



## USE OF YASHTIMADHU ASCHYOTAN IN SHUSHKAKSHIPAAK.

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**ABSTRACT**

In this present era, the human life style has been drastically changed. He has to use his eyes extensively, for thorough study of various objects or close inspection of minute objects, reading, writing, heavy computer work, Internet surfing continuous reading, watching T.V., continuous driving on bike with working in industries, hot areas, tropical areas, eyes opened exposed to pollutants, late night duties like watchman etc. Especially, young have to work hard, in doing study and other activities and various poisonous gases are excreted by the vehicles, industries also air pollution is dominating. Directly or indirectly they are harmful to eyes.

Considering the situation and the subject I have selected a universal problem of the eye that has been affecting a large number of people around the world called as Dry Eye Syndrome having a resemblance with a disease called as Shushkakshipaak.

Sushrutacharya had described Sushkakshipaak as

The disease in which the eye lids become dry and hard and remain always closed, the vision becomes cloudy and hazy eyelids is called the Sushkakshipaak.

According to Acharya Vagbhat

Vata and Pitta dosha predominance is described by Vagbhat also the symptoms are more severe as compared to Sushruta like different types of pain and burning sensation, following dryness of eyes, foreign body sensation etc.

To explain the effect of yashtimadhu aschyotan on Sushkakshipaak we need to take consideration of rasa, veerya, vipak, guna and doshaghna of yashtimadhu that is madhur & Snigdha it is pittaghna and being guru snigdha and madhur it is vataghna however it is kaphakar. It is exactly opposite to shushkakshipaak dosha.

**KEYWORDS :** Shushkakshipaak, Yashtimadhu, Aschyotan

**INTRODUCTION**

SHUSHKAKSHIPAAK is one of the sarvagat vatapittajanya vyadhi.

यत् कुण्ठितं दारुणरुक्षवर्त्म विलोकने चाविलदर्शनं यत्।  
सुदारुणं यत् प्रतिबोधने च शुष्काक्षिपाकोपहतं तदक्षि॥२६॥ (सु.उ. ६/२६)

The disease in which the eye lids become dry and hard and remain always closed, the vision becomes cloudy and hazy eyelids is called the Sushkakshipaak.

**Aschyotan :-** उष्णैश्च शीतैश्च स्फुटैश्च सर्वैश्च वैष निश्चयः।  
वाते तिक्रन्तं तथा स्निग्धं पित्ते मधुरशीतलम्॥ (यो.र. नेत्ररोग ३४९)

In Aschyotan Procedure Acharya has described use of snigdha and madhur rasatmaka dravya in Vata pittajanya Vyadhi.

**Yashtimadhu:-** यष्टी हिमा गुरु स्वादी चक्षुष्या बलवर्णकृत्।  
सुस्निग्धा शुक्रला केरया स्वर्या पित्तानिलास्रजित्॥  
द्रवणशोथविषच्छर्दितुष्णाग्लानीक्षयापहा। (भा. प्र.)

Being madhur & Snigdha it is pittaghna and being guru snigdha and madhur it is vataghna however it is kaphakar.

Local – Being daha shamak, vedana sthapak, shothahara. Its lepa should be applied to vranashotah and allergic rasha due to insect bite.

This eye diseases are commonly occurs due to Heena, Ati and Mithya Yog. Eg. Excess use of computer, polluted air, viewing of TV and Excess out door work, excessive driving. So, in Aschyotan Procedure Acharya has described use of snigdha and madhur rasatmaka dravya in Vatapittajanya Vyadhi. So, Yashtimadhu is vata pittaghna, Caksusya and having properties of snigdha guna and it is easily available. So, I am going to choose Yashtimadhu Aschyotan as treatment for Shushkaakshipaak.

**MATERIALS AND METHODS**

**Materials:-**

**Drug:** Yashtimadhu Aschyotan.

The Content are Yashtimadhu

**Method:-**

- Method of preparation of:  
Yashtimadhu 40mg + Water 640ml  $\rightarrow$  Kwath 160ml  $\rightarrow$  Aschyotan
- Dose and time of administration of drug accordingly.  
Adult: 1 drop of each eye 3 time daily for 28 days.
- Duration: 28 days

**Inclusion criteria**

Total 30 patient were taken for this study

- The Patients having signs and symptoms of dry eye like,
- Dryness of eye, Burning sensation, Blurring of Vision, Itching, Redness
- Irrespective of age, sex.
- The patient above the age of 12 year and below 80 years will be selected.

