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|  <p>ISSN NO. 2320-5407</p> | <p>Journal Homepage: - www.journalijar.com</p> <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</p> <p>Article DOI: 10.21474/IJAR01/20442 DOI URL: http://dx.doi.org/10.21474/IJAR01/20442</p> |  |
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RESEARCH ARTICLE

REVIEW OF SUSHRUTOKTA AGADAYOGAS IN KALPASTANA AS ANJANA IN THE MANAGEMENT OF AKSHIVIKARA

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Manuscript Info

Manuscript History

Received: 15 December 2024
Final Accepted: 17 January 2025
Published: February 2025

Key words:-

Visha, Anjana, Netra

Abstract

Visha is defined as any substance taken into or formed in the body that destroys life or impairs health. The poison having ten qualities which are opposite to ojas cause imbalance in kapha, pitta, vatadosha and travels all over the body with the help of rakta affecting the organs faster. Poison has to be treated faster just like the rescuing home set on fire. When the diseases of urdwangarogas are not responding to any medicine, the formulation explained in vishachikitsa can be used for its management. There are many formulation explained for anjana while describing vishachikitsa in Sushruthasamhita. Anjana should be applied from medial canthus to lateral canthus and vice-versa. After application, the patient is asked rotate the eyeball slowly which allows the medicine to spread over the eye, eyelids which increase the bioavailability of medicines. An attempt is made to collect the different anjana formulations explained in vishachikitsa. Method adopted was review of literature from online literature and samhita. After reviewing sufficient literature for the anjana formulation mentioned in Sushruthakalpasthanavishachikitsa, more than five yogas with their guna and karma are enlisted. It has been analysed that they can play a beneficial role in different conditions of eye disease. These selected formulations are used for external treatment or for bahiparimarjanachikitsa as a symptomatic treatment of eye and used to treat pradhanavyadhi and its updrava; the same medications can also be given internally for detoxification. The mode of action of these formulations are analysed and discussed in the presentation. This article is just review of agada drugs for anjana, this article can be taken as reference for experimentation on animals for safety and efficacy of drugs before administering it to humans.

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Introduction:-

Visha is defined as any substance taken into or formed in the body, which destroys life or impairs health. Thus the one which pervades the whole body immediately after ingestion is called as visha. Visha whether it is sthavara (vegetable), jangama (animals) or krित्रिमा (artificial) all should be understood as possessing these ten qualities which kill the person quickly. Acharya Charaka and Sushruta have enumerated ten similar gunas of visha with an exception of apaaki (Sushruta) being replaced by anirdeshyarasa (Charaka). These ten gunas are opposite to ojas and affects

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the body by vitiating vatadidoshas which travels all over the body with the help of rakta affecting the hrudaya and other organs. Poison has to be treated faster just like the rescuing home set on fire. Akshivikara is not only seen because of external application with kajal or some chemicals, it can occur due to sthavaravisha, jangamavisha, kritrimavisha, gara or dushivisha¹

Aim and Objectives:-

1. To review anjana therapy in vishachikitsa.
2. To review the formulations used as anjana in vishachikitsa.

Description

Anjana is a procedure done with medicinal drug preparation which is applied over the lower palpebral conjunctiva. Its active principles may be transferred to the interior of the eye according to their hydrophilicity and lipophilicity. When teekshnaanjana is applied over the palpebral area, it clears the diseases of eye by reducing vitiattedosha and dhatus.

Indications of anjana in vishachikitsa¹

| Visha | Indication |
|---------------|---|
| Vishajaanjana | Ashrupradeha(accumulation of waste in the eyes), daaha(burning sensation), vedana(pain), drushtivibrama(loss of vision), aandhyata(blindness) |
| Sthavaravisha | durvarna(discoloured),harita(yellowishdiscoloration) varna, shoonata(swelling) of eyes |
| Jangamavisha | Sarpa, keeta, lutavisha |
| Others | Who has swelling around eyes(shoonakshikuta), nidrarta(loss of sleep), vivarna(Discoloured eyes), avilalochana(dirty eyes), Kacha(partial blindness),arma(ptyerygium), ulcers of cornea and sclera |

Formulations¹

1. Niryasa of meshashringi
2. Niryasa of varuna
3. Combination of mushkaka, ajakarna, samudraphena, go-pitta
4. Combination of kapitta and meshashringi
5. Bhallatakpushpa
6. Ankotapushpa
7. Vamsatvagadiagada
8. Mahaagada
9. Sanjeevaniagada

