GLAUCOMA IN THE VISION OF AYURVEDA

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ABSTRACT
Glaucoma is called as Adhimantha in ayurveda. It is the complication of Abhishyanda (Conjunctivitis in modern science). Ayurveda also says that if Abhishyanda (Conjunctivitis) is not treated then it turns into a disease termed as Adhimantha (Glaucoma). The disease Adhimantha presents the features that are similar to those of glaucoma in modern science. Severe pain is the prime symptom of Adhimantha. Glaucoma is a symptomatic condition where the functional integrity of the eye is disturbed, resulting in characteristic irreversible loss of visual field due to persistent raised intraocular pressure. Glaucoma has been called the silent thief of sight. Adhimantha is treated with different sorts of Ayurvedic modalities including Netra Kriya Kalpa, Oral Medicines, Panchkarma. In modern science several oral medicines, eye drops and surgical procedures involves in lowering the increased Intra Ocular Pressure and treatment of Glaucoma is done like this way.

KEY WORDS: Glaucoma, Adhimantha, Abhishyanda, Conjunctivitis.

INTRODUCTION
It is estimated that there are more than 60 million cases of Glaucoma worldwide and it will increase to 80 million by 2020.[7] It is estimated the prevalence of Glaucoma is 2.65% in people above 40 years of age. Globally, Primary Open-Angle Glaucoma (POAG) is more prevalent than primary angle closure Glaucoma (PACG) and responsible for around three fourth of all Glaucoma cases. Overall Glaucoma is the second major cause of blindness in India.
Adhimantha: As per Ayurvedic texts, when Abhishyanda is not treated then it turns into another disease which is known as Adhimantha. The disease Adhimantha presents the features that are similar to glaucoma in modern science. Severe pain is the prime symptom of Adhimantha; it is described as the complication of Abhishyanda vyadhi.

MATERIALS AND METHODS
Different texts book on ophthalmology, Shalakya Tantra, Articles, related to this topic were studied and analyzed thoroughly.

Nidana
The nidana of Adhimantha can be classified as:

- Samanya nidana
- Vishesha nidana

Samanya nidana explained are, diving in water immediately after an exposure to heat and glare of sun, gazing at distant object, sleep in day time and keeping wake up late hours at night, fixed and steady gaze, excessive weeping or over indulgence in grief, anger and fatigue, a blow or a hurt, excessive sexual activity, the partaking of sukta aranala, masha, kulatha, voluntary repression of any call of nature, exposure to smoke or dust, trickling down of the drops of sweat, excessive or impeded vomiting, repression of tears, constant contraction of the eyes to adjust the sight to extremely small objects, etc. (Ut ch.1 sl.21,22. p118).

Vishesha nidana explained as, all the forms of chronic Abhishyanda, if not properly attended to and remedied at the outset may run into as many cases of Adhimantha. (Ut ch.6 sl.9. p136)

Samanya Lakshana
Severe pain in the eye like scooping it from the orbit.
Crushing type of pain (Manthava vatha shoola).
Half headache (Arthava bhadak).

Types of Adhimantha: It is of mainly four types as mentioned below.
Vataja Adhimantha (Acute Congestive Glaucoma).
Pittaja Adhimantha (Acute Congestive Glaucoma).
Kaphaja Adhimantha (Simple Chronic Glaucoma or Chronic Congestive Glaucom).

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Raktaja Adhimantha (Congestive Glaucoma or Secondary Glaucoma).

**Vataja Adhimantha**

It is disease in which the patients have scooping type of pain in eye, exudation foreign body sensation, extra growths, dirty appearance with Aadmana (increased tension in the eye ball), Kampa (shivering) and half headach.

**Vagbhata added:** the points like karna nada (Tinnitus), churning type of pain head, eye and root of the nose, and with giddiness.

**Chikitsa for Vataja Adhimantha:** Snehana, Sweda, Sira Mokshana), Virecana, Vasti, Seka, Aschyotna, Anjana, Tarpan, Putapak, Nasya, Shirovasti etc are available.

**Snehana**

1. Intake of ghee after meal.
2. Intake of medicated milk and ghee prepared with Triphala.
3. Intake of medicated milk and ghee prepared with Dashmool.

