

ROLE OF ANJANA KRIYAKALPA IN NETRA ROGA**^{1*}Dr. Dinesh Gurjar, ²Dr. Arunima Namdeo, ³Dr. Rajendra Singh Patel and ⁴Dr. Jagruti Richhariya**¹P.G. Scholar, Dept. of Shalakyatantra, Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal.²Professor, Dept. of Shalakyatantra, Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal.^{3,4}Asst. Professor, Dept. of Shalakyatantra, Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal.***Corresponding Author: Dr. Dinesh Gurjar**

P.G. Scholar, Dept. of Shalakyatantra, Mansarovar Ayurvedic Medical College, Hospital & Research Centre, Bhopal.

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ABSTRACT

The Human Body nature's amazing creature and the Eyes are even more amazing than that. Ayurveda's aims is prevention and promotion of health and treat the disease. Ayurveda described Dinacharya (daily routine) in detailed for healthy life. Under this, Anjana Kriyakalp (collyrium) is mentioned. This topical ocular therapeutic procedure for eye diseases described as kriyakalpa. Acharya Sushrut described 5 types of kriyakalpa which is Tarpana, Putapaka, Seka, Ashchyotana and Anjana. Anjana karm is one of the effective, unique and comprehensive among the kriya kalp. In this 21st century eye hygiene is not properly maintained due to lack of time and excessive uses of electronic devices have more chances for eye diseases. Therefore, we will discuss anjana kriyakalpa and its importance, probable mode of action, indication and contra indication in this review article.

KEYWORDS: Tarpana, Putapaka, Seka, Ashchyotana and Anjana.**INTRODUCTION**

Ayurveda is the science of healthy living and it is the most rational and scientific among the ancient system of medicine. In our ancient literature Chakshu (Eye) is considered as prime sense organ out of all senses.

Acharya Vagbhatta explains the importance of eye as-
Chakshurayaam sarvkaalam manushyeta kartavyo jivite
yaavatdichcha |
Vyartho lokayaam tulyaratridivanaam pumsamndhanam
vidyamanepi vitte ||

In Ayurveda the local therapeutic procedures for netra are explained in netra kriya kalpa. The word kriya kalpa has made from two words kriya and kalpa. Kriya means therapeutic procedures and Kalpa means specific medicine or formulation. Acharya Charaka mentioned three kriya kalpa in chikitsa sthana i.e. vidalaka, Aaschyotana and Anjana. Acharya Sushruta mentioned five kriya kalpa i.e. Seka, Aaschyotana, Anjana, Tarpana and Putpaka. Acharya Sharangadhara mentioned 7 kriya kalpa five of them are same as Sushruta and added Pindi and vidalaka to them. Kriyakalpa procedures when adopted follow the protocol of Purvakarma (Pre-treatment), Pradhaankarma (Main treatment) and Paschaatkarma (Post-treatment). Purvakarma includes Panchakarma procedures to remove vitiated Dosha from the body, following which, the selected Kriyakalpa is then administered to remove any remaining Dosha as Bahyapimarjana Chikitsa. Pradhaankarma is the actual

type of Kriyakalpa administered and Paschatkarma includes the rules and regulations to be followed after the procedure e.g., Samsarjana Krama (Dietary regime). Anjana karm is one of the effective, unique and comprehensive among the kriya kalp. Various ancient Acharyas described Anjana therapy as daily regimen especially Sauviraanjanana and Rasanjanana Anjana has special importance in healthy person as well as in diseases person.

TYPES OF ANJANA

According to dravyas The Anjana is of three types-

- 1) Lekhana (scraping) Anjanas mentioned for Kapha predominant conditions
The Lekhana Anjanas is made of dravya having kashaya, amla, lavana and Katu in rasa,
 - 2) Ropana (healing) Anjanas for pitta related diseases.
Ropana Anjana are with tikta dravya
 - 3) Prasadana (purifying) Anjanas for vataja vikaras.
Prasadana Anjanas with madhura sheeta dravyas.
- According to Swarupa (form) Anjana are of 3 types
1) Gutika (Pills) Anjana – Mention in strong doshabala
2) Raskriya (Semi-solid) Anjana - Mention in medium doshabala.
3) Churna (Powder) Anjana - Mention in low doshabala.

