like pterygium, pinguecula, corneal opacity, corneal degeneration, cataract etc. which can be used as preventive as well as curative measures.

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