

EFFECT OF RASANJANADI BIDALAKA IN CHRONIC BHLEPHARITIS – A CASE STUDY**Dr. Kalpana S. Wakode* and Vd. Pooja Yashwant Keware**

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INTRODUCTION

Blepharitis is an extremely common disease. It is a chronic inflammation of the margins of the lids, in which eyelids become red, irritated and itchy with dandruff like scales. Blepharitis commonly occurs when the tiny oil glands of eyelid become inflamed. It often occurs along with other skin conditions such as seborrheic dermatitis, rosacea and eczema. The sequelae of the disease are serious. If not treated with perseverance, the disease is extremely chronic, causing chronic conjunctivitis. The ulceration may extend deeply, destroying the hair follicles. Blepharitis occurs in two forms – anterior(bacterial and seborrheic) blepharitis and posterior(meibomitis) blepharitis. In Ayurveda, there is a disease called “*Krimigranthi*” which resembles Blepharitis. *Acharya Sushrut* classified eye diseases according to their location. He mentioned *krimigranthi* as a “*Sandhigata roga*”. According to him, *krimigranthi* is a swelling in which organism get lodged in the junction of eyelids and eyelashes to produce severe itching. Further these organisms move along the junction of eyelids and penetrate into *shuklamandal* and even into the inner structure of the eye.

KEYWORDS: Blepharitis, *Krimigranthi*, *Rasanjanadi bidalaka*.**A CASE STUDY**

A 24 years old female patient came to shalaky tantra opd of our hospital with presenting complaints as follows.

- 1) Irritation of eyelids since 1 months
- 2) Deposition of whitish material at lid margin
- 3) Mild discomfort and occasional lacrimation since 1 month
- 4) Falling of eyelashes

Present History

Above symptoms are worse in the morning. Patient has recurrence of such attacks since two years. Also the patient has history of seborrhea of scalp since 2 years.

Pre Treatment Examination

Local examination revealed-

- 1) Red thickened lid margins
- 2) Accumulation of white dandruff like scales seen at the root of cilia and among the lashes.
- 3) Visual acuity for both eyes were found to be 6/6, other conjunctiva, sclera, iris, pupil and anterior chamber were found to be normal.

Diagnosis

On the basis of clinical signs and symptoms patient was diagnosed with chronic seborrheic blepharitis.

Line Of Treatment

Rasanjanadi bidalaka once a day for 7 days and advised to use mild anti-dandruff shampoo.

Bidalaka

Bidalaka is one of the seven *kriyakalpa* of eyes. It is a procedure in which paste of medicated herbal drugs is applied over the eyelids except eyelashes for a particular time.

Procedure

Selection of the medicine for procedure is based on patient's condition. The patient is made to lie down. The face and eyes were properly cleaned. Then slight abhyanga was done with mild sudation. Then medicated paste was applied on the eyes leaving eyelashes for a thickness of ½ inch. The paste was kept until it starts drying(for 20-25 minutes). Then eyes were cleaned with warm water.

Drugs Used

Given drugs are required for preparation of *Rasanjanadi bidalaka*
Rasanjan -
Gairik
Yashtimadhu
Saindhav
Daruharidra

Tuttha

The fine powder of above ingredient is made into paste.

Post Treatment Examination

Eyelids were normal without any accumulation of dandruff like scales on cilia.

RESULT AND DISCUSSION

After complete treatment of 7 days, patient got relief from lacrimation, irritation, discomfort and falling of lashes. Medicine applied on the outer surface of lids is absorbed by the skin to a greater extent reaching to subcutaneous tissues and local temperature. Thus relieves inflammation. Since tissue contact time is more, *bidalaka* helps in more absorption of drugs and bioavailability will be enhanced. Since the drugs have anti-infective, analgesic and anti-inflammatory properties patient get quick relief from the symptoms. The skin of eyelids is extremely thin, subcutaneous fat is very sparse and stratum corneum layer of skin which acts as a barrier is a single layer in eyelids so absorption of drugs through skin of eye lids will be very fast.

CONCLUSION

Rasanjanadi bidalaka is beneficial in Blepharitis as it shows marked relief from symptoms without any side effects.

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