DOSE OF ANJANA

Anjana Preparation	Anjana matra(dose)
Gutikanjana	Tikshna: 1 Harenu Madhyama: 1 ½ Harenu Mridu: 2 Harenu
Rasakriyanjana	Uttama: 3 Vidanga Pramana Madhyama: 2 Vidanga Pramana Hina: 1 Vidanga Pramana
Churnanjana	Virechanika: 2 Salakas Mridu: 3 Salakas Snehaika: 4 Salakas

INDICATIONS

It is indicated in chronic stage or when acute condition subsides. After purification of the body by Snehadi Karmas when Dosha is localised in Netra; Pakva Lakshana of Dosha are seen;
Mild Shopha -Congestion,
Kandu -Itching
Shopha-Mild irritation
when patients are suffering from Kapha, Pitta and Rakta, specially in Vata predominance - the Anjana should be applied.

CONTRAINDICATIONS

- Srama -Tiredness
- Udavarta-Upward movement of gases
- Rudita -Grief
- Madhya-Alcohol intake
- Krodha- Anger
- Bhaya-Fear
- Jwara -Fever
- Vegaghata-Suppression of natural urges
- Sirodosha- Disease of head

KALA OF THE APPLICATION OF ANJANA

Acharya Vagbhata has contraindicated Anjana during night, before sleeping, afternoon, after being out on a sunny day. It should be applied during morning and evening when the sky is free from clouds.

ANJANA SHALAKA

It is a specially designed rod made of different metals for the application of the Anjana. Acharya Sushruta has defined the shape and size of the Shalaka as follows: It is round in the ends like bud of jasmine flower, circumference of the Shalaka in middle is the size of a pea. It should be well made, comfortable and easy to hold, and of 8 Angula in length.

METHOD OF ANJANA

Anjana should be applied in the morning and evening. Anjana can be applied in supine or sitting position. Eyelids are retracted by left hand, while with the help of right-hand Shalaka is moved from inner canthus(kaninak) to outer canthus(apang). The Anjana is applied as per dose. Use finger whenever Anjana is to be used on eyelids. After applying the Anjana, the patient is asked to close the eyelids gently and to rotate the eyeballs. Due to this, medicine spreads in the eyes. The

dosha's dissolves and comes out in the state of lacrimation. Whenever lacrimation stops, the netra prakshalana (Eye wash) should be performed with suitable decoction or with pure water. While preparing the decoction the factors like disease, dosha and season always should be considered. After washing the eye, it should be cleaned with clean cloth. In conditions like severe vitiation of kapha dhoomapana can be advised after Anjana. Tikshna Anjanas is contraindicated for prolonged use, and praty Anjanas are advised for correcting the complications if developed during application of tikshna Anjanas.

MODE OF ACTION

According to Ayurveda the Lekhan Anjana 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. the eye is well protected against absorption of foreign materials, first by the eyelids and tear-flow and then by the cornea, which forms the physical-biological barrier. When any foreign material or medication is introduced on the surface of the eye, the tear-flow immediately increases and washes it away in a relatively short time. Under normal conditions, the eye can accommodate only a very small volume without overflowing. We get this much reference regarding the action of drug. Because of the complexity of the combinations applied during this procedure researches regarding the mode of action of ayurvedic drug still remains as a challenge. We need more research in this field specially 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.

DISCUSSION

Detailed description of Anjana is found in Sushruta Samhita, Ashtanga Hridaya, Ashtanga Sangraha and Sharangadhara Samhita. The above classics describe their classification, form, dosage, method of application, time of applications etc. The bio availability of the drugs used in the eye depends on many factors like absorbing surface, dosages form, absorption, drug vehicles, tissue contact time, compliance, disposal, etc. In Anjana, absorption happens through skin, Conjunctiva, cornea, nasal mucosa and Oral cavity. After absorption through skin, conjunctiva, cornea, aqueous humour, and Circulation, the drug gets metabolized and mitigates / eliminates the Dosha.

CONCLUSION

Aanjana Kriya has unique efficacy for many types of eye disorders. It has promotive, protective and curative effect on the eye disorders. Its regular and judicious use is having a prime role in maintains of the eye health. Because of easy administration, availability and affordable price, Aanjana is the best option especially when a long-term treatment needed. we can say that anjana is an ideal remedy for various types of eye

disorders; which can be used as preventive as well as curative measure.

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