



## Management Of Sub Hyaloid Heamorrhage Of Right Eyes (Urdhwak Rakta Pitta) Through Ayurveda - A Case Study

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### Abstract :

Eye is a sense organ i.e. one of the important dyanindriya ( panchadyan indriya ) which perceives image and light. Sub hyaloid hemorrhage is accumulation of blood in subhyloid space ,it may cause sudden and severe loss of vision, it may be permanent if left untreated.

Raktapitta is a Mahagada (dreadful disease) which has Mahavega (having severe intensity in terms of bleeding) and is Sheegrakari (having abrupt onset). The movement of raktapitta is directed upwards and downwards ,the former through seven orifices and latter through two orifices (bhaya srotas). Mainly srotas is classified into the two kinds , namely Bhaya and Abhyantara srotas. Bahirmukh srotas in males are 9 in numbers and in female it is 12 in numbers. Bhaya srotas are 2 nasa , 2 karna , 2 nayana ( eyes ) ,1 mukha , 1 mehana , 1 guda .In females, 2 stana randhra and 1 raktapatha .That raktta coming from upper passage is curable ,the one coming from downwards is maintainable and that which comes both ways is incurable .When it flows out from all the orifices including the hair follicles with innumerable movements, it is fatal. Hence we can consider acute hemorrhage in eyes including acute sub hyaloid hemorrhage as a urdhwak raktapitta and can treat accordingly.

In this case report, a 33 year old male patient came for ayurvedic management in clinic with complaining of sudden diminished vision of right eyes due to sub hyaloid hemorrhage i.e urdhwak rakta pitta .He had undergone thorough ophthalmic investigations before 1 months with fundus photograph and was diagnosed with subhyaloid heamorrhge in right eye. He has taken treatment from ophthalmologist and also taken opinion of hematologist. The sub hyaloid heamorrhage was sudden despite of any hematological abnormalities. After 1 month, complete ophthalmic examination of patient revealed vision of 6/36 in right eye with no satisfactory improvement. Patient was advised vitrectomy and laser therapy but the patient was not willing for that so he came for ayurvedic treatment . He was treated with Ayurvedic treatment plan for 45 days and got significant improvement in his right eye vision.

With this case study we can conclude that chronic Subhyaloid Hemorrhage can be well managed with Ayurvedic medicine and ayurvedic concepts of raktapitta.

**Keywords:** Sub hyaloid hemorrhage, Raktta Pitta, Ayuvedic intervention

### Introduction:

Accumulation of blood in subhyaloid space due a localized detachment of the vitreous from the retina is called as subhyaloid hemorrhage, it may cause sudden and severe loss of vision when it occurs in the macular area , it may be permanent if left untreated . For subhyaloid hemorrhage, following two surgeries are recommended by ophthalmologist i.e. YAG Laser treatment and vitrectomy . Typical Symptoms include sudden vision loss or diminished vision . General causes of Subhyaloid hemorrhage are such as diabetes, valsalva retinopathy cases, trauma , idiopathic, retinal artery macro aneurysm , blood dyscrasia in & neovessels on disc secondary to branch retinal vein occlusion . Raktapitta is a bleeding disorder in which blood get contaminated by vitiated pitta and bleeds through the orificies of body , both in upwards ( urdhvak raktapitta ) and from downwards ( adhok raktapitta ), also from skin orifices ( tiryak rakta pitta ) .Pitta itself is called as rakta pitta because of conjunction with and affecting the rakta dhatu and also similarity in its smell and color. Pitta when get aggravated reaches raktta and because of similarity in constitution develops further symptoms at the same time affecting it ( rakta ). Due to heat of pitta the fluid portion from all the fomented dhatu oozes out which again lead to pitta aggravation.Hence Ayurvedic treatment consists of restrictions of Hetu Sevan, Santarpana / Apararpana Chikitsa ,Mrudu, Sheetal, guna Ahara. Madhura, Tikta, Kashaya Rasa Ahara. Pradeha, Parisheka, Avagaha, Samsparshana and Pratimargaharana chikitsa as per patients dosha- dushya balabalam and his prakriti can be taken for treating such cases.

