



**ROLE OF MATRUSTANYA ASCHYOTANA IN NEONATAL CONJUNCTIVITIS –A
REVIEW**

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ABSTRACT

Neonatal Conjunctivitis is one of the common infection encountered in the Newborn, its incidence occurs mostly in a people with low economic strata of family with poor hygienic condition of the mother with number of other factor. In Ayurveda *Acharya Sushrut* had described that the disease of the eye called *Abhishyanda*. *Abhishyanda* has similar feature like Neonatal Conjunctivitis. *Acharya Vagbat* describes that *Aschyotana* is the first and best line of treatment for all type of eye disease, it relieves congestion/redness of eye pain itching watering and burning sensation in modern practice various medicine and wide range of antibiotics are used for treatment of conjunctivitis having some toxic effect on eye. In Ayurveda ancient *Acharya* described *Matrustanya* (mother milk) *Aschyotana* as a remedy for the treatment of *Abhishyanda* i.e Conjunctivitis, mother milk is easily available uncontaminated, sterile, fresh, pure, economic and having lots of factor like immunoglobins, anti-infective factors which are helpful in the treatment of neonatal conjunctivitis with no side effects.

KEYWORDS: Neonatal Conjunctivitis, *Abhishyanda*, *Aschyotana*, *Matrustanya*.

INTRODUCTION

Kaumarbhritya is an important branch of Ayurveda which deals with kumarbharana, ksheera dosha, shodhana kriya of dhatri, treatment of *drusta stanya* and treatment of *Vyadhi*. Neonatal conjunctivitis is most common infection of new-born. Incidence of neonatal conjunctivitis ranges from 1-2% in India and Prevalence is 0.5-33%. Mostly occurs in people with low socio-economic strata of family with poor hygienic condition. In Ayurveda *Acharya Sushrut* had described that all disease of eye called *Abhishyanda*. *Abhishyanda* has similar feature like conjunctivitis. Neonatal conjunctivitis i.e *Abhishyanda* is need to immediate attention and treatment. Ancient *acharya* described *aschyotana* as the first line of treatment in all type of eye disease and *matrustanya aschyotana* is used as remedy for the treatment of conjunctivitis.

AYURVEDIC VIEW

Ayurveda has described *Abhishyanda* which is similar to conjunctivitis the word *Abhishyanda* is derived from to word: **ABHI + SHYANDAN**

Abhi means to profuse or more and *shyandan* means discharge or secretion its combined meaning is profuse discharge from the eyes.

As per Ayurveda, conjunctivitis is classified into different categories on the basis of *doshas*:

1. *Vataja abhishyanda* :- Pricking pain, rigidity, foreign body sensation, roughness, headache, dryness, cold tears. These are features of vitiated *vata* in eye.
2. *Pittaja abhishyanda*:- Heat, suppuration, fuming, excessive lacrimation, warm tears, yellow eyes, liking of cold.
3. *Kaphaja abhishyanda*:- Heaviness, swelling, itching, excessive suppuration, whiteness, excessive coldness, frequent lacrimation, liking of warm.
4. *Raktaja abhishyanda* :- coppery tears, redness in eyes, red streaks, all symptoms seen in *pittaja abhishyanda*.

DRUG REVIEW

In Ayurveda, *Acharyas* described various line of treatment for ocular disease, *kriyakalpa* is one of them. *Acharya Vaghat* stated that *Ashchyotana* is one of the best treatment among all *kriyakalpas*.

Ashchyotana: it is the procedure in which medicine is instilled drop by drop in eyes. It relieve congestion, pain, itching, rubbing, watering, and burning sensation of eyes.

	Aschyotana	Matra	Dharankala
1)	Lekhan	7-8 drops	100 matra
2)	Snehan	10 drops	200 matra
3)	Ropan	12 drops	300 matra

	Aschyotana	Kala	Dosha
1)	Lekhan	Prataha(morning)	Kapha
2)	Snehan	Sayan (Evening)	Pitta and Rakta
3)	Ropan	Madhyanha(Afternoon)	Vata

The patient suffering from eye disease should be kept at place where there is no direct flow of air. Physician should administer 10-12 drops of medicine at inner canthus at a level of 2 angul(approx. 3 cm) above.

PROPERTIES OF BREAST MILK

- *Rasa : Madhura*
- *Anurasa : Kashaya*
- *Virya : Shita*
- *Vipaka : Madhura*
- *Guna : Laghu, hima, satmya*
- *Doshaghata : Pittashaman*
- *Karma : Agnidepan, jivanam, brimhana, snehana.*
- *Uses: The treatment of vataja, pittaja, raktaja, abhigataja(traumatic) eye conditions in the form of tarpana, ashchyotana and nasya.*

According to modern science, mother milk contains

Protein, lactose, fat, electrolytes, haematinic factors, immunoglobulins (IgA, IgM, IgG), lysozymes, cellular elements, probiotics, opsonic and chemotactic activities of C3, C4 complement system, lactoperoxidase, lactoferrin, oligosaccharides, growth factors, water etc.

MODERN VIEW

Neonatal conjunctivitis: It is defined as conjunctival inflammation occurring within the first 30 days of life.

On the basis of aetiology, it may be classified into three main categories:

1. Chemical –this type of neonatal conjunctivitis is caused due to post-delivery use of ophthalmic silver nitrate given for the prophylaxis of ocular infection.
2. Bacterial -Chlamydia trachomatis
 - Neisseria gonorrhoeae
 - Staphylococcus aureus
 - Staphylococcus epidermidis
 - Streptococcus Haemolyticus
 - Pneumococcus
 - Pseudomonas aeruginosa
3. Viral – Herpes simplex

PATHOPHYSIOLOGY- Inflammation of conjunctiva causing erythema, blood vessels dilation, tearing and drainage.

This reaction tends to be more serious due to following: reduced tear secretion decreased immune function, decreased lysosomal activity and relative absence of

lymphoid tissue and lack of immunoglobulin in neonate tear.

SIGNS AND SYMPTOMS: -Mucopurulent or non-mucopurulent discharge
- Conjunctival congestion
- Chemosis
- Eye lid swelling

TREATMENT

Acharya Sarangdhar described *Abhishyandahar yoga, matrustanya Aschyotana* relieves *Abhishyanda* i.e conjunctivitis having due to *Rakta, pitta, and Vata. Matrustanya ashchyotana: 2-4 drops administered each eyes at level of 1 inch above into the inner canthus after completion of procedure whip the eye with sterile cotton pad.*

CONCLUSION

Neonatal conjunctivitis is most common infection which cause further damage to the eye if untreated. In newborn conjunctiva sclera and cornea are not well developed also lacks of lymphoid cell and tear formation. Breast milk contains many factors like immunoglobins anti-infective factor vitamins which are useful to fight against various microorganisms responsible for neonatal conjunctivitis. Mother milk is easily available, uncontaminated, sterile, fresh, pure and economic with no side effects.

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