

AYURVEDIC MANAGEMENT OF GLAUCOMA (ADHIMANTHA) A CASE STUDY

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ABSTRACT

Ayurveda is one of the oldest scientific medical systems in the world. Eyes are the most important organs in *Urdhawajatrugata Sthana*. We must protect and take care of these delicate organs. According to *Sushruta Abhishyanda* is the root cause of manifestation of ocular disease like *Adhimantha* etc and hence advised to treat *Abhishyanda* as early as possible. If *Abhishyanda* not get properly treated it will lead to different types of *Adhimantha*. The clinical study was done in the patient having signs and symptoms of glaucoma as diminution of vision, heaviness in head, pain in eye, raised intraocular pressure. The study indicates that Ayurvedic treatment like *Shodhan*, *Shaman Chikitsa*, *Parishek*, *Ashchyotana*, *Agnikarma*, *Bidalaka* etc. Along with antiglaucoma drugs can control the intraocular pressure and control the progression of the disease and gives comfort to the patient.

Keywords: *Adhimantha*, Glaucoma, *Agnikarma*, *Bidalaka*, IOP, *Mustadi yapanbasti*, *Parishek*.

INTRODUCTION: *Adhimantha* is a disease which has been mentioned by *Sushruta*. *Adhimantha* has been contributed to negligence or improper management of *Abhishyanda Vyadhi*, both from diagnostic as well as treatment point of view. In *Adhimantha vyadhi* patient experiences symptoms like *Tivravedana* i.e. intense feeling of pain in eyes.

Utpatyat - Eye seems to be extracted out.

Netramnirmathyam - Eyes get churned up.

Shirso ardhyamch yensyad adhimantha samrutat - Along with eyes involvement of the half of the head specific feature of particular *dosha* involved.ⁱ

The vitiated *dosha* will course through the vessels and will reach upwards to produce disease in different parts of eye.ⁱⁱ

Adhimantha is one of the *Sarvakshiroga* which extends to all *Mandals* and *Netrapatalas* of the eyes. In *Netraroga*

Abhishyanda is given prime importance as it is a causative factor for many eye diseases. All *Abhishyanda* may give rise to *Adhimantha* as a complication, if not treated in time or neglected. *Adhimantha* can also lead to blindness.ⁱⁱⁱ The present trend of treating glaucoma is hypotensive medical treatment, miotic therapy, carbonic anhydrase inhibitors and osmotic agents. In most cases this treatment is followed by surgical treatment. In spite of all these treatment modalities, these treatment modalities have very little effect while surgery is not out of danger. Considering these facts the present study was undertaken to find out its solution for the management of *Adhimantha* and to give comfort to the patient.^{iv}

AIMS:

- To evaluate the efficacy of Ayurvedic treatment on *Adhimantha Vyadhi* and

the signs and symptoms of glaucoma as per modern parameters.

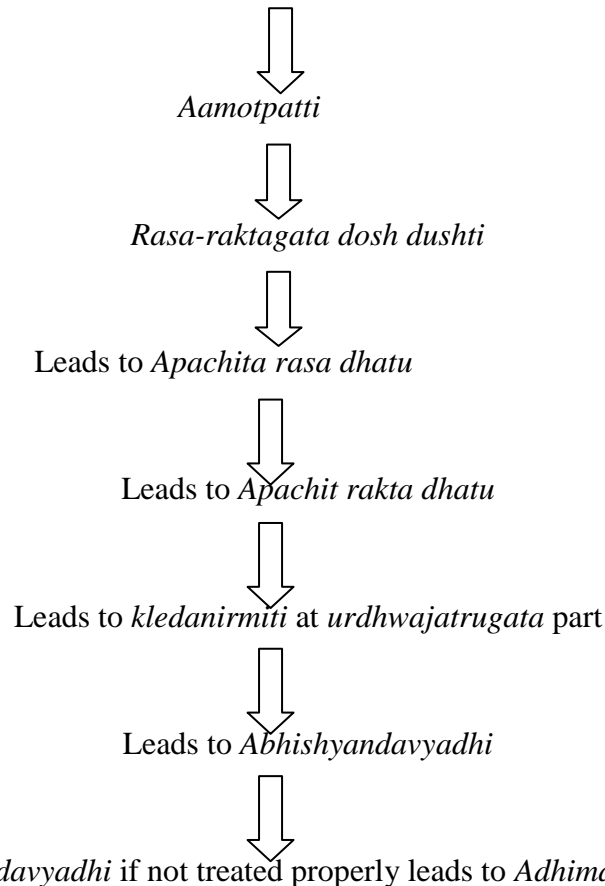
OBJECTIVES:

1. To see patho-physiology of *adhimantha vyadhi* According to *Ayurvedic* view.
2. To study ayurvedic management of *Adhimantha Vyadhi* to give comfort to the patient.