### Case report :

#### Patient basic information

Name : xxx, Age : 45 years, Sex : Male, OPD No. 1416, Date : 21 / 02 /2019

#### Complaints of :

1) Diminished Right eye vision – since last 1 month

#### History of present illness :

Patient came with loss of right side eye vision for the last 1 month and had taken treatment from modern ophthalmologist /physician / hematologist, but there were a no improvement in his vision. He was further advised to do laser/ vitrectomy therapy, but he was not willing for surgery . In between this he heard about ayurvedic treatment and decided to approach the clinic. Hence patient came to try ayurvedic management with his all previous medical records.

#### Past history

No History of : DM / HTN / ASTHMA / COPD / IHD / MI / THYROID related disease etc.

No history of any Bleeding disorders such as HEMOPHILIA etc.

No History of major illness other than this disease.

Addiction History : No any such as alcohol, tobacco ,pan - supari etc

Family History : Nothing specific

**Clinical examination :****O/E :**

G. C.: fair, Afebrile, Pulse – 78 / min, Blood pressure – 120 / 80 mm of Hg, Weight – 58 kg, Height – 165 cm.

No icterus present, Non pallor, No clubbing , JVP – Normal , No lymphadenopathy,

No flapping tremors, No pedal edema

**Asthavidh Pariksha:**

**Nadi:** pitta vatatmak, Niyamit **Mal:**samyak

**Mutra:** samyak, shwet varni **Jivha:** Niram **Shabda:** Prakrut

**Sparsha:** samshitoshna **Drika:** Drushti naash dakdhin netra **Akriti:** Madhyam

**Systemic examination:**

**Respiratory system:** AEBE, No Crepitation or wheeze

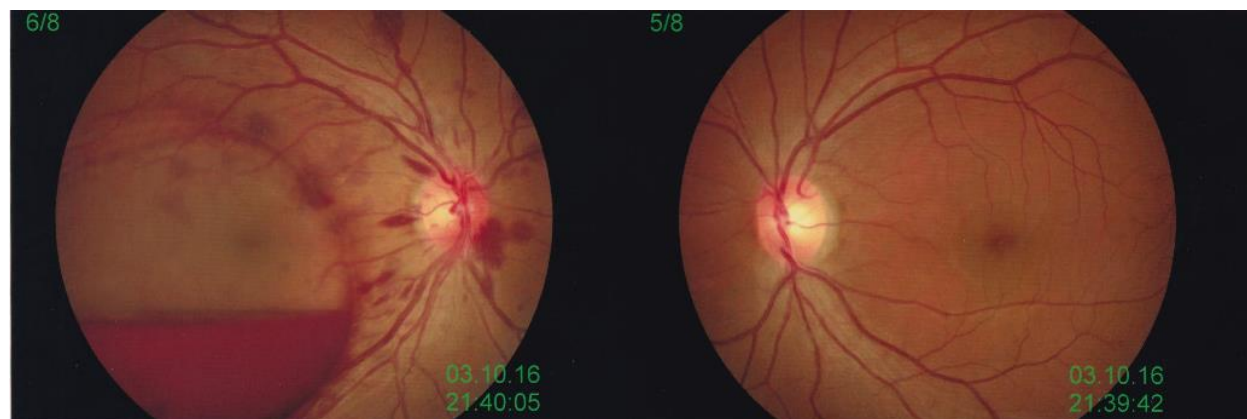
**Cardiovascular system:** S1 S2 Normal, no murmurs

**Per abdomen:** soft, Liver - nonpalpable, spleen - nonpalpable, kidney -nonpalpable

Central nervous system: oriented, planter flexor , reflexes normal

**Local examination –**

Right eye	Left eye
Vision 6 / 36	Vision 6 /6
Pupillary light reflex - normal	Pupillary light reflex normal
No Nystagmus	No Nystagmus
No Pterygium	No Pterygium
No Conjunctivitis	No Conjunctivitis



**PATIENTS FILE REPORTS:****PATHOLOGY LAB REPORTS :****CYTOLOGICAL EXAMINATION OF BLOOD**

HB	14.3	PLATELET COUNT	234000
HEAMATOCRIT	44.9 %	M.P.V.	8.8 FL
WBC	7900	ESR	05
<b>DIFFERENTIAL WBC COUNT</b>			
NEUTROPHILS	60	RETIC COUNT	0.8
EOSINOPHILS	04	RBC	5.19
BASOPHILS	00	M.C.V.	86.5 fl
LYMPHOCYTES	28	M.C.H.	27.5 %
MONOCYTES	08	M.C.H.C.	31.9 %
		RDW	12.8 %

