ROLE OF HARIDRADI KASHAYA PARISHEK IN ANJANNAMIKA (EXTERNUM HORDELUM) - A CASE STUDY

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ABSTRACT: Externum hordelum is a disorder of the eyelids which is characterized by the superlative inflammation of the lash follicles associated with gland of zeis or moll. It can be correlated with anjannamika. In this case study the patient suffering from nodular swelling of eyelid margin, pain, foreign body sensation, discomfort, congestion in the upper palpebral conjunctiva of the right eye. Haridradi kashaya parishek was administered once in a day in morning for 7 days with follow-up of 1 week. On the 8Th days an anti inflammatory, anti oxidant property of haridradi kashaya reduce the swelling of externum hordelum and patient got complete relief from the symptoms.

Keywords: Externum Hordelum, Anjannamika, Netra Parishek.

INTRODUCTION: (1) An external hordelum (stye) is a disorder of eyelid which is characterized by an inflammation of zeis gland. It is red painful bump on the surface of the eyelid. (2) Externum hordelum can be correlated with anjannamika. This is nodular swelling of eyelid margin. (3) According to Ayurveda it is a vartmagata roga and its chikitsa is bhedan kerna. The bump may resemble a pimple and tender on touch. An external hordelum (stye) can appear anywhere on the eyelids. However, it is most likely to form near the edge of the eyelid margins, where the eyelashes meet the eyelid. This condition is more common in children. (4) Haridradi kashaya parishek is very beneficial for anjannamika.

(5, 6) An external eyelid stye is often caused by an infection as a result of clogged oil glands. Eyelids have numerous oil glands that maintain a stable level of moisture in the eyes and that eliminate foreign particles in the eyes by producing tears. These glands can sometimes become clogged with old oil, dead skin cells, and bacteria. When this happens, the substances and germs start to build up in the gland, causing an infection. And results in a small, red bump on the eyelid. This growth may be swollen and painful. An etiological factor of external hordelum is more common in children and adults patients with eye stain due to muscle in balance or refractor error. (7) Habitual rubbing of eyes and fingering of lids and chronic blepharitis and diabetes mellitus. WHO states that globally it has been estimated 42% of adult population have been suffering from stye. In an Indian survey, it is found that stye prevalence rate is increased about 60%. Therefore there is a wide scope of research to find out a safest treatment from Ayurveda.
CASE REPORT:
A 25 years old male patient visited in OPD of Shalakya Tantra (108), Parul Ayurved Hospital, Vadodara, was presented with chief complaints of nodular swelling of right eyelid margin with mild watering photophobia and acute pain since 7 days.

History of present complaints: Patient was asymptomatic since 7 days. Gradually the patient found nodular swelling in right eyelid margin, pain, photophobia, watering, heaviness, difficulty in sleeping. Before coming here he was treated with medications for stye for 2 days but he found no relief. Hence the patient came to PAH for better treatment.

History of past illness: No history of HTN and DM

On examination:

<table>
<thead>
<tr>
<th>Structures</th>
<th>Right eye</th>
<th>Left eye</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyelids</td>
<td>Mild swelling in the right upper eyelid margin</td>
<td>NAD</td>
</tr>
<tr>
<td>Palpebral conjunctiva</td>
<td>Pus point with marked congestion</td>
<td>NAD</td>
</tr>
<tr>
<td>Bulbar conjunctiva</td>
<td>NAD</td>
<td>NAD</td>
</tr>
<tr>
<td>Cornea</td>
<td>Clear</td>
<td>Clear</td>
</tr>
<tr>
<td>Pupil</td>
<td>RRR</td>
<td>RRR</td>
</tr>
<tr>
<td>Lens</td>
<td>Transparent</td>
<td>Transparent</td>
</tr>
</tbody>
</table>

Treatment plan:
Patient was treated on OPD basis.
Ayurvedic drug – *Haridra, Patola, Madhuk, Lodhra*
Route – local application (Parishek - each drug 5 gm)
Kala – Morning and evening
Duration of study - 7 days and follow up after 15 days

Assessment criteria:
The assessment was done before treatment and after treatment. Also the follow up was done for 2 weeks after the treatment. The signs and symptoms were assessed by self-designed scoring system, described in the table no.1.

