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Dhatri Pindi In Management Of Pittaja Abhishyanda - A Case Study

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ABSTRACT –

Abhishyanda is one of the diseases among *Sarvagata Netra Roga* . The symptoms of *Abhishyanda* is similar to conjunctivitis . The inflammation of conjunctiva mainly occur in *Abhishyanda* , which can spread through *Rakta* . If *Abhishyanda* is not cured then it can causes *Adhimantha* associated with acute pain . The other complication may include *Sandhigata Roga* , *Shuklagata Roga* , *Krushnagata Roga* , *Shuklagata Roga* and *Vartmagata Roga* etc. Ayurvedic classics mentioned various types of *Abhishyanda Pittaja* , *Kaphaja* , *Vataja* , *Raktaja Abishyanda* . The symptoms of *Pittaja Abhishyanda* is *Daha* (burning sensation) , *Prapak* (inflammatory suppuration) , *Shishirabhinandata* (longing for coldness in the eyes) , *Ushnashruta* (excessive hot lacrimation).¹

Keywords – *Abhishyanda* , *Conjunctivitis* , *Pittaja Abhishyanda* .

Introduction-

There are 17 *Sarvagata Netra Roga* explained by *Acharya Sushruta* . *Abhishyanda* is one among them. The symptoms of *Pittaja Abhishyanda* are *Daha* , *Prapak* , *Shishirabhinandata* , *Dhoomayana* , *Ushnashruta* . Symptoms of conjunctivitis is similar to *Abhishyanda* in *Ayurveda* . Conjunctivitis is condition of eye involving inflammation of conjunctiva mainly occurs due to infection of membrane . The condition causes irritation and discomfort. *Pindi* is line of treatment explained by *Acharya Sharangadhara* for *Abhishyanda* ² . *Pindi* is medicated gauze which can be applied, burning sensation and discharge reduced .

Study Rationale –

Purpose of this study is find solution treating *Pittaja Abhishyanda* instead of providing temporary effect and recurrence with Ayurvedic procedure as an alternative for repeated use of steroidal and antibiotic application as symptomatic treatment .

Case report-**Case History :**

A 22 year old male patient visited outpatient department of Ophthalmology on 8th August 2023 with complaints of burning sensation , discharge ,redness and pain in right eye since one day . No any medical and surgical history. No any allergy known till now. After assessing the cause and symptoms *Ayurvedic* diagnosis was made as *Pittaja Abhishyanda*.

Personal History Diet – Vegeterian Appetite - Moderate Addiction – No any
 Sleep – Normal Micturation – Normal Bowel – Regular

Ashtavidha Pariksha –

- | | |
|------------------------------|--------------------------------|
| 1. Nadi : Pittapradhana | 5. Shabda : Spasta |
| 2. Mala : Prakruta | 6. Sparsha : Anushna |
| 3. Mutra : Samyaka Pravrutti | 7. Druk : Dakshina Netralalima |
| 4. Jiva : Sama | 8. Akruti : Krusha |

Local examination of Right eye –

- Lid : Swelling present
- Sclera : Congestion present
- Conjunctiva : Congestion present
- Cornea : Clear
- Pupil : Normal in sight and reacting to light
- Lens : Normal
- Anterior Chamber : Normal

Treatment given -

Patient was treated with application of *Pindi* thrice a day for a course of 7 days after taking written informed consent at the OPD . Follow up after every 3 days was taken and regression in symptoms was noted .

Materials used for procedure –

Dhatri Choorna , Gauze piece , sterile water.



Standard operating procedure -Preparation of Pindi –

Dhatri paste was prepared by mixing sufficient amount of water in *Dhatri Choorna* . Then it was covered by gauze piece .

Local examination of eye –

Local examination of the eye was done under a slit lamp biomicroscope . Congestion over sclera was noted .

After 7 days i.e. on 16-8-23 there was complete relief from symptoms of *Pittaja Abhishyanda* .

A noticeable relief in burning sensation , pain, discharge from the right eye was notified by the patient on 4th day of treatment .