**BLOOD CHEMISTRY**

BLOOD SUGAR R	80	SR.LDH	331 U/L
SR.CREATININE	0.7 MG / DL	S.G.O.T	34 U/L
SR.URIC ACID	5.0 MG /DL	S.G.P.T.	65 U/L
SR.PROTINE ( TOTAL)	7.9 G/DL	SR.ALKALINE PHOSPHATAE	46 U/L
SR.ALBUMIN	4.8 G/DL	SR.BILIRUBIN ( TOTAL)	0.5 MG/DL
SR.BILIRUBIN (TOTAL )	0.5 MG/ DL	SR. BILIRUBIN ( DIRECT )	0.2 MG /DL

**FACTOR ASSAY**

TESTS	PATIENT VALUE	TESTS	PATIENT VALUE
Factor VIII	98 %	Vwf: Ag	106%
FACTOR IX	120 %	Vwf : RCoF	88%

**COAGULATION TEST**

TESTS	PATIENT VALUE
WHOLE BLOOD CLOTTING TIME	8 MIN
PROTHROMBIN TIME	11.00 SECONDS
I.N.R.	1.00
ACTIVATED PARTIAL THROMOBOPLASTINE TIME	29.00 SECONDS
THROMBIN TIME	11.00 SECONDS
FACTOR VIII SCREENING	NORMAL
PLASMA FIBRINOGEN LEVEL	268 MG/ DL
<b>IMPRESSION</b>	NORMAL STUDIES

**PLATELET AGGERGATION STUDY**

TESTS	PATIENT VALUE
ADP: HIGH DOSE	90 %
ADP: LOW DOSE	45%
EPINEPHERINE	64 %
COLLAGEN	48%
RISTOCETIN	90%
<b>IMPRESSION</b>	NORMAL STUDIES

**OTHER TESTS**

TEST	PATIENT VALUE
BLOOD GROUP	A POSITIVE
TSH	1.9 Uiu / ML
HIV ANTIBODY	NEGATIVE
HBsAG	NEGATIVE
HCV ANTIBODY	NEGATIVE

**Treatment Given by ophthalmologist:**

Tab. Limcee 500 mg 1 bid ( vit c )

**AYURVEDIC TREATMENT PROTOCOL****SHAMAN CHIKITSA**

SR.NO	DRUGS / MEDICINE	DOSE	AUSHADHI SEVAN KAL	ANUPAN
1	TAB. TAPYADI LOHA	500 MG BID	EMPTY STOMACH	LUKE WARM WATER
2	TAB. KAMDUGHA MOUKTIK YUKTA	500 MG TDS	EMPTY STOMACH	COW MILK
3	TRIPHALADI GHRIT	10 ML BID	EMPTY STOMACH	LUKE WARM WATER
4	VASA AVHALEHA	20 ML TDS	AFTER LUNCH 2 HOUR	-
5	AVIPATTIKAR CHURNA	5GM BID	AFTER LUNCH 2 HOUR	LUKE WARM WATER

\*\* Above medicine given for 45 DAYS

**RESULT :**

After 45 Days treatment, symptomatic & pathological Improvement seen in this patient .

EXamination	0 days	15 days Treatment	30 days Treatment	45 days Treatment
Right eye vision		6/28	6/14	6/9

## DISCUSSION

## TAPYADI LOHA :

This medicine is very popular for its rasrakta prasadan action , so can be helpful in raktapitta , also popular for acute CVA ( PAKSHAGHAT)

SR.NO.	INGRIDENTS	GUNA (PROPERTIES )	KARMA ( ACTION )
1	LOHA BHASMA	TIKTA , MAHUR PAKI, SHEET VIRYA ,RUKSHA , USHNA , SNIGHDA , TRIDOSH SHAMAN	<b>RAKTA PRASADAK ,RASAYAN</b> , BALYA ,VRISHYA ,VISHAGHNA ,KUSHTA PANDU HAR, SARVA VYADHI HAR ,
2	SUVARNA MAKSHIK (COPPER PYRITE )	TIKTA , MAHUR ,SHEET , DIPAN PACHAN ,KAPHA PITTA HAR , TRIDOSH SHAMAN	<b>CHAKSHUSHYAM , RAS RAKTA PRASADAN ,RASAYAN</b> , YOGVAHI, PARAM VRISHYA , PANDU MEHA VISH NASHAN ,
3	SHEELAJATU (ASPHALTUM PUNJAMINUM)	TIKTA KATU RAS , KATU VIPAK , VIRYA USHNA , KAPHAGHNA	MEDHYA , <b>RASAYAN</b> , VRISHYA , BALYA , VAJIKARAN , YOGVAHI , SMRUTIPRAD , PRAMEHA PANDU NASHAK , KUSHTA NASHAK

