

**“A CASE REPORT ON EFFECT OF *HARIDRA KWATHA PARISHEKA* IN TREATMENT OF *KRUMIGRANTHI* WITH SPECIAL REFERENCE TO BLEPHARITIS”**Vd. Akshay A. Swami<sup>1\*</sup> and Vd. Poonam G. Belgaonkar<sup>2</sup><sup>1</sup>M. S Scholar, Dept. of Shalakyatantra, L.K.R. Ayurvedic College, Gadhinglaj, Kolhapur, Maharashtra India.<sup>2</sup>Associate Professor, Dept. of Shalakyatantra, L.K.R. Ayurvedic College, Gadhinglaj, Kolhapur, Maharashtra India.**\*Corresponding Author: Vd. Akshay A. Swami**

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**ABSTRACT**

The traditional Ayurvedic approach to managing *Krimigranthi*, commonly known as Blepharitis, involves utilizing *Haridra Kwath Parisheka*, A herbal remedy derived from *Curcuma longa*, or turmeric. Blepharitis is a chronic inflammatory condition affecting the eyelid margins, causing discomfort and aesthetic concerns. *Haridra*, renowned for its anti-inflammatory, antimicrobial, and immunomodulatory properties, is prepared into a decoction called *Haridra Kwath*. This therapeutic application aims to alleviate the symptoms of Blepharitis and address its underlying causes. Ancient Ayurvedic texts such as Sushruta, Vagbhata, Yogratnakar, and Madhavidan describe clinical features resembling those of Blepharitis, including *Shyavavartma*, *klinnavartma*, and *Krimigranthi*. Despite numerous attempts to treat this condition with various drugs, its recurrence remains a major concern. Clinical studies have investigated the efficacy of *Haridra Kwath Parisheka* in managing Blepharitis, highlighting its potential to relieve symptoms such as redness, itching, and swelling. Additionally, Ayurveda emphasizes a holistic approach tailored to an individual's constitution (Prakriti) and addresses potential root causes of Blepharitis.

**KEYWORDS:** *Krimigranthi*, *Haridra Kwath Parisheka*, Blepharitis etc.**INTRODUCTION**

अपाङ्गे वा कनीने वो कण्डममपोटवान्! पूयस्त्रावी  
कृमीग्रमथिग्रमथि कृमियुतो धर्तिमान् !! वा. उ. 10/8-9

According to *Vagbhata*, Blepharitis is characterized by a painful condition resulting from infection, often accompanied by the development of a tumor in the canthus area. Symptoms typically include itching, burning sensation, and the shedding of eyelashes.<sup>[1]</sup>

Blepharitis is a common inflammatory condition affecting the margins of the eyelids, manifesting as a subacute or chronic ailment. It is a prevalent eye disorder causing discomfort and irritation, particularly in its chronic form. Typically, both eyes are affected symmetrically. Blepharitis can be classified into anterior and posterior types, although there is often an overlap in symptoms between the two. The discrepancy between symptoms experienced by patients and the observable signs of the condition, along with the unclear etiology and disease mechanisms, pose challenges in its management.<sup>[2]</sup>

**ETIOLOGY<sup>[3]</sup>****1. Predisposing factor**

Age- Above 18 years.

Patient with seborrheic as well as blepharo-

conjunctivitis.

**2. Causative organism:** Staphylococcal Bacteria**SIGNS & SYMPTOMS**

1. Burning sensation, itching, irritation, grittiness
2. Photophobia
3. Redness of lid margin and conjunctival hyperaemia
4. Watering.
5. Crusting
6. Redness & Dry Eyes
7. Madarosis
8. Oily tear film

**AIM:** To study the role of *Haridra Kwath Parisheka* in management of *Krumigranthi*.**METHODS AND MATERIALS**

Review regarding blepharitis was done from ayurvedic and modern text books, journals, Internet sources. Collected data compiled and classified as mention in text.

**DRUG REVIEW: *Haridra*.<sup>[4]</sup>**Latin Name - *Curcuma Longa*Local Name - *Halad, Haldi*

Family - Zingiberaceae  
 Guna – Laghu, Ruksha  
 Rasa - Tikta, Madhura  
 Vipak - Katu  
 Virya - Ushna  
 Karma - Kandughna, Shothahara, Chakshushya,  
 Shulprashaman, Vedanasthapana, Tridoshhara,  
 Kaphagna  
 Prayojyaanga -Kand

## ETYMOLOGY

सेकक्षत् सूक्ष्मधाराभिः सर्व स्मीण्यतने हितः |

मिलिताक्षस्य मर्तस्य प्रदेयश्चतुरंगुलः || यो. र. उ.

