



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Literary Review Of Sirotpata Chikitsa In Ayurveda

Dr. Nikita Milind Rohokale¹, Dr. Swati Vishnu Sarwade²

Post Graduate Scholar, Shalakyatantra¹,

Professor & HOD Department of Shalakyatantra²

PMT's Ayurved college Shevgaon

Abstract

Ayurveda is science of life. It is the oldest surviving medical system in world with long record of clinical experience. The main goal of Ayurveda is to provide healthy life in individuals through preventive and curative measures.

Shalakya Tantra is one among eight branches of Ayurveda^[1] which deals with the diseases occurring in *Urdhwa Jatrugata Bhaga*^[2]. Eye is the highly specialised sense organ serving the most vital function of sight to living creatures. Acharya Vagbhata highlighted that for a man without eyes this globe is vain due to the fact that the day and night are same for them even if other sense organs are in healthy conditions^[3].

Sirotpata is a disease explained in *Sarvagata Rogas* by Acharya Sushruta^[4]. *Sirotpata* is characterised by *Raktaraji* (vascular congestion), *Ushyate* (Burning Sensation in eyes) and *Vedana* (Ocular pain), but devoid of swelling, lacrimation and exudates (*ashophashrupadeham*)^[5]. The excessive vitiation of *Rakta Dosha* is the cause of *Sirotpata*^[6]. It is *Sadhya Vyadhi*.^[7]

In Ayurvedic texts, the treatment of *Sirotpata* is described similar to that of *Pittaj* and *Raktaj Abhishyanda*, involving therapies like *Siravyadh*, *Pralepa*, *Aschyotana*, *Anjana*, and *Nasya*.^{[8][9]} Among these, *Aschyotana* is considered the most effective *Kriyakalpa* for all *Netra Vikaras*, as stated by Acharya Vagbhata^[10]. It helps relieve eye symptoms like pain, itching, redness, watering, and burning sensation. Acharya Vagbhata mentioned *Kashmaryadi Siddha Jala Aschyotana* in *Sirotpata*.

Keywords

Kashmaryadi Siddha Jala Aschyotana, Sirotpata,

Introduction

Sirotpata is a disease explained in *Sarvagata Rogas* by Acharya Sushruta. *Sirotpata* is characterized by *Raktaraji* (vascular congestion), *Ushyate* (Burning Sensation in eyes) and *Vedana* (Ocular pain), but devoid of swelling, lacrimation and exudates (*ashophashrupadeham*). The excessive vitiation of *Rakta Dosha* is the cause of *Sirotpata*.

Sirotpata if left untreated can lead to *Siraharsha* which may cause diminished vision^[11]. Hence *Sirotpata* should be treated as early as possible. The clinical features of *Sirotpata* described in Ayurveda are much similar to that of the clinical features of Hyperaemia of Conjunctiva described in Modern Medicine.^[12] The established line of treatment of Hyperaemia of Conjunctiva includes eye

drops(Decongestants or Naphazoline drops). However, overuse of these drugs leads to ocular pain, worsening redness, Blurred vision. So, the need of alternative medicine arises. In this view Acharya Sushruta described Achytona with the help of *Kashmari, Amalaki and Haritaki Churna siddha Jala*^[13]

Objectives of the study

To study efficacy of *Kashmari, Amalaki and Haritaki Churna siddha Jala Achytona* in the management of *Sirotpata*

Materials & Methods –

Case report –

A 30 years old male patient visited in Shalakyta Tantra OPD with presenting complaints of *Dakshin Netra Lalima* since from 4-5 days.

Patient name – XYZ, 30 years old male patient.

History of present illness –

Patient is okay before 4-5 days, then he developed *Dakshin Netra Lalima*, therefore for relief patient comes to OPD.

Past history –

No H/O – any disease illness.

Treatment / Surgical history – No any H/O any treatment or surgery.

Eye examination –

Shows Conjunctival Congestion in Right eye

With Clear cornea, No deformity in Adnexa

Vision-6/9 N6

Management

In this study *Kashmari, Amalaki and Haritaki Churna siddha Jala Achytona* is used in the management of *Sirotpata* as per Acharya Sushruta.