**Exclusion criteria**

- Below 12 years and above 80 years are not selected.
- Congenital anomalies of eye
- Abnormal Structure and function of eyelid.
- Aschyotan Ayogya
- Severe cases of dry eye.

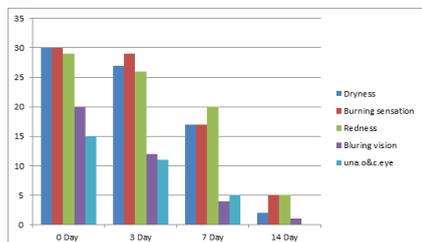
**Yashtimadhu Drug Sample-**

**Yashtimadhu aachyotan -****RESULT**

- 21 males and 9 females patient were taken for the study.
- It was found that maximum patients were found in the age group of 21 to 30 yrs. (16 patients.)
- It was highlights that maximum patients who suffered belong to service class were as few patient belong to the student category as per the observation.
- So it can be said that the people in service class have greater chances of suffering from the diseases.
- Symptom of Rukshata, Netradaha, Avil Darshana, Darun Pratibodhan, Aaraktata are recovers in 14day.
- The data shows in table, suggests that highly significant efficacy for the TFBUT test.

**DISCUSSION**

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

**Data analysis-****Age**

It was found that the mean age of patients were 27 yrs.

This may also indicate that the people of such age have verities of exposures to the causative factors as mentioned in the text.

**Sex**

It was found that males have more affinity towards this diseases as compared to female in early age as they are more exposed to the stimulating factors like environmental pollution, excessive computer usage

**Occupation**

It was clearly found that the persons in the services class are more affected as compared to the house wife's, Followed by the student category have been also predominantly affected by the disease. Because of services class have continuously out door work or computer users.

Coming to the statistical part based on the signs and symptoms.

**Rukshata (Dryness)**

On considering the symptom of Rukshata, it was found that, In trial group, symptom of Rukshata is found in 29 patient (96.66%).After treatment the symptom of Rukshata reduced totally in 27 patient (90.00%) and 2 patient (6.66%) had mild form of Rukshata.

And statistically Yashtimadhu aaschotan were highly significant

This is due to madhur rasa, madhur vipaak, snigdha guna and Chakshushya property of Yashtimadhu.

**Netradaha (Burning Sensation)**

On considering the symptom of Netradaha of the eye it was found that,

The symptom of Netradaha is found in 30 patient (100%). After treatment the symptom of Netradaha reduced totally in 25 patient (83.33%) and 5 patient (16.66%) had mild form of Netradaha.

This is due to madhur rasa, madhur vipaak, sheeta veerya & Dahashamak property of Yashtimadhu to reduced the Netradaha.

**Avil Darshana (Blurring of Vision)**

It has been found that the symptom of Avil Darshana,

The symptom of Avil Darshana is found in 20 patient (66.66%). After treatment the symptom of Avil Darshana reduced totally in 19 patient (63.33%) and 1 patient (3.33%) had mild form of Avil Darshana.

This is due to Madhur rasa, Rasayan & Balya property of Yashtimadhu, the symptom Avil Darshana is reduced.

**Darun Pratibodhan (Unable to open & close eye with ease)**

On considering the symptom of Darun Pratibodhan it was found that,

The symptom of Darun Pratibodhan is found 13 patient (43.33%). After treatment the symptom of Darun Pratibodhan is reduced totally in 13 patient (43.33%) i.e. all patients are get relief of Darun Pratibodhan.

As Yashtimadhu which have shoshahara, vranapaha, kandugna property and Snigddha, sheetal guna they must be controlling this symptom which are able to heal the surface and bring smoothness.