Procedure of application-**A) Poorvakarma –**

- Wash hands with water .
- Clean right eye and the surroundings with wet gauze piece.

B) Pradhan Karma -

- Patient is given supine position with closed eyes .
- *Dhatri Pindi* is applied under aseptic precaution on right eye .

**C) Paschatkarma –**

- *Pindi* is removed after 10-15 minutes .
- Right eye clean with sterile water.

Results and Observations –Assessment Criteria -

Signs and symptoms were assessed along with photographs taken before and after the treatment.

Table 1- Observation table :




Before Treatment (Day 0)	Day 3	After treatment (Day 7)
		

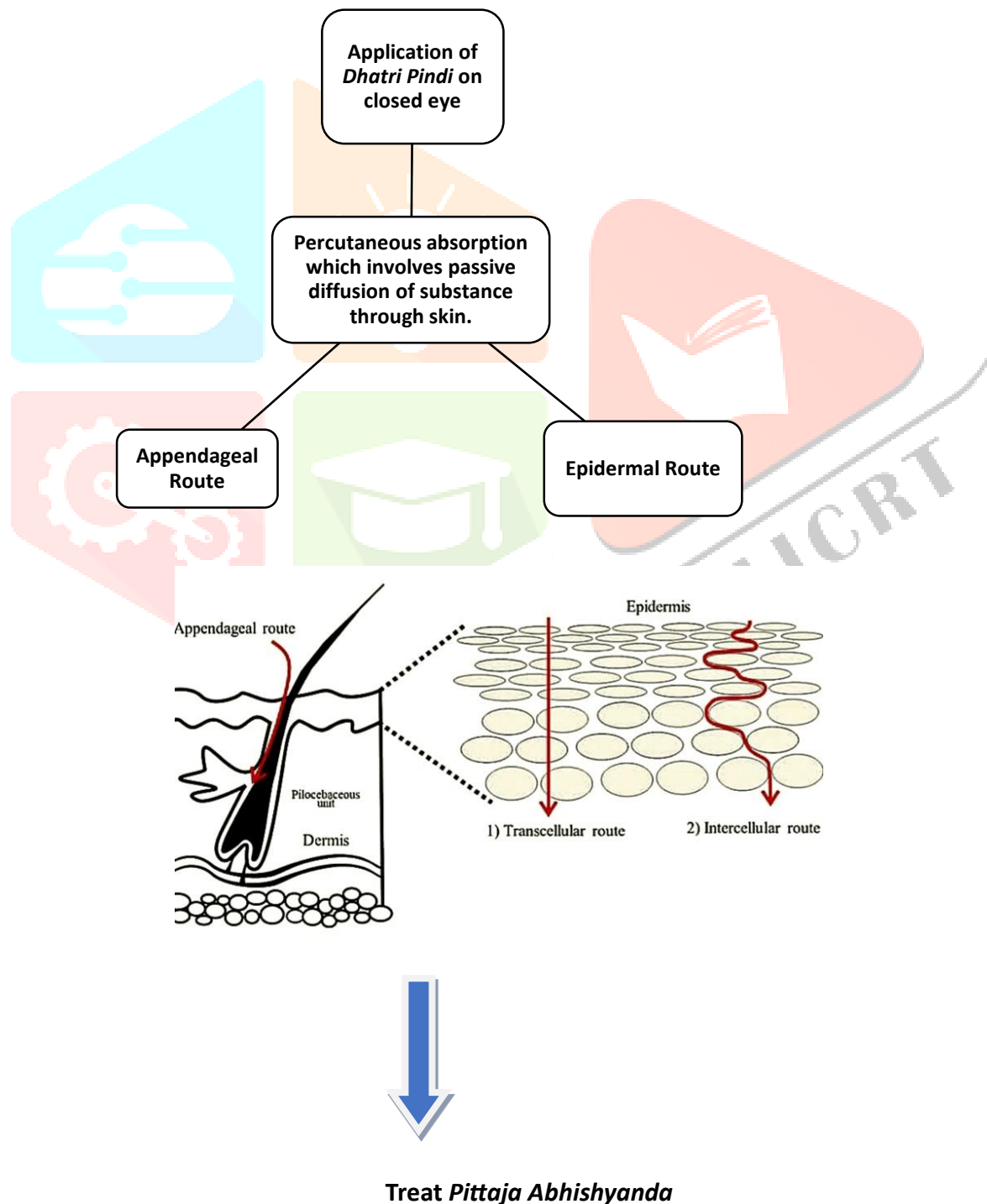
Table 2 - TAS gradation for Pittaja Abhishyanda –(According to Sushrutacharya)³