MATERIALS & METHODS

Patient was treated with *Sthanik Chikista* , *Parishek* With *Triphala Qwath* seven sittings, *Aashyotana* with *Yashtimadhu*

Tridoshprakopak, *Abhishyandi Aahar vihar sevana*



Produces symptoms like excruciating pain in the eye which seems as if the eye is being churned out. Pain is extending upwards & crushing. The characteristics symptoms of *doshas* involved in each case also seems to supervene the *aggravated Vata* occupies the *Abhyantara siras* of the eye and immediately causes *Shoola* (

Ghruta six sittings, *Agnikarma* at *Apang Pradesh* four Sittings, *Bidalak* seven sittings .Patient was given internal medications like *Gokshuradi guggul* , *Kaishor guggul*. *Sarvdehik chikista* like *Mustadi Yapan Basti* for fourteen days.

Samprapti of Adhimanth-vyadhi:

Samprapti can be explained as the pathological changes evoked by the etiological factors which manifests the signs and symptoms of disease.

pain), *Toda*(pricking sensation) ,*Manthana* (churning type of pain).

Case study

Patients name –xyz

Age -73

Date- 21/4/2018

Chief complaints

Pain in both eyes Right is greater than left since four years.

D O V from both eyes for near & distance Rt.>lt. Since four Years.

Pricking sensation in Rt. Eye 6 months

Mild burning sensation in Rt. Eye 1 Month

Patient was under following treatment – Iotim eye drop 1drop 2 times

Tab. Diamox (acetazolamide) 250mg ½ BD. SOS.

No H/O DM / HTN / BA/ TB or any other major illness

Surgical history -NAD

Samanya parikshan

Naadi-76/min

Shwasan-18/min

Raktadaba –130/80 mm of HG

Jivha -Sama

Malapravrutti -Baddhata

Mutravrutti- samyaka

Druka- Mandya

Aakruti- krusha

Vision-Right eye= PL PR +vet

Left eye= 6/9

Table 1 Local examination

	RT	LT
Eyelid	Normal	Normal
Conjunctiva	Mild congestion	Normal
Sclera	Normal	Normal
Cornea	Haziness, corneal neovascularisation	Normal
Iris	Normal	Normal
Pupils	Sluggish reacting	RRR
Lens	Changes	Changes

Treatment given:

Sarvdehik chikista - Anuvasan basti with Tilatail 60 ml for one day.

Mustadi yapan basti 150 ml for fourteen days.

Anuvasan basti with Tilatail 60 ml for one day.

Shaman chikista

- Gokshuradi guggul 500 mg 2bd
- Kaishor guggul 500mg 2bd
- Anupan with lukewarm water
- Tab. Diamox (acetazolamide)250 mg ½ bd. for 3days Sos.

Eye drops -

Iotim eye drop 0.5% (Timolol maleate) 1 drop 2 times in Rt. eye

Bidin -T eye drop (Brimonidine tartarate0.2+Timolol maleate) 1drop 2 times in Rt. eye

Mosi (Moxifloxacin) eye drop 1 drop 4 times in both eye

Irivisc (carboxy methyl cellulose 0.5%w/v) eye drop 1 drop 4 times in both eye

Sthanik chikista -

- 1.Parishek with Triphala Qwath
- 2..Ashchyotana with Yashtimadhu ghruta
- 3..Agnikarma at Apang pradesh.
4. Bidalak

Table 2 Intermittent f/u signs & symptoms of patient ,intraocular pressure readings, Treatment are given in following tables.