The term "Parisheka" originates from the Sanskrit word "Sechanam," meaning sprinkling or watering.<sup>[5]</sup> It is a therapeutic procedure commonly employed for eye ailments. Specifically, "Netra Seka" involves pouring medicated liquids onto closed eyes from a height of 4 Angulas (approximately 4 inches) in a steady and continuous stream for a specified duration. This procedure is particularly beneficial in the early stages of eye disorders when the dosha imbalance is minimal.

## PARISHEKA KALA

Parisheka can be done either in forenoon or afternoon, but should be done in day time only.<sup>[6]</sup>

Dosha	Type of SEKA	Duration
In disorders of Vata	Snehana Seka	600 Matrakala
In disorders of Raktha and Pitta	Ropana Seka	400 Matrakala
In disorders of Kapha	Lekhana Seka	300 Matrakala

Exceptionally, when the disease is severe can do at night times.<sup>[7]</sup>

## SYNONYMS: Seka, Sechana

It is Bahir Parimarjana Chikitsa done in Aamavastha of Netraroga for Pachana of Doshas.

## IMPORTANCE OF PARISHEKA

The doshas gets subsided by Parisheka, which is similar to the fire extinguished by water.<sup>[8]</sup>

## INDICATIONS OF PARISHEKA<sup>[9]</sup>

Parisheka, according to traditional wisdom, is recommended when symptoms such as redness, excessive tearing, irritation, pain, burning sensation, prickling, tearing pains, ulcerations, swelling, and itching of the eyes are present. These indicators suggest the need for Parisheka as a therapeutic intervention. Parisheka finds its relevance in the initial stages or prodromal state of eye disorders, known as Purvarupa. Therefore, it is advised during the early onset of eye ailments or Netravikaras to alleviate discomfort and prevent further progression of the condition.

## PROCEDURE OF PARISHEKA

Before commencing the Parisheka treatment, the individual is first administered with Dipana and Pachana medications to prepare the body. According to Acharya

Dalhana, it is advised to have a light or no meal (Laghubhojana/Abhojana) before undergoing Parisheka. The Parisheka medicine, typically in the form of a decoction, is then meticulously prepared. The individual is instructed to lie down comfortably, and their face and eyes are gently cleansed using cotton soaked in warm water. Next, the medicated decoction is poured onto the eyes from a height of approximately 4 Anguli (about 4 inches) in a smooth and uninterrupted stream. Following the procedure, the eyes are delicately wiped clean with a soft cotton cloth, and the individual is encouraged to rest.

## MODE OF ACTION

The efficacy of the treatment lies in the inherent qualities of the Haridra, which exert their Virya (potency), Karma (action), and Prabhava (special effect) upon contact with the skin of the eyelids, Netrasandhi (junction of eyelids), and Siras (blood vessels) of the eye. Through these qualities, the drugs facilitate the digestion (Pachana) and pacification (Shamana) of doshas affecting the eyes. The procedure specifically targets the corneal epithelium, which is lipophilic, and the corneal stroma, which is hydrophilic. Pouring the medication in a thin stream enhances drug delivery to the cornea while reducing surface tension. This method is performed with closed eyes to optimize absorption. Additionally, absorption through the conjunctiva occurs, particularly for drugs with hydrophilic properties. The corneal stroma facilitates rapid drug passage through the endothelium into the anterior chamber, making this procedure beneficial for inflammatory conditions affecting the anterior segment of the eye. Haridra possesses properties such as anti-itching (Kandughna), anti-inflammatory (Shothahara), vision-improving (Chakshushya), pain-relieving (Shulprashaman), analgesic (Vedanasthapana), balancing of the three Doshas (Tridoshhara), and Kaphagna, which collectively alleviate the signs and symptoms associated with Blepharitis.

## DISCUSSION

Research examining the effectiveness of Haridra Kwath Parisheka in managing Blephritis has been evaluated, showcasing its ability to alleviate common symptoms like redness, itching, and swelling. Additionally, the comprehensive approach of Ayurveda is emphasized, which considers an individual's constitution (Prakriti) and potential underlying causes of Blephritis. Possible mechanisms of action, including the suppression of pro-inflammatory cytokines and regulation of immune responses, are proposed based on previous studies investigating the effects of Haridra.

## CONCLUSION

Blephritis is common lid margin disorder caused by over use of cosmetic, unhygienic conditions & secondary to staphylococcal & parasitic agent. Application of Haridra Kwath Parisheka with maintenance of hygiene relieves various symptoms of blepharitis, i.e. burning sensation, itching, grittiness, photophobia, redness and watering. Haridra has Chakshushya, Vedanasthapan, Shothhara

and *Kandughna* properties which reduce signs and symptoms of Blepharitis. The study concludes that by using ayurvedic drug we can overcome Blepharitis.

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