Signs and symptoms	Score	Gradation
<i>Prapaka</i>	0	No suppuration
	1	<i>Ama Aavastha</i>
	2	<i>Pachyamana Avastha</i>
	3	<i>Pakwa Avastha</i>
	4	<i>Prapaka Avastha</i>
<i>Daha</i>	0	No <i>Daha</i> is present
	1	<i>Daha</i> is present and tolerable and not affect routine work
	2	<i>Daha</i> is present and not tolerable and affect routine work but relieved by cold fomentation .
	3	<i>Daha</i> is present and not tolerable and affect routine work and not relieved .by cold fomentation
<i>Shishirabhinandata</i>	0	Absence of <i>Shishirabhinandata</i>
	1	<i>Shishirabhinandata</i> after 1 to 3 times of cold fomentation in a day
	2	<i>Shishirabhinandata</i> after 4 to 6 times of cold fomentation in a day
	3	<i>Shishirabhinandata</i> after more than 6 times of cold fomentation
<i>Dhoomayana</i>	0	No <i>Dhoomayan</i> is present
	1	<i>Dhoomayan</i> is present and tolerable and not affect routine work
	2	<i>Dhoomayan</i> is present and not tolerable and affect routine work but relieved by cold fomentation
	3	<i>Dhoomayan</i> is present and not tolerable and affect routine work and not relieved by cold fomentation.
<i>Bashpasamushaya Ashrubahulya</i>	0	35mm />5 min
	1	35 mm/ > 4 min
	2	35 mm/>3 min
	3	35mm/>2 min
<i>Ushnashruta</i>	0	No <i>Ushnashruta</i>
	1	<i>Ushnashruta</i> is present upto Kaninak Sandhi (inner canthus)
	2	<i>Ushnashruta</i> dribbles drop by drop
	3	<i>Ushnashruta</i> Dribbles more than 5 times in a day with continuous dribbling
<i>Peetaknetrata</i>	0	No yellowness of eye
	1	Pale yellowness of eye
	2	Yellowness of eye
	3	Dark yellowness of eye