**Table no.1: Scoring system for the assessment.**

|----------|-----------|---------|-------------|-----------|

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Discomfort or irritation

- No discomfort or irritation
- Occasionally present and not disturbing daily routine
- Frequently present and disturbing daily routine
- Present throughout the day and disturbing daily routine

Swelling

- No swelling
- Swelling present not disturbing daily routine
- Swelling with minute opening present not disturbing vision
- Swelling with minute opening present disturbing the vision

Congestion

- No congestion
- Congestion over the swelling
- Congestion over and nearby swelling
- Congestion involves whole palpebral conjunctiva

Table 2: Pharmacological properties of Haridradi Kashaya Parisheka.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Drug</th>
<th>Latin name</th>
<th>Properties</th>
<th>Chemical composition</th>
<th>Dosahahara</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haridra di kashaya</td>
<td>Haridra</td>
<td>Curcuma Longa</td>
<td>Antioxidants, Immune Modulator, Healing properties, Re-establishing health</td>
<td>Curcumin, Curcuminoid, Terpenoid, Anti oxidant, Anti inflammatory</td>
<td>Kaph, Vata, Rakta, Shamak</td>
<td>7 Days</td>
</tr>
<tr>
<td>Lodhra</td>
<td>Symplocos racemosa</td>
<td></td>
<td>Antiflammatory, Antibacterial, Anti tumor, Anti fungal,</td>
<td>Loturine, Colloturine, Loturidine</td>
<td>Rakta, Shamak</td>
<td></td>
</tr>
<tr>
<td>Patola</td>
<td>Trichosanthes Dioica</td>
<td></td>
<td>Anti inflammatory, Anti hyperglycemic skin disease</td>
<td>Cyclocydes</td>
<td>Tridoshashama k</td>
<td></td>
</tr>
<tr>
<td>Madhuc a</td>
<td>Madhuca Longifolia</td>
<td></td>
<td>Anti tumor, Swelling, pain reducing, Wound healing</td>
<td>Dihydroquecertin, Bsitosterol, Bamyrin, Antibiotics, Wound healing</td>
<td>Kaph, Vata, Shamak</td>
<td></td>
</tr>
</tbody>
</table>

Table 3: Properties of Above Drug

<table>
<thead>
<tr>
<th>Drug name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>vipak</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haridra</td>
<td>Tikta, katu</td>
<td>Ruksha, laghu</td>
<td>Ushna</td>
<td>Katu</td>
</tr>
<tr>
<td>Lodhra</td>
<td>Kashaya, Tikta</td>
<td>Laghu Ruksha</td>
<td>Sheet</td>
<td>Katu</td>
</tr>
<tr>
<td>Patola</td>
<td>Tikta, Katu</td>
<td>Laghu, Ruksha</td>
<td>Ushna</td>
<td>Katu</td>
</tr>
<tr>
<td>Madhuca</td>
<td>Madhur</td>
<td>Guru</td>
<td>Sheet</td>
<td>Madhur</td>
</tr>
</tbody>
</table>
DISCUSSION: (8) In Ayurveda perishek with (Haridradi kashaya) is the best treatment for any kind of swelling and infectious disease. In this case we had done parishek (Hot compression). Hot compression itself enough, if the symptoms are mild. But the symptoms are severe then incision and drainage is the only choice which is performed under local anesthesia.

For large hordelum in which incisions and drainage are considered, Ayurveda also advises to perform bhedan karma, (9) netrashek with haridradi kashaya which act as tridosh shamak. Mrduswedan act as dosh vilayan which relieves swelling or inflammation of zeis gland. Ingredients of haridradi Kashaya are: Haridra, Patole, Lodhra and Madhuk.

Modes of action of haridradi kashaya- there are 4 more drugs present in haridradi kashaya

(10) Haridra has best quality which purifies blood. It balances vata and kaph. Its external application relieves inflammation, swelling and pain, it has antioxidant properties.

(11) Lodhra it is beneficial for rakta dhatu related disease is has inflammatory, anti fungal properties which reduce swelling.

(12) Patola has excellent characteristics which purifies raktadhatu, and also sarvadoshaghna, kandughna and krumighna and supports body immune system

(13) Madhuk has vatahar and balya property. It has pain, swelling and wound healing properties

CONCLUSIONS: External hordelum, which involves in the superficial zeis glands, situated at the base of the lashes most often, Hordelum present as tender or painful eyelid papules with associated erythema of the involved skin. Externum hordelum, if large or superficial enough, may demonstrate purulent material within the gland through thinking of the overlying epidermis. Most of hordelum are self-limiting, and do not require aggressive therapy. The use of hot compresses, applied for five to 10 minute several times a day with concurrent digital massage can hasten pointing the subsequent drainage of the abscess. In these articles we did hot compression with haridradi patishek which is good or beneficial therapy and gives best result for externum hordelum. Haridra, madhuk, lodhra, honeys which is used in this, are worked on it and reduced the swelling. It is a traditional therapy mentioned by our acharyas.
Before Treatment

After Treatment

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