After the above medication Mrudu Sweda is advised.

**Mrudu Sweda:** (Seka) with any of the following.

1. Haridra Rasanjan + milk + Saindhava lavana.
2. Salvana Sweda.
4. Eranda mool patra + twacha siddha dugda useful in seka nasya
5. Amla dravya like Kanji.

**Aschyotna yogas (eye drops).**

1. With the decoction of Bilwadi panchamool, Bruhati, Eranda and Sigru.
2. With the decoction of Nimba patra and Lodhra.
3. Netra Bindu Used for eye drops (Gulab jal 1-2 bottles, Karpoora 6 masha, Ahiphena 2 tola, Rasanjana 8 tola).
4. Rasanjan dravya;- Used for eye drops (The medicated milk prepared from Kantakari moola).

**Pindika:**- Hot pindika (Poultice) is prepared with eranda patra moola and twacha.
Bidalaka
1. Lodhra fry in ghrita and has to paste to eye lids.
2. Hareetaki, fry in ghrita and has to apply to the eye lids.
3. Rasanj 50gm, Spatica 24gm, Ahiphena 10gm, Nimapatra 3, Ksheera 500gm, Gyric 24gm and has to paste to the eye lids.
4. Saindhava lavana, Daru haridra, Gyric, Hreetaki, and Rasanj has to paste to the eye lids.

Varthi Anjana:- Rajatha Patra should be painted with go dadhi, it should become bluish and get with masthu, prepare varthi for Anjana.

If the disease is not controlled with above treatment principles Vagbhata suggested “Daha Karma” at and above “Bhru”.

Pittaja Aadhimantha
It is sarvagatha sadhya vyadhi. The signs and symptoms are eye spresd with red capillary net(Raktha raajeechitham), Netra srava(watring from eye), Burning sensation, Hyperaemia of eye like yukrith, lid oedema(Varthama shopha), Perspiration(Swedana), Burning sensationof head(Shirodaha), Visualised the things yellowish.

Chikitsa for Pittaja Adhimantha
1. Langhana (for aama pachanam).
2. Sneha pana
3. Rakta Mokshana
4. Virechana
5. Above 1 to 4 for systemic treatment.
6. Local treatments are Seka, Aschyotna, Anjana, Lepa, Tarpan, Putapaka etc has to do for treatment of Pittaja Adhimantha.

Seka yogas:- Chandan, Nimba patra, Yastimadhu, Rasanj, Saindhava lavan, grinded with water and should use as seka with honey.

Aschyotna yogas
1. Nimba patra kalka has to paste to the Lodhra and heated; The powder + Stanya, after filtration should use for Aschyotna.
2. Medicated milk prepared from Draksa, Yastimadhu, Manjistha, Jeevaneeya dravya.
**Pindi:**- Amalaki or Mahanimba patra pindi can be used.

**Bidalaka:**- Chandana, Sariba, Manjistha, Yastimadhu jatamamasi, Tagara, Lodhra, Jathipushpa, Gyric can be applied to the eye lids.

**Anjana:**- Buds of jathi pushpa, Shankhanaabhi, Triphala, Yastimadhu, Bala mool twak, should be grinded with Aakashodaka (Rain Water) varthi is prepared for Anjan.

**Kaphaja Adhimantha**

It is known as Simple Chronic Glaucoma or Primary Open Angle Glaucoma. The detail description is given in the next page as because my research work is done on Kaphaja Adhimantha. Following are the also line of treatment for Kaphaja Adhimantha.

**Chikita for Kaphaja Adhimantha**

1. General Principal and sira vyadana then Sweda, Avapeedan, Nasya, Anjan, Dhoompan seka pralepa, Kavalagrah, Rukshna, Aschyotna, Ruksha Putapaka, Apatarpan, Aahara and Vihara.
2. Langhana, Swedana Nasya, Tikta bhojan, Ruksha and Teekshna Virechana.

