

### Effect of *Pathyadi Anjana Varti* in Management of *Pishtak* with special reference to *Pinguecula*

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#### Abstract

*Pishtak* is one of the *shuklagata netraroga* described by *Ayurveda Acharyas* in texts like *Sushruta Samhita*, *Ashtang Hridaya* etc. *Pishtak* can be compared to *Pinguecula* which is formation of yellowish white patch on bulbar conjunctiva near limbus. The disease is more common in outdoor workers and people living in hot climates. In modern science there is no specific treatment. Only lubricating drops are given which temporarily give relief but recurrence occurs frequently. According to *Ayurveda* *Pishtak* is *aushadhisadhyavyadhi*. *Acharya Sushruta* described many *Anjana Kalpas* in *Uttartantra* for various eye diseases. *Pathyadi Anjana Varti* is one of them which is used to treat *Kaphaja Vyadhi*. *Pishtak* (*Pinguecula*) is also *Kaphaja Vyadhi*. The formulation *Pathyadi Anjana* contains drugs *Pathya*, *Haridra*, *Yashtimadhu* which all are *Chakshushya*. *Pathyadi Anjana Varti* is the *lekhananjana*. Hence the formulation *Pathyadi Anjana* is selected for clinical study from *Sushrut Samhita*.

#### Keywords

*Pishtak*, *Pathyadi Anjana*, *Pinguecula*, *Sushruta Samhita*



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## INTRODUCTION

Eyes are gods greatest gift and window to our soul. In *Ayurveda Acharya Sushruta* has described 76 *netrarogas* among that *Pishtak* is one of the *shuklagat netraroga*<sup>1</sup>. Clinical feature of *Pishtak* is that it appears like a elevated circular dot and is as white as rice cake on white coat of eye<sup>2</sup>. In *Pinguecula* symptoms that mainly found are dry eyes, itching, burning feeling or scratchy sensation. According to modern science it can be compared with *Pinguecula*. It is a response to prolonged effect of environmental factors such as exposure to sun, dry heat, high wind and abundance of dust. *Pinguecula* is more commonly found in adults and older people who constantly expose to sunlight. *Pinguecula* seldom gives symptoms but its progression may cause inflammation, intraepithelial abscess formation and may develop into a pterygium which grows on to cornea and affects vision<sup>3</sup>.

In modern science there is no specific treatment. Only lubricating eye drops are given which temporary give relief but recurrence occurs frequently.

A wide variety of *Kalapas* are described in *Ayurveda* to treat various eye diseases. *Anjana* is one of the *Kriyalkalpa* described

by our great ancient *Acharyas*. *Acharya Sushruta* described many *Anjana Kalpas* in *Uttartantra* for various eye diseases. Hence it is decided to do research on medical treatment of *Pishtak* based on references described in *Ayurvedic Samhita*.

The formulation *Pathyadi Anjana* is selected for clinical study from *Sushruta Samhita* which contains drugs *Pathya* (*Terminalia chebula*), *Haridra* (*Curcuma longa*), *Yashtimadhu* (*Glycyrrhiza glabra*)<sup>4</sup>. *Pathyadi Anjana* is used for *kaphaja Netraroga*. *Pishtak* is also *kaphaja Vyadhi*. Along with this the ingredients of above formulations are easily available and its mode of preparation as well as application is easy. Further due to low cost lower economic strata can easily afford it.

Taking into all considerations I choose simple remedy for the treatment of *Pishtak*.

## PREVALENCE

The prevalence of *Pinguecula* a South Indian population were 9.5% to 11.3%. Rural residences were associated with presence of *Pinguecula*. Higher lifetime UV exposure was associated with the presence of *Pinguecula* the first stage of *Pterygium*<sup>5</sup>.

## CASE STUDY

Patient details: A 45yr old female patient, Hindu by religion, working as farmer came to OPD of our hospital with complains of right eye.

- Yellowish white prominence in white coat of eye (since one month)
- Ocular discomfort-continuous sensation of foreign body with every blink ( since last one month)
- Redness-Localised to Pinguecula along with surrounding vessels (since last one month)

Patient was thoroughly examined and his detailed history was taken. Patient was farmer by occupation and did not have history of any major illness. Before coming to our hospital Patient has taken modern treatment i.e. eye drop containing carboxymethyl cellulose for above complaints. She has got temporary relief but developed same complaints later. Therefore she came to our hospital for alternative

**Table 1** Subjective Criteria

Subjective Criteria	0	1	2	3
<b>1. Ocular discomfort/foreign body sensation</b>	No gritting sensation.	Mild gritting sensation.	Regular gritting sensation after exposure to wind.	Continuous sensation of foreign body with every blink.

treatment. Local examination revealed redness in right eye and yellowish white elevated region in bulbar conjunctiva. Systemic examination revealed no abnormality.

