Role of *Saindhav pratisaran* in the Management of  
*Vartmasharkara* w.s.r. to Concretions

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**Abstract**

Ayurvedic approach for management of *vartmasharkara* and to treat symptoms and to prevent recurrence of disease. *Vartmasharkara* is one of the *vartmagat netraroga* which is characterized by irritation, Foreign body sensation, discomfort, occasional corneal abrasion. This condition can be correlated to concretions which are degenerative product of leucocytes to produce an epithelial inclusion cyst filled with epithelial cells and keratin debris. This is most common in old age group. Generally does not cause any permanent damage to eye sight. In *Ayurveda* treatment comprises of *Lekhan* and then *saindhav shalkshna churna pratisaran*. In present study *Lekhannottar saindhav pratisaran* is selected in the form of local therapy *saindhav* has property of *chakshusha* and help to avoid recurrence of disease. Hence selected for present study.

**Keywords**

*Saindhav, Vartmasharkara* (concretions) *Chakshusha*
INTRODUCTION

Vartmasharkara is one of the vartmagat Netraroga which is characterized by foreign body sensation, irritation, and mild discomfort occasional corneal abrasion. This condition can be correlated to concretions which is one of the common disease of eyelid. It is very common disorder which affects people of old age group and generally does not cause any permanent damage to eye sight. It is degenerative products of leucocytes. Produce an epithelial inclusion cyst filled with epithelial cells and keratin debris concretions also found in 3rd stage of trichoma which is less common now days. It is caused by variation of Vatta, Pitta and kapha dosha. Inner side – lid covered with palpebral conjunctiva, mostly lower lid, emerges tiny yellowish hard granules which is degenerative product of conjunctival epithelium. In Ayurveda Treatment comprises Lekhan (Scraping) and then saindhav pratisaran. In the present study Lekhanottar saindhav pratisaran is selected in the form of local therapy.

AYURVEDIC VIEW

Acharya Sushruta has mentioned vartmasharkara Netraroga in uttartantra adhay no. three. Vartmasharkara is a small yellowish rough granules, found inner side of the eyelid mostly lower lid. It is a degenerative product of epithelial cells produce foreign body sensation and ocular discomfort. According to vagbhata, vartmasharkara is a disease of vartma in which inner side of the vartma (lid) field with small, rough (Khara), dry (Ruksha) granules. Which causes foreran body sensation, mild ocular discomfort and occasional corneal abrasion Vaghbhata has described vartamasharkara as a sannipataj disease. Vartmasharkara is produce due to vatta, pitta and kapha dushti.

TREATMENT / CHIKITSA

Vartmasharkara is one of the Lekhya Vyadis among Nine Lekhya Vyadi.

1. Lekhan :-
Scraping of vartmasharkara. (Concretions)

2. Pratisaran :-
A Fine powder form (Shalkshna Churna) plastered over area of removed concretions.

MODERN VIEW

Concretions are degenerative products of conjunctival epithelial cells, forming inclusion cyst filled with epithelial cells and keratin debris. Concretions also found in 3rd stage of trachoma.

CILINICAL FEATURES

- Foreign body sensation
- Mild ocular discomfort
- Gritting sensation
- Photophobia
- Lacrimation

**MANAGEMENT**
- Improved lid hygiene –
  Topical use of antibiotic eye ointment will resolve most of cases.
- For moderate to severe and chronic cases concretion will have to remove with the help of 26 no needle under topical anesthesia.
- After scrapping concretions topical use of antibiotic eye ointment is useful.

**DRUG REVIEW** –
- *Saindhav* (Rock salt)
- *Ras* – *Lavan*
- *Vipak* – *Madhur*

All *Lavan rasa* are *Achakshusha* exception *saindhav* *(Vaghbhata)*


We use white *saindhav Shalkshna churna* as medicine

**DOSE**
As per no. concretions

**DURATION**

Ones only

*Saindhav pratisaran* is used ones only;
follow up should be taking form ‘0’, 7th and 14th day.

**CONCLUSION**

*Vartmasharkara* is one of the nine *Lekhya rogas* describe in classics. This condition can be correlated to concretions which is degenerative product of conjunctival epithelial cells. Characterized by foreign body sensation mild ocular discomfort, lacrimation, occasional corneal abrasion.

For present study we select *Lekhanottar Saindhur Pratisaran* because *saindhav* has a *Chakshusha* Properties which can not harm eye sight also has *vranshodhan*, properties hence by using this drug signs and symptoms of *vartmasharkara* are relived and recurrence can be prevented.
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