4	ROUPYA BASMA (ARGENTUM )	AMLA MADHUR KASHAY RAS , MADHUR VIPAK , SHEET VIRYA , TRIDOSHA NASHAN A , LEKHAN	<b>NETRA ROG NASHAN , RUPYAM</b> , USEFULL IN PANDU UDAR ROGA , KSHAY , GUDVIKAR NASHAN , SARVA ROG HARA , BALYA , VRISHYA
5	MANDUR (IRON OXIDE)	KASHAY ,SHEET , RUCHYA	PANDU , SHOTHA SHOSHA JEET ,HALIMAK KAMLA HAR , USEFUL IN PLIHA AND KUMBHAKAMLA
6	CHITRAK	VAAT NASHAK, DIPAN AND PACHAN	KRUMIGHNA
7	TRIPHALA	DIPANI , RUCHYA , SARA , KAPHA PITTAGHNI ,	SARAK , RASAYAN , CHAKSHUSHYA – BHAVPRAKASH , CHAKRADATTA MENTION IN CHAKSHUSHYA VARGA , MEHA KUSHTA HARA , VISHAM JWARA NASHINI
8	TRIKATU	DIPAN , PACHAN	KAPHA MEDA HARA,AMAHARA
9	VIDANG	PACHAK	KRUMIGHNA
10	SHARKARA	SNIGDHA SHEETA	VATA PITTA HARA ,RASAYANA

**KAMDUGDHA MAUKTIK YUKTA :**

This medicine is well known for Pittaj vyadhi , amla pitta , pitta shamak , rakta pitta shamak , bhrama , shirshool etc.

SR.NO.	INGRIDENTS	GUNA ( PROPERTIES )	KARMA ( ACTION )
1	PRAVAL BHASMA ( CORAL )	MADHURA SAHA AMLA KASHAY , MADHURA VIPAKA , SHEET VIRYA , DIPAN PACHAN , LAGHU , TRIDOSHA SHAMAK , SPECIALLY PITTA SHAMAK	<b>NETRA ROGA JEET , RAKTAPITTAGHNA</b> ,KSHAYA KASA NASHAK , VISHAGHNA
2	SHOUKTIK BHASMA	KATU , MADHURA VIPAK,SNIGHDA , DIPANI , RUCHYA	GULMA SHOOL NASHAN ,BALYA , VISH DOSHA HARA
3	KAPARDIK BHASMA	KATU TIKTA ,MADHUR VIPAK , USHNA SHEETA , VAAT KAPHAGNA, DIPAN , PACHAN	<b>NETRYA , RAKTA PITTA NASHAK</b> ,PITTAJ PARINAM SHOOL , GRAHANI KSHAY ROGA ,AGNIMANDYA , ATISAR , AJIRNYA
4	SHANKH BHASSMA	TIKTA, MADHURA VIPAK , SHEET VIRYA ,TRIDOSH NASHNAM ,GRAHI ,	<b>NETRA PUSHPA HAR , RAKTTA PITTA NASHAK</b> ,USEFUL IN GRAHANI , TARUNYA PITIKA ,PARINAMSHOOL
5	GUDUCHI SATVA	TIKTA KASHAYA RASA,SNIGDHA	<b>RAKTAPITTA HARA,SANGRAHINI,CHAKSHUSHYA</b>
7	SUVARNA GAIKIK	MADUR KASHAY , KATU PAKI , SHEETA VIRYA , SNIGHDHA , PITTA SHAMAK ,DAHANASHAK ,VISHAGHNA , VRANA ROPAK , BALYA	<b>RAKTA PITTA NASHAK</b> ,HIKKA CHARDHI NASHAK , USEFUL IN KANDU , UDARDA , RAKTA PRADAR , MUKHPAK , JWARA .
8	MAUKTIK BHASMA	MADHURA KASHAY , MADHURA VIPAK , SHEETA VIRYA , TRIDOSHAGHNA SPECIALLY PITTA HARA	VRISHYA , DAHAGHNA , KAS SHWAS KSHAY HANTI , DAHA SHELISHMA UNMAND VATTADI ROG HANTYA