Date	Signs & symptoms	Vn & IOP	Treatment given
21/10/2017	Pain in Rt. eye ++++		<i>Gokshuradi guggul</i> 500 mg bd.
	Circum corneal congestion +++++	Rt.-PL PR +ve Lt-6/9p	<i>Kaishor guggul</i> 500mg BD.
	F.B. sensation ++++	Rt-43.5 Lt-12.2 mm of Hg	Iotim eye drop 1drop 2 times
	Haziness in cornea +++		

3. Intermittent f/u signs & symptoms of patient ,intraocular pressure readings, Treatment are given in following tables.

Date	Signs & symptoms	Vn & IOP	Treatment given
3/11/2017	Pain in RT eye+++	Rt.-PL PR +vet Lt-6/9p	Iotim eye drop 1drop 2 times in Rt. eye
	Circum corneal congestion++++in Rt. eye	Rt-41.5 Lt-17.3 mm of Hg	Mossi eye drop 1drop 4 times in both eye
	F. B. Sensation in Rt. eye+++		Irivice eye drop 1drop 4 times in both eye
	Haziness in cornea+++		<i>Gokshuradi guggul</i> 500mgBD. <i>Kaishor guggul</i> 500mg BD.

4 Intermittent f/u signs & symptoms of patient ,intraocular pressure readings, Treatment are given in following tables.

Date	Signs & symptoms	Vn& IOP	Treatment given
2/2/2018	Pain in Rt. eye++++	Rt.-PL PR +ve Lt-6/9p	<i>Agnikarma</i> . Rt. eye at <i>Apang pradeshi</i>
	Circum corneal congestion++	Rt-41.5 Lt-12.2 mm of Hg	Tab. diamox 250mg for 3 days
	F.B. sensation++		Iotim eye drop 1drop2 times Rt. eye
	Haziness in cornea+++		<i>Gokshuradi</i> <i>guggul</i> 500mgbd <i>Kaishorguggul</i> 500mg BD.

5 Intermittent f/u signs & symptoms of patient ,intraocular pressure readings, Treatment are given in following tables.

Date	Signs & symptoms	Vn.IOP	Treatment given
20/2/2018	Pain in Rt. eye++++	Rt.-PL PR +ve Lt-6/9p	<i>Agnikarma</i> at right <i>Apang pradeshi</i>

	F.B. sensation in Rt. eye +++	Rt-37.4 Lt-17.3mm of Hg	Iotim eye drop 1drop2 times
	Circum corneal congestion++		<i>Gokshuradiguggul500mg bd.</i> <i>Kaishor guggul 500mg BD.</i>
	Haziness of cornea+++		

6. Intermittent f/u signs & symptoms of patient ,intraocular pressure readings, Treatment are given in following tables.

Date	Signs & symptoms	Vn&IOP	Treatment given
23/2/2018	Pain in Rt. eye++	Rt.-PL PR +ve Lt-6/9p	<i>Triphala Quath parishek</i>
	Circum corneal Congestion +	Rt-27.2 Lt-17.3 mm of Hg	Iotim eye drop 1drop 2 times
	F.B. sensation+		<i>Gokshuradiguggul500mgbd.</i> <i>Kaishor guggul</i> <i>500mg BD.</i>
	Haziness in cornea++		

7. Intermittent f/u signs & symptoms of patient ,intraocular pressure readings, Treatment are given in following tables.

Date	Signs & symptoms	Vn& IOP	Treatment given
5/3/2018	Pain in Rt. eye+++	Rt.-PL PR +ve Lt-6/9p	<i>Ashchyotana with</i> <i>Yashtimadhu ghruta</i> <i>3drop 3 times</i>
	Circum corneal congestion++	Rt-18.9 Lt-14.6 mm of Hg	<i>Gokshuradi guggul 500mgbd</i> <i>Kaishorguggul 500mg BD.</i>
	F.B. sensation++		
	Haziness in cornea+++		

8. Intermittent f/u signs & symptoms of patient ,intraocular pressure readings, Treatment are given in following tables.

Date	Signs &symptoms	Vn IOP	Treatment given
21/4/2018	Pain in Rt. eye+	Rt.-PL PR +ve Lt-6/9p	<i>Mustadi yapan basti for 14 days</i>
	Circum corneal congestion+	Rt-20.6 Lt-8.5 mm of Hg	Bidin-T eye drop 1drop 2 times
	F.B. sensation absent		<i>Gokshuradiguggul500mgbdKais</i> <i>horguggul500mg BD.</i>
	Haziness in cornea++		

