



***Abhishyana*- Ayurvedic Review Literature**

A. B. Deshmukh¹ and Rupali Bhauraoji Ramteke²

¹Dept. of Shalakya Tantra, Govt. Ayurved College, Nanded, MS, India

²Dept of Shalakya Tantra-Netraroga, Govt. Ayurved College, Nanded, MS, India

Abstract

Abhishyanda is a *sarvagata Netraroga* involving all parts of the eye and considered as a dreadful disease because it gives rise to all other eye disease. Conjunctivitis is the inflammation of the conjunctiva that manifests itself in many grades and types. *Abhishyanda* will become a causative factor of all eye disease. It can spread through circulation as it involves *rakta*. It will advance to *Adhimanth*, if not cured properly. *Abhishyanda* will lead to *Adhimanth* with acute pain. All the 76 disease of the eye can be produced by untreated *Abhishyanda*, as it settles in *kapha*. Because of all these, we should have the complete knowledge, study of *Abhishyanda*.

Keywords

Abhishyanda, *vataj abhishyanda*, *piytaja abhishyanda*, *kaphaja abhishyanda*, *raktaja abhishyanda*



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INTRODUCTION

Ayurveda is holistic science which deals with preventive and curative aspect of disease. Eye diseases are explained under the branch of *Shalakyantra* which deals with all disease occurring above the clavicle. *Abhishyanda* is one of the *sarvagat netra-roga*. *Sarvagata* (*sarva* = all) disease extend to all *mandals* and *netra sandhis*. *Mandal* and *sandhis* are the visible parts of the eye, but *sarva akshi rogas* can originate from those parts which are not visible for naked examination as they are hidden inside the orbit (*akshiguha*)

SYNONYMS-

abhisyanda, abhisyanna, syanda, akshikopa *Abhisyanda* is characterized by excessive discharge or tears (*sysnda*) from all sides of eye (*abhi*). *Abhisyanda* is defined as a disease in which there is *sroto syandana* in all channels of head and neck. Commentator *Acharya Indu* has given two meaning for *syandana*-

1. Excessive flow¹
2. A solid converting into liquid state²

Acharya Chandranandan has described *abhishyanda* as *bhaspikaran* (producing *bashpa*). The word *bashpa* indicates excessive tears according to *Dalhana*. As if

steam is coming out of the eye according to G. D. Singhal.

Acharya Adhamalla has defined *Abhishyanda roga* as a disease characterized by *samrambha*(swelling) and *paka* (suppuration) of eye. Considering all the above, we can infer that *Abhishyanda* is a disease altering the fluids of the eye, with excessive discharge, swelling and may end up with suppuration.

IMPORTANCE OF ABHISYANDA-³

Abhishyanda will become a causative factor of all eye disease. It can spread through circulation as it involves *rakta*. It will advance to *Adhimantha*, if not cared properly. Uncontrolled *Abhishyanda* will lead to *Adhimantha* with acute pain.

NIDAN (Causative factors)-

1. *Nija* 2. *Aagantuja*
1. *Nija* (internal causes)-*vataja, pittaja, kaphaja and raktaja*
2. *Aagantuja* (external cause)-⁴

It is applicable to all factors like physical contact, eating, sleeping together sharing the cosmetic or garlands. It may also indicate sexual contacts.

SAMPRAPTI-



Initially *Sarva deha syandana* takes place due to etiological factors. It will lead to *Siro-abhisyananda*. Later *Netra- Abhisyananda* will be produced when there is *khavaigunya* associated with *acaksusya sevana*.

CLASSIFICATION-

Abhisyananda is classified into four types, based on dominant *dosha* and *rakta*.

1. VATAJA ABHISHYANDA-⁵

Dominance- *Vata* *Chikitsa-* *sadhya* (*vyadhana*)

Characterized by-

nistodana: pricking sensation

stambhana: restricted movements

romharsha: horripilation

sangharsha: foreign body sensation

parushya: hardness

shiro-abhitapa: headache

vishushkabhava: dryness

shishirasruta: cold and watery discharge

Vishushkabhav dryness does not mean dryness due to deficient tears. It is only absence of abnormal discharge.

A/C to *Vagbhata (Ashtanga Sanghaha)*⁶

nasanahoalpashophata: obstruction & swelling of nasal cavity

shankhaakshibrulalatasya tod: pain in temporal reg. eye, eye-brows, fore head.

