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TO EVALUATE THE EFFICACY OF VASADI KWATH IN THE MANAGEMENT OF ABHISHYANDA



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**ABSTRACT**

Abhishyanda can correlate to Conjunctivitis. It is the common cause of ocular morbidity that may ultimately lead to Redness, Ocular pain, Discomfort, Watering etc.

Objective of the present study was "To evaluate the efficacy of vasadi kwath in the management of abhishyanda."

Overall effect of therapies after 7 days of treatment showed that in this Group (Vasadi Kwath) complete improvement.
Interpretation & Conclusion

- Vasadi Kwath has very significant effect in the management of Abhishyanda. Marked reduction in clinical symptoms was well appreciated within 7 days.
- Vasadi Kwath is proved to be cost effective, Easy to Administered, safe and better drug for Abhishyanda.

An increased awareness of its efficacy is required among shalaky specialists to manage the disease from the root cause.

INTRODUCTION

As we know the acceptability of the work of modern medical science worldwide than the other alternative sciences because of its emergency management, life saving drugs and investigation procedures.

Same happens about ophthalmology, the branch progresses very fast among all the others, especially in the surgery part. Still as we know there is a lacuna in the part of medicinal treatment. In modern science the new medicines replaces the old one due to the drug resistance developed by human body, so Ayurveda has a scope to develop in this part.

Ayurveda is recognized about one of the oldest medical science among all the others. It is proved science, but needs to be proved it's efficacy on the platform of acceptable, recognized and standard methods of research. Shalaky tantra is one of the Ashtangas of Ayurveda deals with the diseases affecting the Urdhwajatrugata Vyadhies. The most important organ of Urdhwajatrugata organ is eye. Dristi visharada is considered as Shalaki.

Chakshurendriya is main Dnyanendriya among all the indriyas and layman also know the importance of it, inspite of this eye diseases are commonly occur due to Heena, Ati and Mithya yog e.g. excess use of computer, polluted air, viewing of TV etc.

Among all eye diseases, Netrabhishyanda is commonly seen. In Ayurved samhitas different type of treatment and procedures are suggested to preserve the vision and to cure the eye diseases.

Abhishyanda, a Sarvagata Netraroga which is characterized by syanda and araktata. The causative factors of Abhishyanda include exposure to dust, light, dhooma, raja, variation in seasons, unhygienic conditions and Asatmya Aahara Vihara.

Abhishyanda is common in developing countries. It affects all age groups and both sexes. It is the common cause of ocular morbidity. It is a major public health concern in the rural areas of developing countries.

According to modern Conjunctivitis is the disorder in which it is characterized by the inflammation of conjunctiva due to variety of causes.

In Ayurveda There are two types of chikitsa, Abhyantara and Sthanik. Snehana, Mrudu swedana, and Netra Kriyakalpas like Aschotana, Anjana, Bidalaka, Pindi are mentioned as Sthanik chikitsa of Abhishyanda.

In classics we get various references regarding the use of Vasa, Amruta, Vacha, Bruhati, Triphala, Patol, and Tamalpatra in different forms of Netra Vikaras and in Abhishyanda. Vasadi Kwath having Rasa, Guna, Virya, Vipakaas as Kaphahara, Shothahar, Raktashodhaka, Vedanasthapaka and Pachaka, help to counteract prakupita Kapha, Vata, Rakta, Pitta dosha, so gives effect in all types on Abhishyanda.

The Tridoshaghna property specifies the dusht Dosha, Dhatu and Mala Vaishamyas. Hence the drug Vasadi Kwath is selected for this study.

Yogataragini kara explain Vasadi Kwath in 70 Taraga of Yoga Tarangini, he has explain many yogas for the management different types of Abhishyanda in which Vasadi Kwath is indicated for Abhishyanda, ingredient of this drug are easily available and cheaper and easily prepared.

Abhishyanda is one of the Sarvagata Netraroga, a Aushadha Sadhya Vyadhi, characterised by inflammation of conjunctiva.

In Ayurveda different local and systemic treatment principals are explained in the management of Abhishyanda among them Abhyantara Aushadha chikitsa (systemic) utmost importance. Hence in this present clinical study Vasadi Kwath is selected to treat Abhishyanda.

MATERIALS & METHADODOLOGY:-**Vasadi Kwath:**

Authentication each ingredient of Vasadi Kwath was done.

The ingredient of vasadi kwath is

Vasa, Guduchi,
Vacha, Bruhati,
Patola, Tripala

Tejapata.

Method of preparation of Vasadi Kwath:

The Vasadi Kwath Choorna is taken and made Kwath of it is prepared by Adding eight parts of water and reduced into one of it then it is filtered with a clean cloth and used for Abhyantar Pana.

The patients of this group were given by Vasadi Kwath 25 ml Two times a day for 7 days.
Follow up days 0 days, 2nd day, 4th day, 7th day.
No other medicine was given internally and externally.

This Group patient were supplied 14 pouches of Vasadi Kwath Bharad, each weighing 24gms.

Guidelines for Kwath preparation and method of consumption were explained to the patients and also given in written form. Measuring flask was also supplied to the patient.

Inclusion Criteria:

- Patients between the age group of 1 to 80 years will be selected irrespective of age, sex, occupation, and religion and socio economic status.
- Patients having the classical lakshanas of Abhishyanda will be selected.

Exclusion Criteria:

- Abhishyanda associated with other ocular complications and systemic disorders.
- Pregnancy

Criteria for assessment of treatment:

Assessment was done based on relief found in the clinical signs and symptoms in the patients. For this purpose main clinical signs and symptoms were given with suitable scores according to their severity before, during and after treatment. Following symptoms were assessed Here we can consider the meaning

Sarambha - Redness	Ashrushrava – watering
Kandu -Itching	Prakashantak - Photophobia
Daha - Burning	Toda - Pain

In this way these symptoms of Abhishyanda may be correlated with that of Conjunctivitis.