**Pindi**

1. Sigru Patra Kalka (lukewarm pindi is used).
2. Nimba Patra + Shunti + Saindhava Lavana, luke warm pindi is used.

**Aschyotna**

Saindhava lavana and Lodhra has to fry in Ghrita + Sauveeranjan, grinded with water and the extracted Swarasa is used for Aschyotna.

**Bidalaka**

1) Rasانjanor 2) Shunthi, Hareetaki or 3) Vacha, Haridra, Shunti or 4) Gyric, Shunti is used as Varthma lepam (Bidalaka).

**Anjana:**- Saindhava lavana, Triphala, Trikatu, Shankha nabhi, Samudra phena, Shyleyaka Sarjarasa, should be grinded with water and varthi is prepared for Anjan.
Raktaja Adhimantha

This type of Adhimantha is known as Secondary Glaucoma in the modern science. It is sarvagata sadya vyadhi. The signs and symptoms are as below;
Sparshanaakshama (Tenderness, Unbearable pain).
Eye become red and discharges red secretion.
Visualised the objects in red colour (Agnivath)
Krishna Mandala appears as dipped in the blood like Arista phala
Severe pricking pain & burning sensation in the eye and head.

Vagbhata:- The pain is experienced at Shankha, dantha, kapola, lalata.

Chikitsa for Raktaja Adhimantha

A) Antah Sodhana
1) Snehana with Kaumba ghrita (100 years old ghrita)
2) Mamsha rasa bhojana
B) Sthanik Upachara
1) Tarpan with medicated ghrita
2) Nasyam with medicated oil
3) Mrudu sweda, ghritha pana has to do when severe pain is associated.

Seka:- Triphala, Lodhra, Yastimadhu, Sugar, Musta should be grinded with cool water and used for sekha.

Pralepa:- Neelothphala, Usheera, Daruharidra, Kaleeyaka (Agaru) Yastimadhu, Musta, Lodhra should be grinded with shathadautha ghrita to paste around the eyes.

Aschyotna:- (Putting of eye drops with following medicines).
1. Sthanya (Breast milk)
2. Ghritha or Dugda (ghee and milk)
3. The ghee got bhavana with Lodhra.
4. The medicated water has to use prepared with
5. Triphala + Sharkara + Water.
6. Amalaki phala swarasa.
7. Sigru patra swarasa + madhu.
8. Bhumyamalaki swarasa.
**Bidalaka**:- Neelkamal, Musta, Drauharidra, Kaleeyaka Yastimadhu, Mukhta, Lodhra, Padmaka are grinded with shatadautha ghrita and used as Varthma lepam.

**Anjana for Raktaja Adhimantha**:- Buds of jathi pushpa, shankhamaabhi, triphala, Yastimadhu, Bala mool atwak, should be grinded with rain water and thus varthi is prepared.

**DISCUSSION**

Beta blockers reduce IOP by decreasing aqueous secretion and are therefore useful in all types of glaucoma, irrespective of the state of the angle. The exact pharmacological basis for this is unclear. However, in approximately 10% of cases, the pressure response decreases with time.

It lowers the intra ocular pressure by reducing the aqueous secretion, as a result of direct action on the secretory epithelium of ciliary body. It has been seen that IOP responsiveness to Timolol will decrease with continued use in some patients, and Timolol alone may not sufficient to control IOP after 3 months to 1 year after starting the treatment.

Beta blockers decrease the pressure inside the eyes by reducing how much fluid (aqueous humor) is produced in the eye. Reducing pressure in the eye slows down optic nerve damage which greatly decreases the rate of loss of visual field. Thus the visual field can be with Timolol Maleate 0.5% eye drop.

The aqueous humor also provides the necessary pressure to help and maintain the shape of the eye. We call this intraocular pressure or IOP. In case of POAG; it is raised due to which pain is there in the eye. Timolol Maleate 0.5% eye drop control that IOP and decrease pain in eye.

**CONCLUSION**

It is concluded that Adhimantha can be treated with above mentioned Ayurvedic modalities without any side effect. In spite of this it is also most important to save our eyes with different types of preventive measures for our eyes. The Kriya Kalpa plays a vital role in the management of Adhimantha. Any type of Abhishyanda must be treated in proper way to avoid of attacking of Adhimantha.
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