COMPARED WITH-

Sub-acute catarrhal conjunctivitis and sub-acute allergic conjunctivitis.

2. PITTAJA ABHISHYANDA-⁷

Dominance- *Pitta* *Chikitsa-* *Sadhya (vyadhana)*

Characterized by-

daha: burning sensation

prapka: severe inflammation

shishiraabhinanda: longing for cold

dhumayana: smokiness

bashpa samuchaya: sensation of steam or increased tears

ushnaashruta: warm lacrimation

pitak netrata: yellowish discoloration on the eye A/C to *Vagbhata*⁸-External surface of the eyelids will be grayish discoloured and sensation of burnt wound will be felt in eyes.

COMPARED WITH-

Acute conjunctivitis, Acute catarrhal conjunctivitis, Acute purulent conjunctivitis.

3. KAPHAJA ABHISHYANDA-⁹

Dominance – *Kapha* *Chikitsa* - *Sadhya (vyadhana)*

Characterized by-

ushnabhinandana: longing for warm

guruta: heaviness

kandu: itching

upadeha: stickiness due to increased exudates



sitata: whiteness

ati saityam: excessive coldness

stravo muhuh: frequency of discharge increased

pichila: slimy A/C to *Vagbhata (Ashtanga Sanghrah)*¹⁰

jadhya: feeling of lethargic

mahan shopha: severe swelling

nidra: sleep in excess

anannabhinandana: loss of appetite

COMPARED WITH-Purulent conjunctivitis, Allergic conjunctivitis, Acute muco-purulent conjunctivitis

4. RAKTAJA ABHISHYANDA⁻¹¹

Dominance – *Rakta*

Chikitsa - Sadhya (vyadhana)

Characterized by-

timir ashru: coppery /brown coloured tears

lohit netrata: blood red discoloration of eye

samantat ati-lohit rajyah: generalized deep red vascular marking

-in addition, all the features of *pittabhisya* are found in it

COMPARED WITH-

Acute muco-purulent conjunctivitis, ciliary congestion, diseases of uveal tracts

MANAGEMENT OF ABHISHYANDA⁻¹²

PRINCIPLES OF TREATMENT-

As *abhishyanda* is causative factor for most of the eye diseases its principle for treatment is applicable to all the eye diseases.

1. *Vataj abhishyanda* with unctuous and hot drugs (*snigdha* or *ushna*).
2. *Pittaja* with soft and cold (*mrudu* and *shitala*)
3. *Kaphaja* with irritant, rough, hot and non slimy drugs (*tikshna*, *ruksha*, *ushna*, *vishada*)
4. *Sannipatika abhishyanda* needs all the above alternatively.

In *purvarupa- tikshna gandusha & nasya* advised

TREATMENT OF VATAJA ABHISHYANDA⁻¹³

- *Snehana* with old preserved *ghee(puran sarpi)* and *swedan*
- *Sira mokksana*
- *Sneha virechana*
- *Basti*
- *Tarpana*
- *Putapaka*
- *Dhumapana*
- *Aschyotana*
- *Snehana nasya*
- *Snigdha parisheka*
- *Sirobasti*



1. ORAL ADMINISTRATION- *Sahacharadi ghruta* or *taila* or *majja* alternatively.
2. *SIRA MOKSANA*- to prevent further aggravation of *vata dosha*, *snehana*, *swedana* and *visyandana* should done
3. *SNEHA VIRECHANA*- *tilwak ghruta* with *tilwak kashay*
4. *BASTI*- when body is fully cleaned of vitiated *doshas*, *basti* mentioned which should be *sneha basti* or *anuvasana basti* after *niruh basti*
5. *SHIROBASTI*-
6. *NASYA*- *rasna*, *shatavari*, *dashmula*, *balamula* etc. *siddha tail*, *gruta nasya*
7. *TARPANA*- *Shriparni*, *Jeshtamadha*, *Erand*, *Nagarmotha* etc *sidha milk*
8. *PUTPAKA*- *snehik putpaka*
9. *ASCYOTANA*- goat's milk boiled with the bark of *Hribera*, *Tagara*, *Manjishta* & *Udumbar* should be used as drop to relieve the pain
10. *ANJANA*- *anjana* formed due to mixture of *Jeshtamadha*, *Haridra*, *Haritaki*, *Devdar* with goat's milk. This is best *anjana* on *vataj abhishyanda*
11. *LEPA*- *aanupves varena shiro vadana lepa*
12. *PINDIKA*- *saktu pindika* used

