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Review Article

CONCEPT OF ALLERGIC CONJUNCTIVITIS ON AYURVEDIC PROSPECTUS

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ABSTRACT

Allergic conjunctivitis can be correlated with Netrabhishyanda in Ayurveda. Netrabhishyanda is a groups of disorders mentioned in classical Ayurvedic texts which have been categorized under Sarvagata roga. The study of literature reveals that Allergic conjunctivitis occurs due to vitiation of Kapha and Rakta. The features like itching, tearing, lid swelling and chemosis are similar to signs and symptoms of kaphaja Abhishyanda as described in classical Ayurvedic texts. Despite of this feature of Irritation of eye (Sangarh and Parushya,) Vataja and burning sensation (daha) Pittaja symptoms also involved in some extent. The objective of this literary paper to find out relation of Allergic conjunctivitis with all types of Netrabhishyanda (mainly Kapha with subsidiary role of vata and pitta and rakta doshas).

KEYWORDS: Allergic conjunctivitis, Netrabhishyanda, Sarvagata roga, Kaphaja, Rakaja etc.

INTRODUCTION

Allergic conjunctivitis can be correlated with “Abhisynada”. It has been mentioned in review that various etiological factors of eye disease seasonal changes, atmosphere changes and habitual factors of the patients, immunological status of patient etc. contribute in occurrence of Abhishyanda.¹

Based on clinical features allergic conjunctivitis can be correlated with Abhishyanda of predominantly Kaphaja etiology. The features like itching, edema of conjunctiva and lid, heaviness of eyelid indicate Kaphaja² etiology of allergic conjunctivitis. Features like burning sensation indicate vitiation of Pitta. Dryness of eye indicates vitiation of Vata. Redness suggests vitiation of Rakta. Hence, features of allergic conjunctivitis are mainly linked with kaphaja activity with subsidiary action of other doshas¹. A conceptual study was carried out regarding the disease and drug from Ayurveda and modern points of view to understand them in terms of each other and, to find out the possibility of addressing the pathogenesis and drug mechanism in a better way.

DISCUSSION

ABHISHYANDA

Abhishyanda is a disorder which is described under Sarvagata roga. The word Abhishyanda is derived from the root ‘syanda’ which is prefixed by ‘Abhi’ upsarga and suffixed by ‘Ghan’ pratyaya. It means that ‘Ativridhi’ and ‘Asrava’³. The term ‘Sarvakshi’ generally refers to all the five netra mandals, netra sandhis and also intraocular structures. If the vitiated doshas is confined to all these structures, their signs and symptoms will be distributed throughout these portions. Such a disease is called Sarvakshi roga.

In the eye, transparent structures, such as Krishnamandalam, drishtikacham etc. are supplied by rasa dhatu and the vascular

portion such as iris, choroid etc. are supplied by rakta dhatu. Abhishyanda can be explained as the pathological changes in the srotas of the head region which directly influence the vascular and avascular circulation of Intraocular fluids and nutrition of the ocular structures leading to functional defects. The vascular changes mainly are:

- Congestion of the vessel
- Dilatation of the vessels
- Increased permeability of vessels

Ocular Changes are,

- Increased in blood volume especially of ciliary vessels
- Increase in pressure of episcleral vein

The Abhishyanda are classified into four on the basis of these signs and symptoms which can be traced back to the predominant doshas⁴. These are

1. Vatabhishyanda
2. Pittabhishyanda
3. Kaphabhishyanda
4. Raktabhishyanda

VATABHISHYANDA

Acharya Sushruta described that it is a condition in which vata dosha vitiates and this deranged vata produces signs and symptoms of Vatabhishyanda:

Nistodana- Pricking pain in the eye
Stambhana- Loss of movements and feeling of stiffness
Romaharsha- Horripillation
Sangharsha- Foreign body sensation or irritation
Parushya- Roughness

Sirobhitapa- Headache
Vishushakabhava- Dryness in eyes
Shishirashruta- Cold watery discharge

According to Acharya Vagbhata sign and symptoms of Vatabhishyanda are:
 Shankha, Akshi, Bhru, Lalata toda, sphurana and bhedana- Pricking and cutting type of pain
 Chala ruja- Radiating type of pain in above places
 Shushka alpa dushika- Dried and little eye discharge
 Sheeta ashru- Cool lacrimation
 Nimeshonmeshana Kruchram- Difficulty in opening and closing the eyelid

Janthunaam ev sarpana- Foreign body sensation
 Nasanaha- Nasal obstruction
 Alpa shopha-edema of eye⁵.

These features of Vatabhishyanda are frequently seen in clinical conditions like; engorgement of conjunctival vessels (conjunctivitis), epithelial erosions (keratitis), dry eye, concretions.

