



A CONCEPTUAL STUDY OF ASCHYOTANA IN SUSHKAKSHIPAKA W.S.R. TO DRY EYE

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ABSTRACT

Ayurveda is traditional science which gives knowledge about healthy living and cure of diseases. Among eight branches of Ayurveda, Shalakyā Tantra plays major role in treating diseases of head and neck. Eyes are the wonderful organ which has prime importance among all sense organs. Sushkakshipaka which causes dry eye. Several Preventive measures and curative treatments are explained in ayurveda. "Shushkakshipaka", is explained under Sarvagata rogas in Sushruta Samhita, vagbhata Samhita and sharangadhara samhita. Aschyotana can help you to relieve eye strain, regain glow your eyes and also make them capable of bearing the day by day stress which is caused by excessive uses of computers, and mobile gadgets. For dry eye the therapeutic effect is found in practice by Aschyotana Netra kriyakalpa.

KEYWORDS: *Shushkakshipaka, Aschyotana, Sarvagata roga.*

INTRODUCTION

Dry eye needs a different approach as the etiology and pathology are variable. Vata-Pitta¹/Rakta vitiation in Shushkakshipaka² is the basic pathology due to disturbed biological system which needs holistic approach to deal with the problem. And in modern practice it is an ocular surface inflammatory syndrome rather than simply a tear film insufficiency. Tear substitutes are the only treatment modality, with preservatives is added which also causes the dry eye. Hence I choose a simple remedy for the treatment which is given in Susruta Samhita to maintain the normal functioning of accessory lacrimal glands. Dry eye is a symptom rather than a disease.

Benefits of Aschyotana³

Aschyotana is the first line of treatment in eye diseases which, will relieve

- 1.Ruk - Painful conditions
- 2.Toda - Pricking sensation
- 3.Kandu - Itching
- 4.Gharsha - Irritation
- 5.Asru - Excessive watering
- 6.Daha - Burning sensation
- 7.Raga - Redness
8. Paka - Inflammation

When doshas are not severely vitiated and the disease is in the early stage, it is beneficial. But it should be done after ama lakshanas got settled down.

Etymology of Aschyotana⁴

It is the procedure which involves instillation of medicated drops to the open eye from a height of two *angulas* is called as *aschyotana*.



Aschyotana matra and type ⁵	<i>Susrutha (Su.U. 18/45-46)</i>	<i>Sharangadhara (Sha.U. 13/13-14)</i>	<i>Bhava Prakasha netra rogadhikara 63/148)</i>
<i>Lekhana</i>	8 Bindu	8 Bindu	8 Bindu
<i>Snehana</i>	10 Bindu	10 Bindu	12 Bindu
<i>Ropana</i>	12 Bindu	12 Bindu	10 Bindu

<i>Dosha Dushti</i> ⁶	<i>Aushada Guna</i>
<i>Vata</i>	<i>Tikta rasa, Snigdha guna</i>
<i>Pitta</i>	<i>Madhura rasa, Sheeta guna</i>
<i>Kapha</i>	<i>Tikta rasa, Ushna, ruksha guna</i>

Nature of medicine on basis of dosha⁷

The medicines should be

1. Warm - in vataja disease
2. Lukewarm - in kaphaja disease
3. Cold in - pittaja and raktaja disease.

Time of administration

1. Morning - in kaphaja disease
2. Afternoon - in pittaja and raktaja disease
3. Evening - in vataja disease.

Contraindications⁸

Aschyotana performing at night.

Procedure of aschyotana⁹

- ❖ The patient should be comfortably lying down in supine position, in kriyakalpa theatre.
- ❖ The eye is opened by stretching and pressing apanga pradesa (lateral end) –From the right hand,
- ❖ medicine is instilled into open eye.
- ❖ The drugs can be held either in a conch shell, small vessels or in a piece of cotton.
- ❖ The medicine is put on the eye from a height of two angula.
- ❖ The medicines should fall on the eye, should be wiped out with a piece of cotton or soft cloth immediately (with in one or two min).

Dharana Kala of drug

Aschyotana is 100 Matra Kala or 200 Matra Kala or until the *Samyak Lakshana* is achieved.

Duration of Aschyotana Karma

It can be done for 1 to 3 days or until patient can tolerate. *Aschyotana* can be done till *Vedana Nivritti* or *Vyadhi Shamana* is attained.

Complications¹⁰

- ❖ If the medicines are not wiped out properly, it may induce discomforts like tears, foreign body sensation and pain.
- ❖ If the quantity of the medicine is excessive, it can produce a strange feeling in the eye lids, complete closure of the eye lids, involuntary lid movements, foreign body

sensation and inability to open lids and withstand blowing wind.

- ❖ If there is pressure on eyes, there is risk of redness.
- ❖ If the medicine has tikshna or ushna properties, there is a risk of burning, redness, suppuration and visual loss.
- ❖ If the medicines are very cold, they may produce immobility of the eye, excessive tears, foreign body sensation and pricking pain.

Drugs for Aschyotana- in sushkakshipaka

1. Daarvi prapaundarika kwatha¹¹
2. Manjistadi kwatha
3. Mridweeka chandanadi kwatha

MODE OF ACTION¹²

Tear film, is the main path of observing the medicine. Among 3 layers of tear film, lipid layer is the first one, which allows the drugs only having lipophilic activity, Further penetrating into aqueous layer to get absorbed in aqueous solution. Next to mucus layer to get settled some amount of medicine over here, which surrounds the global surface of eye. Then it removes the blockages in the meibomian gland, zeis, manz, and molls glands. The medicine further gets entry to anterior chamber-schlemm's canal-posterior chamber passes to circulation.

CONCLUSION

Eyes are most important sense organs, to protect these various measures are mentioned in our classics like *aschyotana* which is most effective, it should be adopted for preventive and therapeutic purpose. Eye drops is the most common form in ophthalmic practice, because the standard dose of the eye drops is maintained, and patients can easily carry it with them and instill it whenever required. *Aschyotana* is one of the therapeutic. Indication of *Aschyotana*, contra indication, method of administration, mode of action, *Kala*, *Matra*, *Guna*, *Samyak Yoga*, *Atiyoga*, *Ayoga Lakshanas* have already been standardized by ancient authors. *Aschyotana* is the foremost procedure indicated in all ocular ailments in the prodromal stage of *Netra Rogas*.



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