**TRIPHALADI GHRIT :**

BHAISAJYA RATNAVALI mention this kalpa in netra roga chapter , according to him this kalpa is very useful in all types of eye disease particularly , night blindness , cataract , kacha , nilika , **patal roga** ,arbuda , coujunctivitis , adhimantha , pakshmkopa , eye disease caused by vata pitta , sleshma ,and sannipatta problems , **adrushti ( loss of vision ) , manda drushti (diminish vision )** . it also checks indispositions like excessive tearing , itching of the eyes and problems of long and short vision.

SR.NO.	INGRIDENTS	GUNA ( PRPOPTIES )	KARMA ( ACTION )
1	COW GHRIT	MADHURA VIPAKI , SHEET VIRYA , TRIDOSH HARA , SNIGHDA ,SUGHANDHA ROCHNAM	<b>VISHESHAN CHAKSHUSHYSA – BHAVPRAKASH ,CHAKRADATTA MENTION IN CHAKSHUSHYA VARGA ,</b> RASAYAN ,VRAN ROPAK ,RASAYAN , KANTI OAJ VRIDHHIKAR
2	TRIPHALA	DIPANI , RUCHYA , SARA , KAPHA PITTAGHNI ,	<b>CHAKSHUSHYA – BHAVPRAKASH , CHAKRADATTA MENTION IN CHAKSHUSHYA VARGA ,</b> MEHA KUSHTA HARA , VISHAM JWARA NASHINI
3	BHRINGRAJ	KATU,TIKTA RASA,LAGHU	<b>CHAKSHUSHYA,KRIMIGHNA</b>
4	VASA LEAVES	TIKTA, KASHAYA RASA, RUKSHA – LAGHU ,KATU – VIPAK , SHEET – VEERYA , KAPHA – PITTA SHAMAK	<b>RAKTA PITTA NASHAN ,</b> KAPHAGHNA ,USEFUL IN SHWAS , KAS ,JWARA , CHARDI ,MEHA , KUSHTA
5	SHATAVARI	MADHURA,TIKTA RASA,GURU ,SNIGDHA	<b>CHAKRADATTA MENTION IN CHAKSHUSHYA VARGA, ASRAJITH,PITTASRA HARA</b>
6	GOAT MILK	LAGHU ,KASHAYA TIKTA RASA	GRAHI,RAKTAPITTA HARA
7	GUDUCHI	TIKTA – KASHAY , GURU – SNIGHDA , MADHU – VIPAKA , TRIDOSHA SHAMAK, RASAYAN	<b>RAKTAPITTA HARA,SANGRAHINI,CHAKSHUSHYA</b>
8	AMALKI	PANCHA RASA- LAVAN VARJITA, LAGHU – RUKSHA , MADHUR – VIPAKI , SHEET – VIRYA , RASAYANI, TRIDOSH HARA., ANTIOXIDANT	<b>RAKTA PITTA HAR ,</b> PRAMEHA HAR , PARAM VRISHYA , RASAYANAM
9	DRAKSHA	MADHRA , MADHURA VIPAK , SHEET VIRYA , RUCHIPRADA	<b>CHAKSHUSHYA – BHAVPRAKASH , RAKTTA PITTA HAR , CHAKRADATTA MENTION IN CHAKSHUSHYA VARGA</b> USEFUL IN SHWAS , TRISHNA , JWARA ,KAMLA , VRISHYA
10	OTHER INGRIDENTS - SUGAR , NILKAMAL ,MADHUKA ,KSHIRKAKOLI , MADHUPARNI ,NIDIGHDI NIDIGHDIKA		



**VASA AVALEHA -**

THIS MEDICINE IS USEFUL IN RAJYAKSHMA ( TUBERCULOSIS ) ,KAS, SHWAS , PARSHWASHOOL ( PLEURISY ) , HRUDH SHOOL ( ANGINA ) , **RAKTA PITTA** , JWARA

