



Role of Baladi Yapan Basti, Jivantyadi Grut Nasya and Jivantyadi Ghrut Akshitarpan in Pratham –Dwitiya Patalgat Doshdushti with Special Reference to Simple Myopia

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ABSTRACT –

In day to day practice we can see Myopia has become the major public health problem pertaining to eye .That impacts on societal, personal, educational and economical level. The prevalence rate of myopia in India have found ranging from 6.9% to 19.7%. Myopia progression is irreversible, also its correction methods are with other complications. Myopia resembles closely to *Timira* involving *pratham and Dwitiya Patalgat doshdushti* in terms of symptoms ,anatomical structures involved and pathogenesis of disease. An clinical study was conducted to evaluate the role of *Baladi yapan basti, Jivantyadi ghrut nasya and Jivantyadi ghrut akshitarpan* in patient suffering from myopia. Sign and Symptoms of patient were dimness of vision, fatigue, discomfort, lacrimation and headache. The symptoms of *Pratham-Dwitiya patalgat doshdushti* can be correlated with simple myopia. This present study aims to improve the visual acuity in *Pratham Dwitiya patalgat doshdushti* with special reference to simple myopia with the help of *Baladi yapan basti ,Jivantyadi ghrut nasya and Jivantyadi ghrut akshitarpan*.

KEYWORDS- Myopia, *Pratham –Dwitiya patalgat doshdushti, Baladi yapan basti, Jivantyadi ghrut nasya, Jivantyadi ghrut akshitarpan, Chakshushya, Visual acuity.*

INTRODUCTION –

Sincere efforts must be made by every individual till his /her breath of life to preserve his /her vision. This is quoted in *Ashtang Hridaya*.

The state of refraction in which parallel rays of light are brought to focus in front of the retina of a resting eye.⁽²⁾ It is measured by the spherical power in diopters of diverging lens .By focusing light on onto the retina, it can be expressed as the spherical equivalent or refraction in the least myopic meridian.^(2,3) In our society it is highly prevalent. It is more common in Asian countries affecting 84% of young people.⁽⁵⁾

In India prevalence rate of myopia range from 6.9% to 19.7%.^(6,7) Because of its significance ,Myopia was chosen as global public health concern in VISION 2020.

Modern treatment counterpart has made tremendous remarkable progress in ophthalmology department ,hence no satisfactory universal treated for myopia is available. Myopia has no cure and it is irreversible.

Asthenopic symptoms are subjective such as dimness of vision, discomfort ,headache, lacrimation, ocular fatigue. Dimness of vision is the symptom of *Pratham and Dwitiya Patalgat doshdushti*. Our *Netraindriyas* is made up of essence of ,as mentioned in ayurvedic classical texts. *Acharya Sushrut* as mentioned that *Pratham Patala* is made from the essence of *Rasarakta dhatu, Dwitiya patala* is made from essence of *Mansa dhatu. Tritiya patal* is made from the essence of *Meda dhatu, Chaturtha patala* is made from essence of . Henceforth we can say that for the *doshdushti* of *Pratham and Dwitiya patal Ras rakt, mansa dhatu vikruti* are responsible. So while management of concern treatment for myopia was mainly aimed to balance the *doshas* to their normal state ,by bringing them to *sam avastha* ;by removing the *kha-vaigunya* in rasa rakta mansa dhatu. Also to provide nourishment to the *saptadhatu*.

CASE HISTORY

Patient name –XYZ

Age/Sex -14 years female

Address- Bandra, Mumbai

Occupation –Student

Chief complaint on examination –

- Dimness of vision for distant
- Headache
- Staining of eyes
- Lacrimation

Cinical history – No any history of medicinal and surgical illness.

- Hetu – Agnimandya
- Aruchi
- Daurbalya

Investigation

Hb -10.8gm%

WBC -5000 cumm

RBC -4.4m/cumm

ESR -10mm/hr

LFT-SGOT -22

SGPT -16

Bilirubin -0.4

RFT –serum creatinine- 1.1

Urea -25

BSL –fasting -86mg/dl,post prandial -112mg/dl

Colour vision –both eyes normal colour vision

Slit lamp Examination –

Eyelashes	N	N
Eyelids	N	N
Conjunctiva	N	N
Sclera	N	N
Cornea	Transparent	Transparent
AC	N	N
Iris	N	N
Pupil	RRR	RRR
Lens	N	N

Visual Acuity Improvement (before Treatment and after treatment)

		Before treatment	After 1 st sitting	After 2 nd sitting	After 3 rd sitting
Distant vision	Right	6/18	6/12	6/9	6/6(p)
	Left	6/36	6/24	6/12(p)	6/9
Near Vision	Right	N6	N6	N6	N6
	Left	N6	N6	N6	N6
Pin hole	Right	6/9	6/9	6/6	6/6
	Left	6/24	6/24	6/12	6/9

Refractive power (Before and After treatment)

	Sph	Cyl	Axis	Vn	Sph	Cyl	Axis	Vn
Before treatment	-	-2.0	30	6/9	-5.50	-3.50	170	6/18
Distance								
near				N6				N6
After treatment	-0.50	-0.5	40	6/6(P)	-0.50	-0.50	90	6/6
Distance								
near				N6				N6

Treatment –

Baladi yapan basti was given for 16 days in three

Sittings.

