

REVIEW ARTICLE OF MANAGEMENT OF NETRA ROGA: MODERN DIAGNOSTIC METHODS AND SPECIFIC AYURVEDA TREATMENT**Dr. Farahat M. Alaskar*¹, Dr. Tabassum A. Shaikh² and Dr. Asifjaha A. G. Shaikh³**¹Assistant Professor, Shalakyatanyra Department, Dr.J.J.M.A.M.C, Jaysingpur, Maharashtra, India.²Associate Professor, Samhita Siddhant Department, Govt. Ayu. College, Osmanabad, Maharashtra, India.³Professor, Kaumarbhritya Department, Siddhakala Ayurved Mahavidyalay, Sangmner, Maharashtra, India.***Corresponding Author: Dr. Farahat M. Alaskar**

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ABSTRACT

Shalakyatantra is one of the branches of *Ayurveda* which associated with disorders related to eye, ear, nose and throat or disorders related to above clavicle region. The eye is very important and sensitive part of our body and responsible for visibility therefore the disease related to eye must be handled carefully. The line of treatment for the management of eye diseases is very specific or selected due to hypersensitive and delicate nature of eye. *Shalakyatantra* emphasized management of eye related disorders using validated approaches with great expertise. The *Ayurveda* and modern science described use of formulation, instruments and physical exercise, etc. For the treatment of eye disorders or to enhance vision. This article summarizes some *Ayurveda* and modern approaches for the management of eye disorders.

KEYWORDS: *Ayurveda, Shalakyatantra, Eye, Netra roga, Ocular Diseases.***INTRODUCTION**

Ayurveda is the science related to well being of human health. *Ayurveda* recommended use of herbs, formulation and balanced lifestyle along with *Yogic* exercise for the maintenance of healthy living. *Ayurveda* dealt diseases in specific manner therefore different types of diseases or maintenance of various body parts done through specified branches. *Shalakyatantra* is one such branch which deals with diseases related to eye, ear, nose and throat. *Ayurveda* encompasses use of various para-surgical/surgical procedures in *Shalakyatantra* for the management of *Netra Roga* such as; *Pakshmakopa, Puyalasa, Abhishyanada* and *Andhimantha* etc. *Ayurveda* described use of *Yantra* in along with *Upayantra* and *Anushastra* in *Netra roga*. *Ayurveda* text also mentioned the use of herbs and herbal formulation such as; *Bilwadi Yoga Aashchyotana, Keshanjana* and *Rasanjana Madhu Aashchyotana*, etc. for the management diseases related to eye.

The modern medical science also mentioned various approaches for the management of the diseases of eye such as; use of medicines and surgical techniques (cataract surgery, glaucoma surgery, corneal surgery, retinal surgery, oculoplastic surgery and pediatric surgery). The instrumental techniques used in eye disorders are; ophthalmoscope, retinoscope, refractometer and perimetry etc.

Modern Approaches**Ophthalmoscopy**

It used for the complete evaluation of posterior segment of eye.

Flouroskien Angiography

It is used for diagnosis of retinal and choroidal pathologic lesions. It also helps in monitoring of retinal and macular disorders treatment. It utilizes camera, digital imaging, and high resolution photographic filters.

Gonioscopy

It eliminate problems of internal reflections therefore used to observe angle of anterior chamber using tear film goniolens interface.

Corneal Topography

It is non invasive technique of imaging used for surface mapping of cornea curvature. It is also used to detect ectatic disorders, marginal degeneration, keratoconus and keratoglobus.

Tonometry

It is used for the assessment of intraocular pressure related to the glaucoma patients. It helps in early detection and treatment of glaucoma.

Perimetry

It uses for central 30 degree visual field examination for management of glaucoma.

Ultrasound Bio-microscopy

It helps to visualize structures behind iris in plateau iris.

Optical Coherence Tomography

It is used to measure retinal thickness, volume of retina, retinal nervous fiber layer and help in detection of disease related to retina.

Ocular surface staining

It is used to measure basal secretion of tears and tests related to epiphora.

Ayurveda approaches

Ayurveda utilizes various *Pakshmakopa*, *Puyalasa*, *Abhishyanda* and *Adhimantha*, etc. in *Shalakyatantra* for the management of *Netra Roga*.

Agni karma in Netra roga

Agnikarma may be indicated in *Varmagata Roga* such as; *Krichromila*, *Lagana*, and *Pakshmoparodha*. It also used in *Sandhigata Roga* of eye like; *Puyalasa* and *Alaji*. *Agnikarma* also plays vital role in *Netra Roga* such as; *Abhishyanda* and painful condition of eyes. The wet gauze piece used to burn eye lashes in the lid margin for the treatment of eye lid diseases *Jambavoshtha* and *Shalaka* may be used for *Agnikarma*. The *Shalaka* dipped in heated liquids such as; bee wax, honey or other oily substance may used. The treatment of *Krichromila* using *Agnikarma* done by touching hot needle in a row so as to make *bindu* upto the skin level only. The hot needle may also be used in *Paksmoparodha*, *Puyalasa* and *Lagana* to burn *Dosha*. In *Upapakshma* paste of *Laksha* rasa applied on eye lashes, lifted with *Sandamsa Yantra* then heated needle used to burn *Romkupas*. Conjunctivitis and painful condition of eyes (*Abhishyanda* and *Adhimantha*) should be treated as last option by *Agnikarma* which is to be done above the eyebrows. The made of action of *Agnikarma* in eye

problem may involve the concept of local thermo action which increases tissue metabolism and eliminate toxins.