13. DIET & DRINK- diet of meat juice of domestic, aquatic animals along with fats and fruit juices are advised. Milk processed with *vatahara* medicine is beneficial. Ghee processed with *triphala* or old preserved ghee should be taken orally

TREATMENT OF PITTAJA ABHISHYANDA⁻¹⁴

- *Snehana swedana*
 - *Raktamokshana*
 - *Sravasana(virechana)*
 - *Pariseka*
 - *Alepa*
 - *Nasya*
 - *Anjana*
 - t/t of *Visarpa* should follow
1. *SNEHAPANA*- sweet medicated ghee or *tikta grita*
 2. *RAKTAMOKSHANA*- by *siravyadana*
 3. *SNEHAVIRECHANA*- with decoction of *Triphala*, sugar, *Trivrut*
 4. *NASYA*- *Krirsarpi nasya*. *Sariva* & *Kashmiri* rubbed with sugarcaine juice used for *nasya*
 5. *TARPANA* & *PUTPAKA*- *Kshatajshukranashak tarpana* and *putpaka* should be used
 6. *PARISHEKA*- *vedanahar parisheka*



7. *ASCHYOTANA*- done with decoction of *Daruharidra* and *Jeshtamadha*
8. *ANJANA*- extraction of *Palashpushpa* or *Palashmula* with sugar and honey
9. *LEPA*- for *daha* use *Raktachandana*, *Kumuda*, *Sariva*, *Jatamansi* all these mixed with milk & ghruta

TREATMENT OF RAKTAJA ABHISHYANDA⁻¹⁵

It should be managed as *Pittaja Abhishyanda*

1. *SNEHAPANA*- for internal *shodhana* use *Kombha ghruta* or *snehayukta mansarasa*
2. *SWEDANA FOR VEDANA HAR-vayuaavruta rakta-mrudu sweda*. *Dushita rakta aavrodh-jalakaavacharana* around orbit. Only *Tivra vedana*-excessive amount of *ghrutapana*. *Alpa vedana-shamana chikitsa* like *pittabhishyanda*
3. *RAKTAMOKSHANA*- by *siravedha* or *jalauka*
4. *SNEHAVIRECHANA*- by extract or decoction of *Trivrutadi virechana dravya* mixes with ghruta and honey
5. *NASYA*- extract of *Sharkara*, *Yashtimadhu*, *Nilkamal* mix with human milk should be siddha in ghruta

6. *DHUMPANA*
7. *TARPANA*
8. *PUTPAKA*
9. *PARISHEKA*

SAME LIKE

10. *AASCHYOTANA*- use human milk, sugar & sugarcane juice
11. *ANJANA*- *drushtiprasadanarth churnajana*

TREATMENT OF KAPHAJA ABHISHYANDA⁻¹⁶

1. *APATARPANA*- 3 days of fasting or light food
2. *SNEHAPANA*- *Vyoshsidhha gruta*
3. *SWEDANA*- with *koshna lepa*
4. *RAKTAMOKSHANA*- *siravedha*
5. *PARISHEKA*
6. *SNEHAVIRECHANA*- with *kaphaghna sidha aushadhi grita*
7. *NASYA*- *Avapida nasya ghruta*
8. *DHUMAPANA*- with *Kaphahara dravya*
9. *KAVALGRAHA*- with *tikshna dravya*
10. *TARPANA*- milk decoction of goat's liver, *Agaru*, *Priyangu*, *Nalad*, *Devdaru sidha grita*
11. *RUKSHA PUTAPAKA*



12. . *ASCHYOTANA*- to relieve
shopha, updeha and *kandu*

13. *ANJANA*- *Panshupatik yog*

14. *LEPA*- *BIDALAKA*-

15. DIET- contraindicated

kaphavrudhikara aahar or anna or peya

Abhishandya is correlated with
Conjunctivitis

CONCLUSION

From the above it can be concluded that we can treat *Abhishyanda* by the *ayurvedic* treatment rather than modern allopathic drugs, as it easy to use, low cost and economic to patients.



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