Ingredients of Baladi Yapan basti-

(ref.-Charak Samhita Siddhi Sthan 12/16(5))

Madhu-80ml

Saidhav lavana -5gms

Gritha -120ml

Kalka dravyas -40gms

(*madhuka, madanphala*)

Kashaya(boiled in milk)-240ml

(*Bala, Atibala, Vidhari, Shaliparni, Prishniparni, brihati, Kantakari, Darbhampoola, Parushaka, Kahmarya, Bilwaphala, Yava, Rasna, Erand, Ashwagandha, ksh eer, mansaras*).

SAMPRAPTI

Hetu –Malnutrition, Agnimandya



Daurbalya



No proper nourishment of Saptadhatu



Dhatukshayajanya vataprakop



Prakupit doshas Urdhwaga Siranusari



Netrastha Kha-vaigunya



Sthansanshraya in pratham patala



Pratham-Dwitiya Patalgat doshdushti

Discussion –

As *Koshtha* is site for *Pachak pitta*, it give nourishment to other *pittas* (especialy *Alochak pitta* at their respective sites). Hence *Koshtha shuddhi* definitely breaks the *Samprapti*.

Bala,Atibala,Vidhari,Shaliparni,Prishniparni,brihati,Kantakari,Darbhamoola,Parushaka,Kahmarya,Bilwaphala,Yava,Rasna,Eranda,Ashwagandha,ksheer,mansaras has properties such as *Madhur vipak,rasatmak* and *vaatshamak*;

Madanphala,Bilwa,Guduchi,Punarnava,Sahchar,Palaash,Devdara,Vacha,Kushtha,Shatapushpa-

Katu-Tikta Rasatmak , Ushna veerya and *Anulomak*.

Shushka moolak –Katu Pachan,Vatanuloman and *Tridosahara*;

Yava- Katu Kashaya Ushna,Snehan,Pachan,Vata Kapha Nashak;

Amla Kanji,Kola,Kulatha –Amla Sara,Anulomak;

Saidhav -Lavana,Vatahara,chakshushya. In such type of condition ,firstly it is necessary to treat vitiated *Vata* at its own territory. Here we can see that all six *rasa* are present in this combination along with *Mansrasa,Ghruta,Taila,Guda* and *Madhu* to show a cumulative effect of whole formulation of *Yapan Karma* is related with *Dharan,Poshan* and *Rogshaman*. The *Sanga* or Obstruction is removed because of *Katu Tikta Rasa*,but excessive use of these *Rasa* would cause *Vata prakop* and hence *madhur,amla,lavan yukt dravyas* will control *vikrut Vata* and will give effect as *vaat shaman* , gives *bal* to *netrapatalas*,and *netranadi shirsha*.

- *NASYA-* with *JIVANTYADI GHRUT* (contains *Jivanti ,Gau dugdh,Gau ghrut, prapondrik, kaakoli ,kshir kakoli,pippali,lodhra,saindhav,shatavha,madhuk,draksha,sita,daruharidra,triphal* (*asht.hrud.uttar 1 / 2-3*)⁽¹⁴⁾ *sahastra yoga ghrut yoga prakaran*) . *Jivantyadi ghrut* conquers *tridosha* and appears as

jeevavaniya and *rakt prasadak*, as it has *madhur tikta rasa dravyas* , also doing *shaman karma* of *stanik doshas*.

(As mentioned in *shushrut* and *vagbhat Samhita 'NASA HI SHIRSO DWARAM'*, that is nose is way to reach the medicine towards *urdhwajatrugat* *pratyanga*. Hence patient was given treatment of *Nasya* with *Jivantyadi ghrut* for *sthanik shaman* of *netragat doshas*.

So we use *Jivantyadi ghrut* for both *Nasya* and *Tarpan*.

- *Tarpan – Ghrut* has the quality of trespassing into minute channels of the body.So by applying in the eye,it get enters deeper in the layers of *Dhatu*,cleaning every minute part of them. Lipophilic action of the *Ghrut* facilitates the transportation of the drug to the target organ. Finally reaching the cell,because cell membrane also contains lipid.This lipophilic nature of the *ghrut* supports the entry of drug into eyeball through the corneal surface. As the corneal epithelium is permeable to lipid soluble substances .Lipid soluble substances cross the corneal epithelium respective to their size.

In *Akshi tarpan,Ghrut* used is in the form of suspension containing different particles of the drugs.This particles of drug do not leave eye as quick as solution. Hence by *Akshi Tarpan* ,therapeutic concentration,Tissue contact time and bioavailability can be gained.⁽¹⁵⁾

Jivantyadi ghrut conquers *tridosha* predominately *Vatashamaka* followed by *Pittashamak* and *Kaphashamak*(by the virtue of its *rasa,guna,veerya* and *vipaka*) and appears as

jeevavaniya and *rakt prasadak*, as it has *madhur tikta rasa dravyas* , also doing *shaman karma* of *stanik doshas*.

In the present case the symptoms were because of malnutrition,resulting in *asar dhatu* .Thus giving rise to *Dhatukshayajanya vataprakop*. Above given treatment corrects the *doshas*, thus giving nourishment to the *saptadhatu*.

Jivaniya ,Rasanayan,alya ,Doshaghna and *Chakshushya* properties of *Baladi basti ,Jeevaniya ghrut nasya* and *tarpan* provide not only improvement in visual acuity ;but also give relief from related asthenopic symptoms. Also patient got improvement in height, weight and her complexion.

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