

IMPORTANCE OF SEKA IN SHUSHKAKSHIPAKA (DRY EYE SYNDROME)

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ABSTRACT

Eye is a most important sense organ of human body. That anyone can have hence all effects should be made to protect the eyes. *Sushkakshipaka* is a disease of eye which comes under *Sarvagata netra roga* causes by vitiated *Vata dosha*. According to *Acharya sushruta* it is a *Vataja vyadhi* and *Acharya vagbhata* also said that this disease is occurs due to vitiated *Vata- Pitta dosha*. The sign and symptoms are must be similar to dry eye Syndrome. A condition in which chronic lack of sufficient lubrication or moisture on the surface of the eye, due to inflammation of the ocular surface, neurotropic deficiency and meibomian gland dysfunction. It more prevalent in the female, especially in the menopausal and post menopausal age group. It has been categories as *Aushadha shadhya vyadhi* (curable by medicine) *Ayurvedic* texts enlist a number of treatment of this disease including both localized and systemic majors, in view of magnitude of the problems various preparations indicated for *Shushkakshipaka*. *Seka* is described as a best and cost effective treatment for *Shushkakshipaka*.

KEYWORDS: *Netra, Seka, Shushkakshipaka.*

INTRODUCTION

Eye is the most significant sense organ. As long as there is a desire for living, so long all out efforts should be made always by men to protect the eyes; because for the blind man, night and day are same; all the things for this world are useless.^[1] *Ayurveda* says the eyes hold more important in human life that any other sense organ. Therefore *Ayurveda* has elaborately discussed the ways to maintain the health of the eyes and also vast description about all the disease regarding them. Among many eye diseases which have been identified by the ancient classics of *Ayurveda* as well as modern medicine, the *Shushkakshipaka* which has been considered as on par with Dry eyes in modern medicine is most significant in present era. It is one among *Sarvagata Netra Rogas* mentioned by *Acharya Sushruta* as well as *Vagbhata* in detail in their treatise.^[2]

Acharya susruta explain 5 types of *Kriyakalpa* in *uttaratantra*; *Tarpan, Putpaka, Seka, Ashchyotan, Anjana*^[3], while *Vidalaka* mention by *vagabhatta acharya* they explain 6 types of *kriyakalpa*.^[4] *Sharangadhar samhita* include *Tarpana, Putpaka, Seka, Ashchyotan, Anjana. Pindi. Vidalaka*^[5] *Sekaa, Ashchyotan, Pindi, Vidalak*, used in *Amavastha* of disease, while *Tarpan, Putpaka* and *Anjana* used in *Pakvavastha* of disease.

Shushkakshipaka Chikitsa

- **Samanyachikitsa-** Considering *Vata* dominant nature of the disease, line of treatment as per *Vataja Abhishyanda* needs to be followed in case of *Shushkakshipaka*.

Shodhana	<i>SnehayuktaVirechana, Basti, Nasya, Shirobasti</i>
Shamana	<i>PuranGhrita</i> etc.
Local Applications	<i>Kriyakalpa</i>

Vishishtha Chikitsa^[6]

Therapy	Dravya
<i>ANJANA</i>	<i>Saindhavadi, Mahaushadasarpi</i>
<i>TARPANA/ PANA</i>	<i>Jeevaniyaghrita</i>
<i>NASYA</i>	<i>Anutaila</i>
<i>PARISHEKA</i>	<i>Payasaindhava</i>

Seka

Pouring of thin stream of medicated solution into the closed eye for a stipulated period. Indicated in acute and severe affections of the eyes, *Seka* can be used in *vata* dominant eye disease.^[7] Property of *seka* in *vata dosha* is *snigadha and koshana*. In *pitta dosha* *seka* should be *sheetal, tikta, kashaya* in nature and *Katu, tikta kashay,dravya* used in *kapha dosha*. The quantity and temperature of the liquid to be poured depend on the

illness affected to the eyes such as itching of eyes, watery eyes, conjunctivitis, burning eyes or dry eyes (*shushkakshipaka*). In the *Netra Seka*, a thin stream of liquid is poured around the eyes from a height of four angula.^[8]

Duration-3-5 days

Types of Seka^[9] - Three typers

- Snehan** – For emulsive purpose
- Ropana**- For the purpose setting up a granulative process in a local sore or wound
- Lekhana**- For the purpose of scarping the affected eye.