Preparation of drug-

All the three *dravyas* are taken in *churna* form. All the *dravya* are taken in equal quantity. Mixed with each other in *sukshma churna* form. The combined *sukshma churna* of all the three *dravyas* are taken in a *kshaum vastra*. *Pottalis* are made of them. They are soaked in 6 times water of the total *dravya* quantity. It is kept undisturbed overnight in a safe place. Next day, This mixture will be used as a *hima dravya*.

Achytona Vidhi-

- The patient should comfortably lie down on supine position.
- The eye is opened by stretching and pressing *Apanga pradesha* (lateral end) by left hand.
- With the right hand, medicine is instilled into the open eye.
- The medicine should fall on the eye from a height of 2 *angula*.
- It is retained for a period of 100 *matrakala* (2 minutes 35 seconds).
- Then wiped out with a cotton

Conclusion

Eyes are most dominant sense organ and 'Right to sight' is one of the basic human rights. To achieve this, various measures mentioned in our classics like *aschyotana* which is the simple and effective should be adopted for preventive and therapeutic purpose. *Aschyotana* is one of the therapeutic medicines where exact amount, dosages, schedule, frequency etc. have already been standardised by ancient authors.

Kasharmydi siddha jal Achytona has Local anti-inflammatory and soothing effects as

- The procedure of *Aschyotana* involves the direct application of a liquid drug to the ocular surface, including the cornea and conjunctiva.

- In *sirotpata*, where there is inflammation and redness, a properly prepared "*Siddha Jal*" would be cooling (*sheeta*) to counteract the excess Pitta.
- The immediate contact of the drops helps soothe the irritated tissues, reducing burning (*daha*) and redness (*raga*), which are key symptoms of *sirotpata*.

References

- 1) Sharma A R. Sushruta Samhita of Sushruta with Sushrutavimarshini hindi commentary Sutrasthana 1/6 Reprint. Varanasi:Chaukhamba Surbharati Prakashan; 2022:4.
- 2) Sharma A R. Sushruta Samhita of Sushruta with Sushrutavimarshini hindi commentary Sutrasthana 1/6(2) Reprint. Varanasi:Chaukhamba Surbharati Prakashan; 2022:4.
- 3) Murthy KRS. Ashtanga Hridaya of Vagbhata Volume Three Uttarsthana 13/98 Reprint . Varanasi:Krishnadas Academy; 2000:130.
- 4) Sharma PV. Sushruta Samhita with Dalhana's commentary Uttarantra 6/4 Reprint. Varanasi:Chaukhambha Vishwabharati Publication; 2001:132.
- 5) Murthy KRS. Ashtanga Hridaya of Vagbhata Volume Three Uttarsthana 10/14 Reprint. Varanasi:Krishnadas Academy; 2000:91.
- 6) Sharma A R. Sushruta Samhita of Sushruta with Sushrutavimarshini hindi commentary Uttarantra 1/37 Reprint. Varanasi:Chaukhamba Surbharati Prakashan; 2022:13.
- 7) Sharma A R. Sushruta Samhita of Sushruta with Sushrutavimarshini hindi commentary Uttarantra 1/37 Reprint. Varanasi:Chaukhamba Surbharati Prakashan; 2022:13.
- 8) Sharma PV. Sushruta Samhita with Dalhana's commentary Uttarantra 12/3 Reprint. Varanasi:Chaukhambha Vishwabharati Publication; 2001:166.
- 9) Sharma PV. Sushruta Samhita with Dalhana's commentary Uttarantra 12/9 Reprint . Varanasi:Chaukhambha Vishwabharati Publication; 2001:167.
- 10) Murthy KRS. Ashtanga Hridaya of Vagbhata Volume One Sutrasthana 23/1 Reprint. Varanasi:Krishnadas Academy; 2000:276.
- 11) Murthy KRS. Ashtanga Hridaya of Vagbhata Volume Three Uttarsthana 10/15 Reprint. Varanasi:Krishnadas Academy; 2000:91.
- 12) Wakode KS, Sawale PS. Literature review of sirotpata with its modern aspects [Internet]. Wjpls.org. [Assessed on 2025 Oct 3, 4:55 pm]. Available from: https://www.wjpls.org/admin/assets/article_issue/16062017/1498807015.pdf
- 13) Sharma PV. Sushruta Samhita with Dalhana's commentary Uttarantra 10/12 Reprint. Varanasi:Chaukhambha Vishwabharati Publication; 2001:158.