Table 1: Symptoms of Vataja Abhisyanda according to different Acharyas

Symptoms	S.S.	A.H.	A.S.	M.N.	B.P.	Sha.S.
Nistodana (Pricking pain)	+	-	-	+	+	+
Stambhana (Fixity)	+	-	-	+	+	+
Romharsha (Horripillation)	+	-	-	+	+	+
Sangharsha (Foreign body sensation)	+	-	-	+	+	+
Parushya (Hardness)	+	-	-	+	+	+
Shiroabhitapa (Headache)	+	-	-	+	+	+
Vishushka Bhava (Dryness)	+	+	+	+	+	+
Shishrashruta (Cold watery discharge)	-	+	+	-	-	-
Nasanaha (Feeling of blocked nose)	-	+	+	-	-	-
Alpa Shopha (Mild Swelling)	-	+	+	-	-	-
Shankha, Akshi-Bhru and Lalata toda, Sfurana and Bhedana (Fasciculations and pricking pain in Temples, Eyes, Eyebrows and Forehead)	-	+	+	-	-	-
Sushka Alpa Dushika (Mild dryness)	-	+	+	-	-	-
Sheetam Achcham Ashru (Cold and clear tears)	-	+	+	-	-	-
Chala Ruja (Shifting pain)	-	+	+	-	-	-
Krichchha Unmesh-Nimesh (Difficulty in blinking eye)	-	+	+	-	-	-
Jantunam ev Sarpanam (Tingling sensation in eye)	-	+	+	-	-	-
Feeling of Akshiadhmata (Fullness or Heaviness in eyes)	-	+	+	-	-	-
Feeling of Sukshma Shalya in eye	-	+	+	-	-	-

S.S- Shuruta. Samitha, A.H- Astanga Hridya, A.S- Astanga Samghraha, M.N- Madhav. Nidaan, B.P- Bhavprakash, Sha.S- Sharangdhar Smita

PITTABHISHYANDA

According to Acharya Sushruta sign and symptoms of Pittabhishyanda are:

Daha- Burning sensation in the eye.
 Prapaka- inflammatory suppuration of the eyes
 Dhoom vashpa samucchaya- Smoky sensation
 Ushna ashru- Hot lacrimation
 Peeta netrata- Yellowish eyes
 Shishirabhinanda- Feels happy with cool touch or cool medications⁶
 Acharya Vagbhata added some extra features:

Vartma shopha and Shyava vartma- Oedema and black discoloration of eyelids
 Antha Kleda- Exudation in the eyes
 Ksharokshita kshatakshityam- Feeling severe burning sensation like in agnidagdha vrana⁷

These features of Pittabhishyanda resembles with sign and symptoms seen in inflammatory ocular surface diseases. So, Pittabhishyanda can be compared with the moderate to severe acute mucopurulent conjunctivitis with punctuate corneal erosions.

Table 2: Symptoms of Pittaja Abhisyanda according to different Acharyas

Symptoms	S.S.	A.H.	A.S.	M.N.	B.P.	Sha.S.
Daha (Burning Sensation)	+	+	+	+	+	+
Paka (Severe inflammation)	+	-	-	+	+	+
Shishirabhinanda (Longing for Cold)	+	-	-	+	+	+
Dhumayanam (Smokiness in eyes)	+	+	+	+	+	+
Vaspa Samudbhawascha (Sensation as if steam is coming out)	+	-	-	+	+	+
Ushnaashruta (Warm lacrimation)	+	-	-	+	+	+
Pitakanetrata (Yellow Discolouration of the eye)	+	-	-	+	+	+
Shopha (Inflammation)	-	+	+	-	-	-
Shyavata of Vartma (Discolouration of Eye- lids)	-	+	+	-	-	-
Antah Kleda (Exudation in the eyes)	-	+	+	-	-	-
Peeta & Ushnashru (Yellow and Warm lacrimation)	-	+	+	-	-	-
Raga (redness)	-	-	+	+	-	-
Peetabh Darshanam (Patient visualizes objects as yellow)	-	+	+	-	-	-
Ksharokshita Kshatakshityam (Burning sensation like with Alkali)	-	+	+	-	-	-

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KAPHAJA ABHISHYANDA

The sign and symptoms of Kaphaja Abhishyanda described by Sushruta are:

- Gurutwa- Patient feels heaviness
- Shopha- Edema
- Kandu- Itching
- Upadeha- Sticking of lids together
- Sitata- Excessive whiteness

Atishaityama- Coldness

Pischila srava- Sticky discharge

Ushnabhinanda- Desire for warm comforts

Vagbhatta included following features are:

Nidra- Sleeping mood

Aruchi- Anorexia⁸

Kaphaja Abhishyanda can be compared with Allergic conjunctivitis

Table 3: Symptoms of Kaphaja Abhishyanda according to different Acharyas

Symptoms	S.S.	A.H.	A.S.	M.N.	B.P.	Sha.S.
Ushnabhinanda (Longing for hot fomentation)	+	-	-	+	+	+
Guruta (Heaviness of lids)	+	-	-	+	+	+
Akshi Shopha (wealling in eyes)	+	+	+	+	+	+
Kandu (Itching)	+	+	+	+	+	+
Upadeha (Sticking of eyelashes with Discharge)	+	-	-	+	+	+
Sitata (White appearance of eyes)	+	+	+	+	+	+
Sarvo muhur Pichchil (Recurrent Sticky Discharge)	+	-	-	+	+	+
Jadyam (Hypofunctions of the eye)	-	+	+	-	-	-
Nidra (Sleepiness)	-	+	+	-	-	-
Annaabhinanda (Anorexia)	-	+	+	-	-	-
Sandra Snigdha Dushika (Thick mucus Discharge)	-	+	+	-	-	-

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RAKTABHISHYANDA

This is a condition more or less similar to Pittabhishtyanda. Its sign and symptoms are merely equivalent to Pittaja Abhishyanda. In Raktabhishtyanda rakta dhatu is more involved. The symptoms are; Lohit netrata (congested vessels are very prominent on Shuklamandala), Tamrashruta⁹ (reddish tears) and the presence of deep red stripes all along. It can be correlated with Acute Hemorrhagic Conjunctivitis.

CONCLUSION

From above discussion, it may conclude that symptoms of Allergic conjunctivitis are including all types of Netrabhishtyanda having mainly Kaphaja origin with more or less of other doshas.

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