Table 3- Tabular presentation of signs and symptoms on follow up –

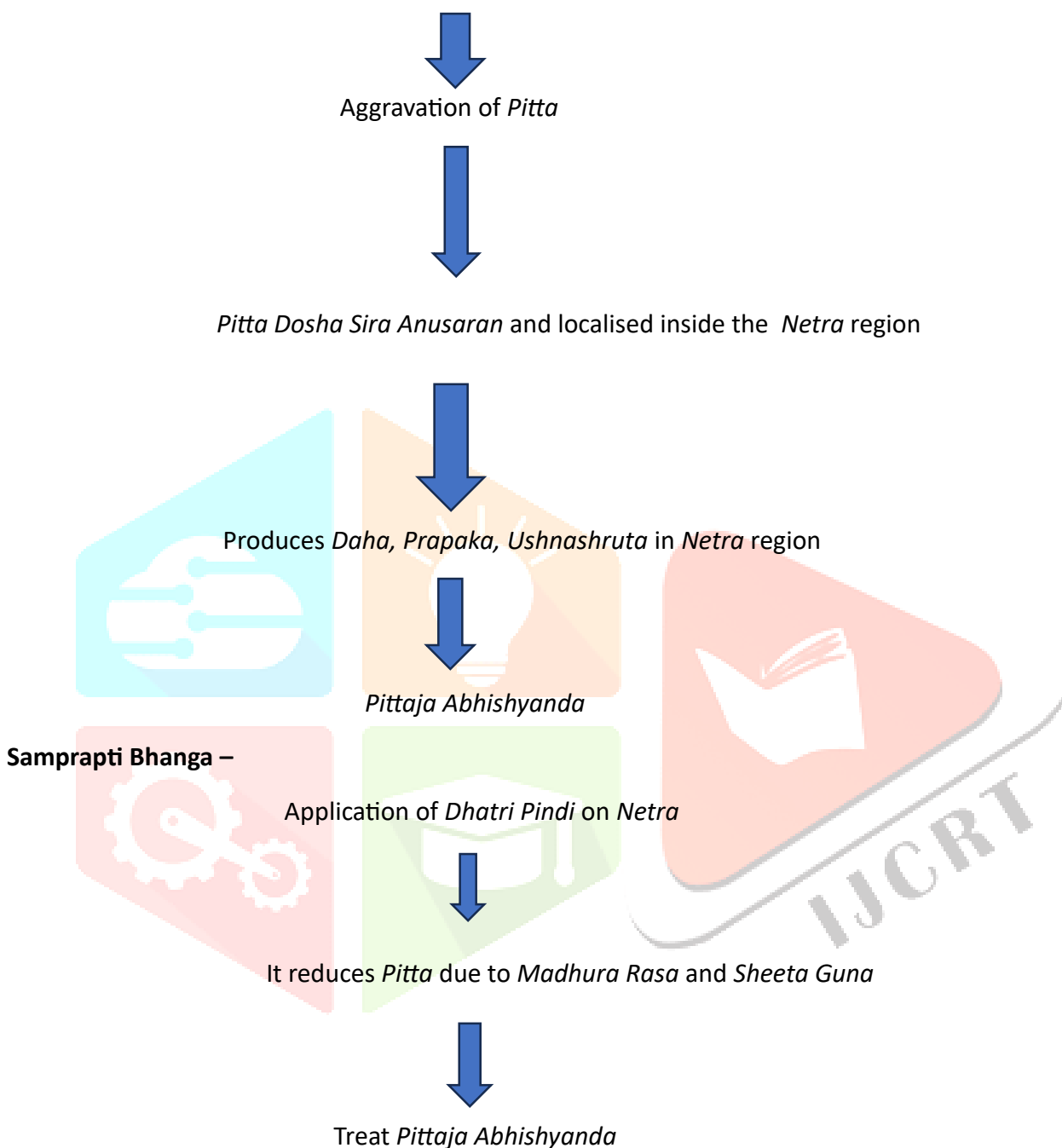
Signs and symptoms	Day 0	Day 3	Day7
<i>Prapaka</i>	1	0	0
<i>Daha</i>	2	1	0
<i>Shishirabhinandata</i>	0	1	0
<i>Dhoomayana</i>	1	1	0
<i>Ashrubahulya</i>	1	0	0
<i>Ushnashruta</i>	1	0	0
<i>Peetakanetrata</i>	1	0	0

Mode of action of Dhatri Pindi :



Samprapti –

Causative factors such as exposure to dust , glare of sun ,sleep in the day time and keeping up late hours in night etc.

**Discussion –**

In modern Science conjunctivitis is treated by topical instillation of antibiotic eye drops . Pindi acts through percutaneous absorption which involves passive diffusion of substance through skin . The defusional Routes penetrate normal intact skin involve two routes -Appendageal and epidermal route . Appendageal route involves transport through sweat glands and hair follicles . Epidermal route may take either transcellular - intra or inter cellular pathways.⁴

Conclusion –

The patient is suffering from conjunctivitis which is treated with application of *Dhatri Pindi* . *Pindi* helps in retaining the medicine over eye for longer duration .Thus treating it with *Pindi* be a considerable therapy .

Further scope of study –

- Study can be done on larger population for longer duration of time as it has less to no side effects.
- Study can be done on treating conjunctivities by using other *Kriyakalpas* than *Pindi*.

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