**Aaraktata (Redness)**

On considering the symptom of Aaraktata of the eye it was found that,

The symptom of Aaraktata is found in 29 patient (96.66%). After treatment the symptom of Aaraktata reduced totally in 11 patient (36.66%) and 18 patient (60.00%) had mild form of Aaraktata.

The shita veerya and pittashamak property of Yashtimadhu had reduced the symptom of Aaraktata.

**Tear flim break up time**

In TFBUT test It was found that,

19 patients had TFBUT between 7 to 8 sec, 11 patients had 9sec. while after treatment all patient shows TFBUT between normal range.

So it is well understood that normal range of TFBUT test i.e. >10sec. the improvement is Satisfactory.

**Samprapti and its Vighatana:-**

Shushkakshipaak -Doshha - Here Vata is dominant and there is anubandha of Pitta and rakta. For the vighatana of above Samprapti, Yashtimadhu aashchotan is used which have the

**Following Properties--**

1) **Guna** - Snigdha - A snigdha guna of the Yashtimadhu is

opposite to ruksha and is vatashamak.  
Hence, it reduces symptom of Rukshata (Dryness).

- 2) **Rasa-** Madhur- Madhur rasa of yashtimadhu, helps in vatashamana as well as pittashaman. along with snigdha of madhur ras is also pitta and vatashamak.  
Hence, it reduces symptom of Rukshata (Dryness), Netradaha (Burning Sensation) & Avil Darshana (Blurring of Vision).
- 3) **Veerya-** Sheeta- Yashtimadhu is sheet in virya, which again is pittaghna. So it works as Dahashamak, Raktaprasadan. i.e. it reduces Netradaha (Burning Sensation) & Aaraktata (Redness).
- 4) **Vipaka** – Madhur- Yashtimadhu is madhur rasatmaka & the vipaka is also madhur which is also vatapittashamak.  
Hence, it reduces symptom of Rukshata (Dryness), Netradaha (Burning Sensation) & Avil Darshana (Blurring of Vision).
- 5) **Doshaghnata** - From all the above points the Yashtimadhu dravyas are **vatapittaghna** in nature.
- 6) **Prabhav** : Chakshushya : The chakshushya prabhava of jeevaniya gana is well known. So taking into consideration all the rasa, virya, vipaka, guna and prabhav of the ingredients of Yashtimadhu eye drops, the principle effect is mainly Vatapitta shamak and because of these properties vitiated Vata and Pitta are pacified. Besides this prabhava of Jeevaniya gana is chakshushya which is again useful for well being of eyes and beneficial in many eye diseases for samprapti vighatana of Shushkakshipaak.
- 7) From the all the above discussion it becomes clear that the treatment is very much effective in Samprapti Vighatana of Shushkakshipaak.

## CONCLUSION

The aim of our study is to evaluate the effect of Yashtimadhu eye drop in Shushkakshipaak.

The results are based in the relief of various symptoms, increase in Tear film break up time test readings and the data is collected in Standard Performa. Both the statistical analysis and percentage of relief is calculated and presented in the chapter of observation and following conclusion is presented on this basis.

- The clinical features of Shushkakshipaak are closely related to Dry eye syndrome.
- Both the treatment groups i.e. Yashtimadhu eye drop and Moisol eye drop are equally effective during the period of treatment and statistically both are significant. Except in Aaraktata (Redness) symptom the control group is more significant than the trial group.
- Yashtimadhu eye drop is beneficial as its marked relief over symptoms and the ingredients of this preparation are easily available.
- In treatment, Patients had given tips to avoid causes of Shushkakshipaak is very effective. E.g.- Regular blinking of eye, Avoid direct exposure to air conditioners, coolers, hot air, Avoid contact lenses, Avoid kajal, Avoid rubbing of eye, etc.
- Yashtimadhu eye drop can be considered as a good alternative treatment in Dry Eye Syndrome.
- So, considering the results of the study, the use of Yashtimadhu eye drop can be recommended as lubricating Eye drops.
- Yashtimadhu eye drop has no adverse reaction observed during the treatment.
- In future, this work may be valuable clue and required in this direction with large sample size and larger duration of follow up days to establish the effect of Yashtimadhu eye

drop in Shushkakshipaak.

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