On examination:

- General condition - Fair, afebrile
- *Dehbhar* (weight)- 57 kg
- *Dehprakriti- kapha*
- ❖ Right eye examination=

Conjunctiva- congestion localised to pinguecula

Pupil –round, reactive to light

Cornea- clear

Visual acuity – 6/6

As per *Ayurvedic* text the signs of *Pishtak* are:

*Utsannah* (elevated)

*Vruttabindushuklabhage* (round)

➤ **Diagnosis** : *Pishtak* (Pinguecula)

### **ASSESSMENT CRITERIA-**

<b>2.</b>	<b>Redness</b>	No congestion of Pinguecula.	Congestion localized at Pinguecula.	Congestion localized at Pinguecula with hyperemia of supplying vessel.	Congestion localized at Pinguecula and supplying vessel along with surrounding bulbar conjunctival congestion.
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**Table 2** Objective criteria

Objective criteria	0	1	2
<b>Castroviejo calliper</b>	Flat Pinguecula.	Mild or moderate pinguecula (yellowish white or slightly elevated lesion with max. diameter of < 3 mm.).	Severe pinguecula (Highly vascular and elevated lesion or large pinguecula with 3 mm or more).

**Table 3** Blood/Urine Exam

Blood	Value	Urine	Value
<b>Hb%</b>	11 gm%	<b>Albumin</b>	Nil
<b>TLC</b>	7600/cumm	<b>Sugar</b>	Nil
<b>ESR</b>	18mm	<b>Micro</b>	NAD
<b>BSL-R</b>	90 mg/dl		

## MANAGEMENT AND OBSERVATIONS

Considering this condition as *Pishtak* having vitiation of *kapha dosha* treated with- *Pathyadi Anjana Varti*- It is *Lekhana Anjana* Fine powder of *Pathya*, *Haridra* and *Madhuka* equally mixed together and triturated along with water and desired size *Varti* is prepared and used for application

on eyes as *Anjana*. *Varti* is prepared at *Rasashala* of my institute.

Time & duration –in morning for 15 days.  
Application – In lower fornix with Glass rod.

With application of *Pathyadi Anjana Varti* patient has marked relief in symptoms of burning sensation ocular discomfort and redness.

**Table 4** Assessment After Treatment

Assessment criteria	Before Treatment	After Treatment
Ocular discomfort/foreign body sensation	3	1
Redness	2	0
Castroviejo calliper	1	0

## RESULTS AND DISCUSSION

In above case study patient got complete relief from symptoms of *Pishtak*. Patient had got good result. *Kriyakalpa* described in *Ayurveda* has its unique specialty. *Pathyadi Anjana* described in *Shleshmabhishyanda pratishedham Adhyay* in *Uttartantra* of *Sushrut Samhita* shows good result in *Pishtak*. *Pathyadi Anjana Varti* used for *Anjanakarma* acts as a *Lekhana anjana*. It expels the *doshas* from eye to make eye clean ,light free from discharge. All the three drugs i.e. *Pathya* ,*Haridra* and *Yashtimadhu* have *Kaphghna* property. The drug *Pathya* has *laghu* ,*ruksha* *guna* and *Ushnaveerya*<sup>6</sup>and drug *Haridra* also has same *guna* and *veerya*<sup>7</sup>. Due to this *laghu ruksha* *guna* and *ushna veerya* both drug causes *chedana* of vitiated *dosha*.

*Yashtimadhu* has *guna* –*guru,snigdha* and *vipaka-sheeta* hence potentially offers some relief from ocular discomfort and foreign

body sensation. It also has a *Netrya* and *Vranropana* activity<sup>[8]</sup>thus helps to decrease congestion. *Pathyadi Anjana Varti* also gives lightness and pristine clearness of the eye marked by the improved power of vision and decreases all other distressing symptoms.

## CONCLUSION

*Pathyadi Anjana Varti* is effective in *Pishtak* as its marked relief over symptoms. The contents of drug are easily available. An attempt of study is to provide safe and effective treatment to the patient. The study concludes that *Pathyadi Anjana Varti* is effective in management of *Pishtak*. Study opens the doors for *shalakya* specialist to manage the disease from root cause.

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