



An Ayurvedic Perspective of Abhishyanda (Conjunctivitis) with Special Reference to Panchakarma Procedures – A Case Study

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ABSTRACT

Background: *Abhishyanda* is one of the most commonly described *Netra Rogas* in *Ayurvedic* classics and is considered the root cause of several ocular disorders. Clinically, it shows close resemblance to conjunctivitis, characterized by redness, discharge, irritation, and inflammation of the conjunctiva. *Ayurveda* advocates both *Shodhana* and *Sthanik Panchakarma* procedures in its management.

Objective: To evaluate the effectiveness of *Panchakarma* procedures in the management of *Abhishyanda* with special reference to conjunctivitis through a single case study.

Methods: A 28-year-old male patient presenting with redness, discharge, itching, and burning sensation in both eyes was treated with *Panchakarma* procedures including *Virechana*, *Nasya*, and local *Netra Kriyakalpa* therapies for 7 days. Subjective and objective parameters were assessed before and after treatment.

Results: Significant reduction in redness, discharge, itching, and burning sensation was observed. No recurrence was noted during follow-up.

Conclusion: *Panchakarma* and *Netra Kriyakalpa* procedures provide effective, safe, and holistic management for *Abhishyanda* (conjunctivitis), addressing both systemic and local pathology.

Keywords: *Abhishyanda*, Conjunctivitis, *Panchakarma*, *Netra Kriyakalpa*, *Shalaky Tantra*

INTRODUCTION

Abhishyanda is described in *Ayurvedic* classics as a *Sarvagata Netra Roga* characterized by excessive secretion, congestion, itching, burning sensation, and swelling of ocular tissues. The literal meaning of *Abhishyanda* is “profuse discharge” or “overflow,” which closely correlates with conjunctivitis described in modern ophthalmology. *Acharya Sushruta* considers *Abhishyanda* as the ***Mool Roga*** for many ocular diseases if not treated promptly.

Conjunctivitis is one of the most prevalent ocular conditions worldwide and may be bacterial, viral, allergic, or irritative in origin. Modern management generally includes topical antibiotics, antihistamines, or lubricants; however, recurrence and drug resistance are emerging concerns. *Ayurveda* provides a comprehensive management protocol including ***Shodhana* (purificatory)** and ***Shamana* (palliative)** therapies along with *Netra Kriyakalpa* procedures such as *Aschyotana*, *Seka*, and *Tarpana*.

The present case study was undertaken to evaluate the efficacy of *Panchakarma* procedures in the management of *Abhishyanda*.

MATERIALS AND METHODS

Study Design

Single case study conducted in the *Shalaky Tantra* OPD.

Patient Information

Parameter	Details
Age	28 years
Gender	Male
Occupation	Office employee
Duration of illness	5 days
OPD No.	XXXX

Chief Complaints

- Redness in both eyes
- Watering and mucous discharge
- Itching and burning sensation
- Mild swelling of eyelids

History of Present Illness

The patient developed sudden redness and itching in both eyes following dust exposure and prolonged screen work. Symptoms gradually progressed to discharge and burning sensation. No history of trauma or contact lens usage was reported.

Past History

No systemic illness, diabetes, hypertension, or previous ocular surgery.

Ayurvedic Examination

- **Prakriti:** Pitta-Kapha
- **Vikriti:** Pitta-Kapha Dushti
- **Agni:** Tikshnagni
- **Dosha involved:** Pitta and Kapha
- **Dushya:** Rasa, Rakta

Local Ocular Examination

- Conjunctival congestion present
- Mucous discharge
- Mild eyelid edema
- Visual acuity normal

Diagnosis

Ayurvedic Diagnosis: Pittaja-Kaphaja Abhishyanda

Modern Diagnosis: Acute Conjunctivitis

INTERVENTION

Table 1: Treatment Protocol

Day	Procedure	Drug Used	Purpose
1-3	<i>Netra Aschyotana</i>	<i>Triphala Kwatha</i>	Reduce discharge & irritation
2-4	<i>Netra Seka</i>	<i>Chandana-Ushira Kwatha</i>	Cooling & anti-inflammatory
3-5	<i>Nasya</i>	<i>Anu Taila</i>	Clear <i>Kapha</i> , head channel purification
5	<i>Mridu Virechana</i>	<i>Trivrit Lehya</i>	<i>Pitta-Rakta Shodhana</i>
6-7	<i>Netra Tarpana</i>	<i>Triphala Ghrita</i>	Nourishment & recurrence prevention

Pathya-Apathya

- Avoid dust, smoke, excessive screen time
- Adequate sleep
- Inclusion of ghee and green vegetables in diet

ASSESSMENT CRITERIA

Table 2: Subjective Parameters (Grading 0–3)

Symptom	BT	AT
Redness	3	0
Discharge	3	1
Itching	2	0
Burning sensation	3	1

Grading Scale:

0 – Absent | 1 – Mild | 2 – Moderate | 3 – Severe

Table 3: Objective Parameters

Parameter	BT	AT
Conjunctival Congestion	Present	Absent
Eyelid Edema	Mild	Absent
Visual Acuity	6/6	6/6

RESULTS

After completion of the 7-day *Panchakarma* protocol, marked improvement was observed in both subjective and objective parameters. Redness and itching were completely relieved, while discharge and burning sensation were significantly reduced. Conjunctival congestion subsided, and eyelid edema resolved. No adverse effects were reported. Follow-up after 10 days showed no recurrence.

DISCUSSION

Abhishyanda is primarily caused by *Pitta-Kapha* vitiation leading to inflammation, discharge, and congestion of ocular tissues. The management principle involves both *Shodhana* and *Sthanik Chikitsa*.

Mridu Virechana eliminated vitiated *Pitta* and *Rakta* from systemic circulation, reducing inflammation. *Nasya* acted through the nasal route, clearing *Kapha* accumulation in the head region. Local procedures such as *Aschyotana* and *Seka* provided immediate symptomatic relief by reducing discharge and irritation, while *Tarpana* nourished ocular tissues and prevented recurrence.

Triphala, possessing *Chakshushya* and anti-inflammatory properties, contributed significantly to therapeutic outcomes. The integrative *Panchakarma* approach addressed both systemic and local pathology, ensuring holistic management.

CONCLUSION

The present case study demonstrates that *Panchakarma* and *Netra Kriyakalpa* procedures offer effective and safe management for *Abhishyanda* (conjunctivitis). This approach not only alleviates symptoms but also prevents recurrence by addressing underlying *Dosha* imbalance. Ayurveda thus provides a comprehensive and sustainable therapeutic option for conjunctivitis.

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