Results:-

| Drugs | Rasa | Guna | Veerya | Vipaka | Karma |
|---|-------------------------------------|---|-----------------|---------|---|
| Meshashringi ² | tikta | Laghuruksha | ushna | katu | Kaphavatashamaka |
| Varuna ³ | Katu | Laghu,rukha, teekshna | Ushna | Katu | Kaphavatashamaka |
| Mushkaka ⁴ Ajakarna ⁵ Samudraphena ⁶ Gopitta ⁷ | Katu tikta Kashaya | Soumya, teekshna, agneya, ruksha, snigda | Ushna sheeta | katu | Kaphanashaka, lekhana, pachana, ropana, shodana,shoshana |
| Kapitta ⁸ Meshashringi ² | Amla Kashaya | Laghu | Sita | amla | Vrananasaka pittavatahara |
| Bhallatakpushpa ⁹ | Madhura Kashaya Katu tikta | Laghu Snigda Tikshna | ushna | madhura | Kaphavata shaman Ubhayabagadosahara |
| Ankotapushpa ¹⁰ | Katu Tikta Kashaya | Laghu Snigda Tikshna | Usna | Katu | Kaphahara, rechaka, |

| | | | | | |
|-----------------------------------|----------------------------|----------------------------|---------|---------|----------------------------------|
| Vamshatwagadi agada ¹¹ | Katutiktakashaya | Laghu Teekshna Ruksha | Sheetha | madhura | Tridosha, kaphavatahara |
| Maha agada ¹² | Tiktakatu | Ashu Laghu Snigda Teekshna | Ushna | Katu | Kaphavatahara Acts as prativisha |
| Sanjeevani agada ¹³ | Tikta Madhura Kashaya Katu | Laghu Ruksha Snigda | Sheeta | Katu | Kaphavatahara |

Discussion:-

Sense organs should be protected to obtain or perceive knowledge through prathyakshapramana and one among the sense organ is EYES. The treatment modality mentioned for eyes is called netrakriyakalpa¹⁴, and Anjana is one among them. Anjana is also quoted in chaturvimshatiupakrama. Anjana in general terms can be called as collyrium (a black eye ointment/lotion/eye wash) and in modern this is compared to topical instillations. Topical instillations include eye drops, eye ointments, gels and soft contact lenses.

Procedure - Anjana is a method of application, which consists of medicinal preparation and is applied usually over the lower palpebral conjunctiva, hence anjana can be considered as a type of topical ocular drug administration¹⁵.

Action- generally when some dust falls into the eyes, eyes remove or eliminate it through production of tears or mucus secretion from lacrimal gland, detecting the dust as a foreign particle. The same way, when anjana is applied over the palpebra, eyes start lubricating. Through this process, the majority of drugs applied is washed away through tears, some are absorbed, metabolized and drained to nasolacrimal duct (NLD). The active principles present in anjana are metabolized due to hydrophilicity and lipophilicity through conjunctiva and cornea by paracellular and trans-cellular pathways. pH, viscosity, tonicity, molecular size and molecular weight of the active ingredients are highly responsible for the absorption of Anjana¹⁵. The guna and veerya of the drugs used in anjana for treating vishaja conditions are ashu, vyavavi, teeksha, laghu, ushna, it acts faster.

Types of anjana- gutika, rasakriya and choorna.¹⁵ Since choorna and gutika have micro-particles which increases the bioavailability to eye and helps in reduction of symptoms.

As said earlier, Anjana is one among the chaturvimshatiupakrama, and is widely used in the treatment of vishaja condition. Acharya while explaining vishavega, mentions that visha moves from one dhathu to dhathu penetrating deeper to the kalaa also. So at some point of visha movement in the body some quantity of visha also get settled in eyes and causes swelling of eyes, irritation of eyes, redness and sometimes person might lose sight.

Since the visha entered in the body affects the kaphadosha followed by pitta and aniladosha, the medicines mentioned in vishachikitsa helps for reduction of increased kapha and balancing all the doshas. The formulations mentioned are used as external treatment or bahi-parimarjanachikitsa as a symptomatic treatment of eye and can be used to treat pradhanavyadhi and its updrava. The same medications can also be given internally for detoxification. Predominant rasa is katu, tikta, kashaya; guna- laghurukhsa, teekshna; veerya- ushna; vipaka- katu; karma- kaphavatahara. The drugs help in lekha, chedana and ropana action at once. Based on intellectual of vaidya, the drugs mentioned in kalpstana of sushruta can also be administered in any form and any condition.

Conclusion:-

Symptoms mentioned above are affected due to kapha-vatadidoshas which can be reduced by agadas and other combination of drugs said above. Anjana can produce preventive, local and systemic action. When it drains out the poison through lacrimation before the systemic absorption, it is a preventive action. When it cures itching, swelling and discoloration of eyes, it is a local action and when it cures loss of vision and unconsciousness it is a systemic action. There are other formulations in sushrutakalpasthanas which are not mentioned here can also be used to treat vishaja condition. It can also be used in healthy person to maintain his eyes from any poison. A vaidya should assess

the patient and advice wisely the medicine. This article is just review of agada drugs for anjana, this article can be taken as reference for experimentation on animals for safety and efficacy of drugs before administering it to humans.

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