

**A CASE REPORT OF RECURRENT STYE (ANJANANAMIKA)  
TREATED BY JALOUKAVACHARANA ALONG WITH INTERNAL  
MEDICINE**

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**ABSTRACT :**

A 38 year old male patient was diagnosed as recurrent stye in both eyes since 1 year. A Stye is an inflamed swelling on the edge of an eyelid, caused by bacterial infection of the zeis or moll gland at the base of an eyelash. Staphylococcus is the most primary reason for recurring stye due to many causes. *Anjananamika* is one of the *Vartmagata* and *Raktapradhan roga* which has similar symptoms of Stye. It is very commonly seen in daily ophthalmic OPD. *Shodhankarma* is necessary for a permanent cure to prevent recurrence diseases. *Raktamokshana* is the best procedure of *Shodhana Karma* which is indicated for *Dushita Rakta*. According to *Yogaratnakara Jaloukavacharana* is directly indicated in *Anjananamika*. With above reference, *Jaloukavacharana* was selected for *Samprapti Vighatana* of this recurrent stye along with internal medicine. Due to this treatment patient got complete relief from recurrent stye and found excellent result which is discussed in case study.

**Keywords :** Stye, *Anjananamika*, *Shodhankarma*, *Raktamokshana*, *Jaloukavacharana*.

**Details of patient:** A 38 year old male patient living in Ahmedabad, Gujarat, India came with the complaint of Burning sensation, Irritation, Eye ache, Swelling and Heaviness in the Rt. eye since 7 days.

**Detail of present illness:** The pt. was apparently better before 1 year. Afterward he got complain of burning sensation, irritation, eye ache and heaviness in both eye repeatedly. Due to above repeated eye complain he was consulted allopathic ophthalmologist. Though the allopathic treatment was continue, he got same problem repeatedly. So He came with this complain in Rt. eye since 7 days for good

treatment as well as prevention of recurrence.

**Past medical history:** Patient has taken antibiotic eye drops since 1 year for his complains.

**Past surgical history:** Patient has not been given any relevant surgical history.

**Work history-** He was working on computer for 4-5 hours per day in his company.

**Family history:** There is no any relevant family history found in this patient.

**Vital sign:** All vital signs were normal.

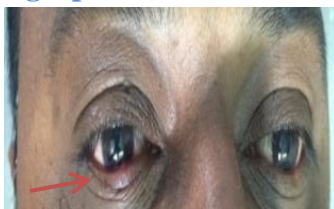
**Systemic examinations:** were normal.

**Specific examination:** 3 Feb 2016  
(Photograph: 1)

OD		OS
Matting of lower eye lashes	<b>Lashes</b>	Normal
Red, tender swelling on lid margin of lower lid	<b>Eye lid</b>	Normal
Normal	<b>Bulbar Conjunctiva</b>	Normal

Mild congestion on lower palpebral conjunctiva	<b>Palpebral Conjunctiva</b>	Normal
Normal	<b>Cornea</b>	Normal
Normal	<b>Pupil</b>	Normal

**Photograph: 1 (before treatment)**



Patient was come with same complain in left upper eye lid on 20 Feb 2016.

Eye examination:

<b>OD</b>		<b>OS</b>
Normal	<b>Lashes</b>	Matting of upper eye lashes
Mild Red swelling on lid margin of lower lid	<b>Eye lid</b>	Red, tender swelling on lid margin of upper lid
Normal	<b>Bulbar Conjunctiva</b>	Normal
Normal	<b>Palpebral Conjunctiva</b>	Normal
Normal	<b>Cornea</b>	Normal
Normal	<b>Pupil</b>	Normal

**Treatment plan:**

1. *Netraseka* with *Shudhdha Tankana Churna* twice in a day.
2. *Triphala gugulu*<sup>i</sup> -2 BD with warm water
3. *Jaloukavacharana* after 7 days in right eye. (It was done on 10 Feb 2016), the same procedure was done on 27 Feb 2016 in left eye.

The follow up of the patient has been done after the 7 days of given treatment and reduced complain of burning sensation, irritation, eye ache, swelling and heaviness in right eye.

**METHOD:** The process of *Jaloukavacharana* (photograph: 2) was done according to as per mentioned in *Susruta Samhita*<sup>ii</sup>.

**Photograph: 2 (Jaloukavacharana in Rt. Eye)**



**Assessment:** The assessment of the reduction in sign and symptoms of treatment was done on the basis of *Anjananamika*.

**Result:** After one sitting of *Jaloukavacharana* in each eye along with internal medicine gives complete relief in complain of burning sensation, irritation,

eye ache swelling and heaviness in both eye (photograph 3). No recurrence was found for next 4 months and till date.

**Photograph: 3 (After treatment)**



**Monthly Follow up**

MONTH	COMPLAIN	TREATMENT	REMARK
March	C/o heaviness in both eye. no pain, no redness, no irritation O/E small inflammation on site	<i>Rasayana Vati</i> 2 BD	No recurrence
April	c/o heaviness in both eye O/E mild inflammation on site	<i>Rasayana Vati</i> 2 BD	No recurrence
May	c/o heaviness in both eye	<i>Rasayana Vati</i> 2 BD	No recurrence
June	No complain	<i>Rasayana Vati</i> 2 BD	No recurrence

**DISCUSSION:** *Tankana Churna* is a *Rukshna*, *Ukshna* and *Tikshna*<sup>iii</sup>, so it may acts as *Kledanashaka* and *Amapachaka*. *Triphala Gugulu*<sup>iv</sup> also possess *Rakta Shudhdhikar* property as result it is able to clarify the *Dushita Rakta*. It contains anti-inflammatory properties. *Jaloukavacharana* is the best treatment for *Pitta-Raktaja Vyadhi* as *Anjananamika* is *Raktaja Vyadhi*. *Jaloukavacharana* has been advised in *Anjananamika* by *Yogaratanakara*<sup>v</sup>. *Jalouka* (Leech) sucks impure blood from affected site when the *Grathita* and *Avagadha Dosha*<sup>vi</sup>. According to *Acharya Susruta*, *Raktaja Roga* being *Apurnabhava* (not recurrence) which treated by *Raktamokshana*<sup>vii</sup>. *Rasayana Vati* was given in follow up period for immunomodulater.

**CONCLUSION:** *Raktadhatu* (blood tissue) is vitiated in *Anjananamika*. *Jaloukavacharana* is the best & effective

method of *Raktamokshana* in *Pitta Dushita Rakta*<sup>viii</sup>. *Jaloukavacharana* gives great relief to the patient of *Recurrent Stye (Anjananamika)*.

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