SR.NO.	INGRIDENTS	GUNA ( PRPOPRTIES )	KARMA ( ACTION )
1	VASA	TIKTA KASHAY RAS , SHEET VIRYA , LAGHU , KAPHA , PITTA HAR	<b>RAKTA PITTA NASHAN</b> , USEFUL IN SHWAS , KAS ,JWARA ,CHARDHI , MEHA , KUSHTA , KSHAYA
2	GO GHRIT	MADHURA VIPAKI , SHEET VIRYA , TRIDOSH HARA , SNIGHDA ,SUGHANDHA ROCHNAM	CHAKSHUSHYA – BHAVPRAKASH , CHAKRADATTA MENTION IN CHAKSHUSHYA VARGA , MEHA KUSHTA HARA , VISHAM JWARA NASHINI
3	RAW SUGAR SITA	MADHURA , SHEET , RUCHYA , LAGHU ,SARA	<b>RAKTA PITTA HAR</b>
4	PIPPALI	KATU RASA,LAGHU,TEEKSHNA	VATA KAPHA HARA,AMA HARA
5	HONEY	MAHUR , SHEET , LAGHU , PARAM SROTO VISHODHANAM	<b>SHRSHTA IN NETRA AMAY (ROGA ) HARA , CHAKSHUSHYA , VRANA SHODHANAM ROPANAM</b>

**AVIPATTIKARA CHURNA –**

This would help in allevating such diseases as Amlapitta ,problem related flow of urine and stool , disorders caused due to Agnimandya , 20 types of prameha ,and all types of piles , this formulation has been prepared by acharya Agastya

SR.NO.	INGRIDENTS	GUNA ( PRPOPRTIES )	KARMA ( ACTION )
1	TRIPHALA	DIPANI , RUCHYA , SARA , KAPHA PITTAGHNI ,	<b>CHAKSHUSHYA – BHAVPRAKASH , CHAKRADATTA MENTION IN CHAKSHUSHYA VARGA</b> , MEHA KUSHTA HARA , VISHAM JWARA NASHINI
2	TRIKATU	DIPANI	USEFUL IN SHEAS KAS GULMA , MEHA ,KAPHA ,STHOULYA ,MEDO ROGA AND SHIPADA
3	MUSTA	KATU ,TIKTA , KASHAY RASA , SHEET VIRYA ,DIPAN PACHAN GRAHI , RUCHYA , KAPHA PITTA RAKTA DOSH HARA	USEFUL IN TRISHNA ,JWARA
4	VEED LAVAN	DIPAN , LAGHU , TIKSHNA , USHNA , RUKSHA , RUCHYAM , VYAVAYI ,KAPHA VATA ANULOMAN	HRUDH ROGA , GAURAV ,SHOOL NASHAN, VIBANDH ANAHA VISHTABHA NASHAK
5	VIDANG	PACHAKA	KRIMIGHNA
6	AELA	KATU , SHEETA , LAGHU , VAATHARA	USEFUL IN SHWAS , KAS , ARSHA , MUTTRA KHRUCHHA
7	TEJPATRA	MADHURA , ALPA USHNA , PICCHIL , LAGHU	KAPHA VAAT ARSHA HARA , USEFUL IN HRULAAS , ARUCHI , PINAS
8	LAVNG	TIKTA, SHEET, LAGHU , DIPAN PACHAN , KAPHA PITTA <b>RAKTA VIKARA NASH KRIT</b>	<b>NETRA HITAM</b> , USEFUL IN SHWAS, KAS, HIKKA, KSHAYA , TRUSHNA , CHARDHI
9	TRIVRITTA	TIKTA KASHAY MADHUR , LAGHU , RUKSHA , USHNA ,	SUKH VIRECHANAM , ADHOBHAG HAR

		SAMIR KRUT , KAPHA PITTA PRASHAMANAM	
10	SHARKARA	MADHURA , SHEET , RUCHYA , LAGHU ,SARA	<b>RAKTA PITTA HAR</b>

### Conclusion :

- 1 ) The patient regained nearly full sight after 45 days of successful Ayurvedic Treatment.
- 2] Given Drugs & Treatment is beneficial for SUB HYALOID HEAMORRHAGE..
- 3] Need further more study with large scale number of patients for scientific data collection .
- 4] No side effect were observed in the patient with given drugs and treatment.

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