Kshara Karma in Netra Roga

Kshara Karma is able to pecify *Tridoshaja* disorders. It also offers beneficial effects in eye lid diseases such as; *Lagana*, *Arsho Vartma*, *Shushka Arsha* and *Pakshma Kopa*. The *Kshar* recommended for specific eye diseases as follows:

- *Kshar* used in *Lagana* (cyst): *Tuttha*, *Yawakshara*, *Gorochana* and *Pippali* with Honey.
- *Kshara* used in *Arshovartma* and *Shushkarsha* (*Trachoma*): *Eranda Bija Majja* or *Vibhitaki Kshara* with honey.
- *Kshara* used in *Pakshmakopa*: *Ginja Kshara* with honey.

The *Shodhana*, *Ropana*, *Shoshana* and *Lekhana* properties of *Kshara* offer beneficial effects in diseases related to eye. It helps in elimination or expulsion of harmful substance from the wound around the eye are. The *Shodhana* property of *Kshara* also helps in removal of sloughs and pus. Antiseptic action of *Kshara* due to *Ropana* property helps in wound healing.

Raktamokshana

Raktamokshana recommended in *Puyalasa*, *Arma*, *Savrana Shukla*, Hemorrhagic Retinopathy, *Kaphaja Timira*, conjunctivitis and congestive glaucoma. However *Raktamokshana* in eye problem should not be performed in person who is old, exhausted, diseased, unconscious, anemic and anemic women. *Raktamokshana* in eye diseases should be performed in frontal eye area and in outer canthus.

Raktamokshana helps to removes vitiated *doshas* which are responsible for aliment. It is purification approach which removes toxins, purify blood and help to heal wound around the eye.

Table 1: Raktamokshana recommended in various eye problem.

Sr. no.	Disease	Recommended procedure
1	<i>Puyalasa</i>	<i>Siramokshana</i> followed by <i>Upanaha</i>
2	<i>Vataja Abhishyanda</i>	<i>Siramokshana</i>
3	<i>Pittaja Timira</i>	<i>Sarpipana</i> and <i>Siravedhana</i>
4	<i>Savrana Shukla</i>	<i>Sarpipana</i> , <i>Siramokshana</i> followed by <i>Jalaukawacharana</i>
5	<i>Kaphaja Timira</i>	<i>Sarpipana</i> and <i>Siravedhana</i>
6	<i>Pittaja</i> and <i>Kaphaja Abhishyanda</i>	<i>Ghritapana</i> then <i>Siravedhana</i>
7	<i>Pothaki</i>	<i>Jalaukawacharana</i>
8	<i>Raktaja Abhishyanda</i>	<i>Siravedha</i> and <i>Jalaukawacharana</i>

Ayurvedic Formulation for Netra Roga**Bilvadi Yoga**

Bilvadi Yoga offer benefits in *Vataja Abhishyanda*. It consisted of *Bilva*, *Agnimantha*, *Aralu*, *Patala*, *Gambhari*, *Eranda*, *Brihati*, and *Madhu Shigru*. These all ingredients offer *Vata Shamaka*, Anti-inflammatory and antibacterial effect. The drug pacifies *Dosha* by penetrating into *Akshikosha Strotas*, *Ghrana Strotas* and *Sira Strotas*. *Ushma virya* of formulation possess *Vata*

Shamaka, *Vedana Sthapana*, and *Varna Ropana* properties which helps in eye diseases such as: *Vataja Abhishyanda*.

Madhu Anupana (oral) and Go-Ghrita (Tarpana Karma)

Oral use of *Madhu Anupana* and *Tarpana Karma* with *Go-Ghrita* offer beneficial effects in dry eye, eye strain, burning sensation and *Vataja*, *Pittaja Raktaja*

Abhishyanda. This combination also relief eye strain, blurred vision, slow re-focusing and eye fatigue. Oral use of *Madhu Anupana* and *Tarpana Karma* with *Go-Ghrita* pacify *Vata* dominating, *Pittaja* vitiation in eye, thus offer relief in *Vataja*, *Pittaja*, *Raktaja Abhishyanda* and *Shushkakshipaka*. The cooling, calming and *Dosha* pacifying effect of *Madhu Anupana* and *Go-Ghrita* offer relief in symptoms of various eye problems.

Rasanjana Madhu Ashchyotana

Rasanjana Madhu Ashchyotana is *Rasanjana* (Extract of *Berberis Aristata*) in honey base offer beneficial effects in *Abhishyanda* or *Netra Abhishyanda* diseases. It improves eye symptoms such as: redness, lacrimation, burning sensation, lid oedema and headache. The *Rasanjana Madhu Ashchyotana* pacify vitiated *Doshas*, removes toxins, offer cooling/calming effects, possess antiseptic and antibacterial action therefore offer relief in *Netra Abhishyanda*. However literature suggests careful use of formulation due to the hypersensitivity of eye.

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