Types of seka	Dosha	Kala
<i>Snehana</i>	<i>Vata dosha</i>	400 matra
<i>Ropana</i>	<i>Pitta and Rakta dosha</i>	600 matra
<i>Lekhana</i>	<i>Kapha dosha</i>	200 matra

Time of Seka^[10]

Acharya *Sushruta* mentioned *Samyak kala* of *Seka* is *purwahan*, *madhayahan*, and *aprahan*, while *acharaya sharangdhar* explain *seka* can be done in day time, but in emergency condition it can be perform in night time.

Indication of Seka

- Swelling in eye
- Redness
- Pain
- Foreign body sensation
- Burning sensation
- Itching in eye
- Photophobia

Lakshana of Samyakyoga^[11]

- Sleep comes on time
- Eyes visible clear
- Subside of eyes disease
- Patients can easily open and close eyes

Lakshana of Atiyoga^[12]

- Heaviness in eyes
- Itching in eyes
- Watering eyes
- Transient blurring of vision
- Sticky eyes
- Aggravation of dosha

Lakshana of Henyoga^[13]

- Dryness in eyes
- Transient blurring of vision
- Heavy watering from eyes
- Aggravation of eye disease
- Not clear vision

Procedure of Seka

Seka therapy administered appropriate to the aggravated *dosha* quickly cure those disease which are not very

strong while *Seka* cures even those which are very strong.

Seka also called *pariseka* is the act of pouring liquids either on the entire body (*kayaseka*) or any part of it (*pratayanga seka*). Liquids such as water, milk, medicated oil, decoction of drug etc are used either in cold or warm state. Common procedure is filling the liquid in a vessel having a hole in its bottom to which a wick of cotton thread is attached, the vessel is suspended over the table on which the patient lies and the liquid allowed to flow down through the wick, an a steady stream, (*dhara*) from a little height of four *angula*.^[14]

Mode of Action of Seka

For the procedure of *Seka* procedure *Kashaya*, *Ksheera* or *Ghrita* are used. It is the *Virya*, *Karma* and *Prabhava* of the drug which acts, when comes in to contact with the skin of the eyelids (*Netra vartama*), *Netra sandhi* and *Sira* of *Netra*. By these quality of drugs *Pachana* and *Shamana* of *Netra gata dosha* can be attained as *Seka* is mainly indicated in *Amavstha* of *Netra Roga*.^[15]

DISCUSSION

Kriyakalpa helps to achieve effective concentration at site of drug action, it release drug for stipulated time period. *Kriyakalpa* highly inefficient method provides controlled and target specific release of medicine in eye. *Seka* can be used in many disease of eye. Speaking about the sagacity of the drugs used in *Seka* they modify the local tissue pathology by virtue of its attributes and mobilize the toxins and are eliminated from the affected tissue. Practically *seka* more suggested to manage *Amavastha* i.e., inflammatory condition which can be specified in particular as majority of inflammatory disease of the eye like dry eye due to where pathogenesis lies in glands of eyelids and precorneal surface.

CONCLUSION

The eye is unique and necessary organ that is constantly exposed to the environment. Eyes diseases are serious condition which needs treatment immediately in ayurveda which are mainly treated with *Kriya kalpa therapy*. *Kriya kalpa* has several advantages over oral administration. In the *kriyakalpa*, the affected tissues of the eye are targeted directly than form systemic absorption and always gives quick results. Various drug can be selected according to the stage and types of the disease and can be used in various *Kriyakalpa* procedure according to need. They can be selected depending upon the stage and severity of eye disease. *Seka* is the best treatment for *Sushakakshipaka*. Removal of the inflammation, normalization of function of meibomian gland dysfunction. Main aim of *Seka* therapy to give good result to the patient in short time.

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