Gradation index:

To give some objectivity to the symptoms for the statistical analysis grading was assigned as shown in table.

Table Showing Gradation Index

Samrambha: 0 – Absent Ashru Shrava: 0 – Absent

1 – Mild	1 – occasionally present
2 – Moderate	2 – frequently present
3 – Severe	3 – Continuous present

Kandu: 0 – Absent	Daha: 0 – Absent
1 – occasionally present	1 – occasionally present
2 – frequently present	2 – frequently present
3 – frequently present	3 – Continuous present

Toda: 0 – Absent	Parakashantaka: 0 – Absent
1 – occasionally present	1 – Mild
2 – frequently present	2 – Moderate
3 – Continuous present	3 – Severe

Severity of Abhishyanda:

For assessing the severity of Abhishyanda in each patient the above adopted scores were grouped and assessed as follows

Absent	0	0
Mild	1	1-8 score
Moderate	2	9-16
Severe	3	>17

OBSERVATIONS AND RESULTS:

- Age wise distribution of patients showed that 01 patients were in the age group of 10 – 20 yrs, 10 patients were in the age group of 21 – 30 years, 15 patient was between the age of group 31 – 40 yrs 04 patients were in the age group of 41 – 60 yrs.
- Out of 30 cases, incidence of Abhishyanda is observed in 14 male and in 16 female patients.
- Out of 30 Patients, 02 were Businessmen, 07 were Housewife, 10 were Serviceman, 11 was a Students.
- Severity of Abhishyanda in patients shows that, out of 30 patients, 4 patients that is had severe, 21 patients that is moderate and 5 patients that is patients had mild Abhishyanda.
- Among 30 patients of Abhishyanda, 30 of patients have Sarambha, 30 of patients have Ashrushrava, 30 of patients have Kandu, 23 of patients have Daha, 28 of patients Toda, 24 of patients have Prakashantaka

DISCUSSION

Abhishyanda is one among the 17 types of Sarvagata Netra Roga. Yogatarangiri kara has mentioned the use of Vasadi Kwath in the treatment of Abhishyanda. Vasadi Kwath was prepared in water as per Sharangdhara samhita, thus obtained the Kwath named as Vasadi Kwath for the use as Abhyantar Pana.

Authentication Study of each ingredient of Vasadi Kwath shows that Obtained Values Values of study are the same as that of standard values.

Now on considering the various stastical data available through the patients that we have conducted the trial, we have found following things,

Age:

10 – 20 yrs,	01 patient
21 – 30 yrs,	10 patients
31 – 40 yrs,	15 patients
41 - 60 yrs,	04 patients

Abhishyanda was more found in young's due to frequently exposed to the environment; however Abhishyanda can affect the patients of any age.

Sex:

Male	14
Female	16

Abhishyanda was found nearly equal in both sexes.

Incidences of Symptoms:

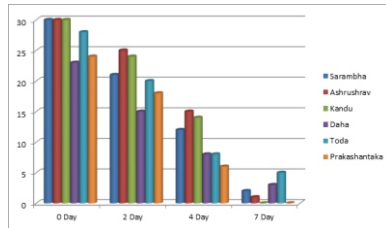
Sarambha	30
Ashrushrava	30
Kandu	30
Daha	23
Toda	28
Prakashantaka	24

Sarambha, Ashrushrava and Kandu was found in every patients, one can say the cardinal signs of Abhishyanda.

Severity of Abhishyanda:

Severe	04
Moderate	21
Mild	05

In the study of Abhishyanda, Moderate type of signs and symptoms were found more than the others.

Data analysis:

Coming to statistical part based on the signs and symptoms.

Sarambha

On considering the symptom of Sarambha. It was found that, symptom of sarambha is found in 30 patient. After treatment the symptoms of sarambh reduced totally in 28 patient and 2 patient had mild form of sarambha.

Ashru Shrava

On considering the symptom of ashru shrava. It was found that, symptom of ashru shrava is found in 30 patient. After treatment the symptoms of ashru shrava reduced totally in 29 patient and 1 patient had mild form of ashru shrava

Kandu

On considering the symptom of kandu. It was found that, symptom of kandu is found in 30 patient. After treatment the symptoms of kandu reduced totally in 30 patient.

i.e.all patient are get relief of kandu.

Daha

It has been found that the symptom of Daha, The symptom of daha is found in 23 patient After treatment the symptom of daha reduced totally in 20 patient and 3 patient had mild form of daha.

Toda

On considering the symptom of Toda. It was found that, symptom of Toda is found in 28 patient. After treatment the symptoms of kandu reduced totally in 23 patient and 5 patient had mild form of toda.

Prakashantaka

It has been found that the symptom of Prakashantak., The symptom of Prakashantak. is found in 24 patient After treatment the symptom of Prakashantak. reduced totally in 24 patient.

i.e.all patient are get relief of Prakashantak.

On the basis of the above mentioned symptom showed that, This Group (Vasadi Kwath) provided better relief in Sarambha, Ashru shrava, Kandu, Prakashantak.

CONCLUSION:

- The clinical features of Abhishyanda are closely related to conjunctivitis.
- Values of Laboratory and HPTLC testing of procured drug match with standard values, suggest that ingredient of Vasadi Kwath were pure.
- Vasadi Kwath is proved to be cost effective, safe and better drug.
- Effect of Vasadi Kwath in reduction of clinical symptoms is well appreciated within 7 days.

So the systemic drug Vasadi Kwath is better alternative treatment in Conjunctivitis.

PICTORIAL PRESENTATION Showing before treatment**Showing before treatment**

Showing after treatment

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