DISCUSSION:As mentioned earlier the patient is k/c/o Glaucoma since 4yrs. He had ocular symptoms in Right eye D O V for distance & near Rt.>Lt. , pricking

sensation , burning sensation, F.b. sensation, severe ocular pain,congetion, haziness in cornea in affected eye. Patient has given *Gokshuradi guggul* contains

nine drugs which are *gokshur, guggul, Triphala (haritaki, bibhitak, amlaki), Trikatu (sunta, mire, pippali), Musta, Trikatu* has *ushna, Tekshna guna, ushna virya* acts as a *srotoshodha and Aaampachak*. *Musta* has a *vedanasthapak, Antioxidant property. Guggul* is a *Shothahara, Vedanasthapak* drug. All these contents through their properties are *Mutral* and as we know *mutrasyakledaharanam*. *Gokshuradiguggul* acts as a *Kledahar* property. In this patient *kledaghna* property helps to break the *Srotavaroha* and there by helps to reduce *sthotha, vedana*

Kaishorguggul^v

contains *Triphala (haritaki, bibhitak, amalaki), guduchi, guggul Trikatu (sunthi, mire, pippali), vidang, danti, trivritta* all these contents has *Tiktarasa* predominant it does *agnidipan, Aampachan, kledaghnarasaraktaprasadak* action. So it reduces pain, congetion and *Netragata Abhishyanda*.

Agnikarmarole^{vi} - Disease which is not curable by *bheshaja, shastra, shkar* in that place *agnikarma* plays the major role to cure the disease. In this patient *agnikarma* by virtue of its *ushna, tikshna, sukshma, laghuguna* localised *Aam* gets digested and *ushna guna* clears the channel of *strotas* their by reducing *srotavrodh* and quick relief in signs and symptoms of *Adhimantha vyadhi*.

Bidalak-Haritaki, gairik, guduchi, rasanjan these all contents are selected which has *tikta rasa* property which corrects *rasa raktagat vigunata, Sthanik pachankarm* and reduce *dhatugata kleda*. so it gives soothing effect. The tissue contact time and bioavailability of contents used in *bidalaka*. so large absorption of drug takes place in *bidalaka* and gives relief from signs & symptoms of *adhimantha vyadhi*.

Ashchyotana- Instillation of drops of medicines in to open eye from a height of 2 *angul* is called as *Ashchyotana*. In this patient we instilled *Yashtimdhru gruta*. Due to hydrophilic nature of conjunctiva the drug get directly absorbed through conjunctival sac by the trans cellular pathway . It helps to reducing the symptoms and gives feeling comfort to the patient.

Parishhek - poring of the thin streams of *Triphala Qwath* over the eyyes continuously from a height of 4 *Angules*. It helps to reduce signs & symptoms of *Adhimantha Vyadhi*.

Mustadiyapanbasti^{vii} contains *musta, patha, guduchi, errand, bala, rasna, punarnava, manjishtha, kantakari, aaragwadh, ushira, trayamana, bibhitakakutaki, shaliparni, prushniparni, brihati, gokshur, gogruita, madhu, saindhav, mansarasa, dudha* all these contents have *santarpan, rasayan, madhur, singhdha, kledaghna, netrya* property does the *vatashaman* their by reducing signs and symptoms of *Adhimantha Vyyadhi*.

CONCLUSION: The clinical study shows that though patient was taking allopathic antiglaucoma treatment . Then also he was suffering from pain in eye, D OV, F.B . sensation , circum corneal congestion ,discomfort in affected eye. so we have intervent to patient above mentioned *Aayurvedic* treatment. And we found that it helps to maintain the intra ocular pressure, reduces the signs and symptoms and gives comfort to the patient. In such kind of chronic disease only allopathic treatment is not sufficient to cure and control the disease but simultaneously we want to do the *sampraptibhanga* with the help of Ayurvedic medicine for getting better result.

On early diagnosis & proper management as per *doshdushti* can prevent or delay the progression of glaucoma as well as gives comfort to the patient.

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Atridev Gupta chaukhamba prakashan kalpasthan 4 th Adhyay 37-42 page no. 601

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Source of support: Nil Conflict of interest: None Declared

Cite this Article as : [Dudhat Sarala et al : Ayurvedic Management of Glaucoma (Adhimantha) A Case Study] www.ijaar.in : IJAAR VOLUME IV ISSUE IV SEP - OCT 2019 Page No: 374-380