



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**A STUDY ON THE EFFICACY OF MADHU SAINDHAV ANJAN IN AVRANA SUKLA.**

**KEY WORDS:** Madhu Saindhav Anjan, Avrna Sukla

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**ABSTRACT**

The eye, an organ of sight is of upmost importance as for as ones existence is concerned. Eyes hold special status among all the senses. Eyes are the most precious gift of the god to the living being. Good vision is crucial for social and intellectual development of a person. So to protect this organ is not only a necessity but also a responsibility of every individual. Loss of eye sight makes an individual handicapped as no other disease can. Visual impairment has emerged in recent times, to be the significant public health problem. Acharya Nimi is considered as the Acharya of Shalakyata. Acharya Sushruta is the only person who explained the ophthalmology and E.N.T. in systemic manner in Uttarantantra portion of his treatise Sushrutasamhita. Again in this branch, ophthalmology is having most importance because eye is the organ for visual sensation, if vision is lost, merely everything is lost. A blind man, though rich cannot enjoy the world.

**INTRODUCTION-**

National programme for control of blindness and visual impairment (NPCB &VI) was launched in 1976 as a 100% centrally sponsored scheme with the goal of reducing the prevalence of blindness to 0.3% by 2020. Rapid survey in recent years shows reduction in prevalence of blindness from 1.1% to 1%. Main causes of blindness are cataract (62.6%), refractive error (19.70%), corneal blindness (0.9%). To reduce the backlog of avoidable blindness through identification and treatment of curable blind at primary, secondary and tertiary levels, based on assessment of the overall visual impairment in country. Develop and strengthen the strategy of NPCB for "Eye Health for All" and prevention of visual impairment; through provision of comprehensive universal eye-care services and quality service delivery.

In ophthalmic practice, it is observed that corneal opacity is one the leading cause of blindness. Prevalence of corneal opacity is 2.35% and at least one eye 1.68%. The epidemiology of corneal blindness is diverse and highly dependent on ocular disease distributed geographically such diseases are directly responsible for occurrence of corneal opacity in population.

Corneal opacity is disorder of the Cornea, the transparent structure in the front of eyeball, which can cause serious vision problems. Corneal opacity occurs when the Cornea becomes scarred. This stops light from passing through the Cornea to the retina and may cause this Cornea to appear white or clouded.

**AIM :**

To access efficacy of Madhu Saindhav Anjan in Avrna Shukla

**OBJECTIVES-**

1. To study Avrna Shukla according to Ayurveda
2. To study Avrna Shukla (corneal opacity) according to modern science
3. To study the effect of Saindhav and madhuanjana in corneal opacity
4. To study the effect of saindhav and Madhu as a chakshushy
5. To create awareness of corneal blindness

**Review of Ayurvedic Literature**

**HONEY:-**

Honey is sweet, viscous food substance produced by bees and some related insects by enzymatic transformation of

floral nector ingested by them and deposited in the cells of hives and combs. Bees produces honey from sugary secretions of plant.

Most microorganism dose not grow in honey, so sealed honey dose not spoil, even after thousands of years.

**PROPERTIES:-**

The average pH of honey is 3.9 but can range from 3.4 to 6.1 Honey contains many kinds of acids, both organic and amino. e.g formic acid, acetic acid, citric acid, valeric acid, palmitic acid.

A thick, syrupy, translucent yellow to yellowish brown fluids; taste sweet with a pleasant odour and flavour. When poured on to a tray as a thin layer, no impurities like mould, dirt beeswax, insect fragments, plant debris or any other objectionable foreign matter should be to the naked eye in daylight.

1. Honey has high levels of monosaccharides, fructose, glucose 70-80 sugar.
2. It acts as an antiseptic and antibacterial
3. Trace enzymes, minerals, vitamins, amino acids cause it as an anti-oxidant, anti-fungal.
4. Helps in wound healing.

**Types:-**

- 1) Floral source
- 2) Blended
- 3) Polyfloral
- 4) Monofloral
- 5) Honeydew honey

**STORAGE:-**At 20 to 25 degree Celsius away from heat, should not be refrigerated.

**MATERIALS AND METHODS-**

**1. DRUG:-**

- A. FOR TRIAL GROUP:
- a. Madhu
  - b. Saindhav
- B. FOR CONTROL GROUP:
- a. Madhu

**2. PATIENTS:**

Patients of Avrna Shukla visiting to OPD and examined at

various camps arranged by hospital, were selected for the project.

**METHODOLOGY**

1. Drug : madhu and saindhav from GMP approved pharmacy
2. Patients:
  - a) Trial group :- In this group 15 patients were selected and studied. These patients were treated by Madhu and Saindhav
  - b) Control group :- In this group 15 patients were selected and studied. These patients were treated by applications of Madhu.

Criteria for selection of patients :-

Inclusion criteria :-

1. Patients of age group 21 to 40 irrespective of sex and religion
2. Grade 1 and grade 2 corneal opacity
3. Corneal opacity of size up to 3 mm
4. One eyed opacity patients and both eye opacity patients
5. Irrespective causes of AvrnaShukla

Exclusion criteria:-

1. Corneal opacity of grade 3
2. corneal oedema
3. corneal opacity with ulcers
4. corneal opacities with other complications like adherent leucoma, corneal facets
5. any acute eye disease

**INSPECTION:-**

1. Routine examination of eyes of all patients.
2. Slit lamp examination of corneal opacity for location to see whether it was centrally located of peripherally. To see whether the corneal opacity was occluding the pupillary area or not occluding pupillary area.
3. Approximate size of corneal opacity in mm. the depth of the corneal opacity was judged by slit lamp examination and noted.
4. Placedo disc examination: in this examination the regularity of the corneal surface was examined.
5. Fluroscent test of each patients was done to assure that there was no corneal ulcer
6. Visual acuity of patients were recorded to see the improvement in the cases of visual disturbance.

**PROCEDURE:**

After complete examination, all patients randomly divided in 2 groups by odd even number

Experimental group:- In this group 15 patients treated with Madhu-SaindhavAnjan

Control group:- In this group 15 patients treated with MadhuAnjan

Anjankaal:-evening opd

Duration of treatment:- for 15 days.

Follow up:- 5, 10, 15 day

**DISCUSSION-**

**AVRNA SHUKLA**

Lack of transparency of Krishna mandal (cornea), as it is of KaphajaVyadhi AvrnaShukla is similar to thin clody patch of flower pñKunda or like Shnakha (conch) on cornea, it is resulting from independent causes and from negligence of Abhishyanda.

Corneal opacity is found to be the one of the major cause of corneal blindness and there is no any assured medicinal treatment.

In Ayurveda various types of drugs and combinations are explained for the treatment of AvrnaShukla

**MADHUSAINDHAV ANJAN**

Madhu and Saindhav both drugs are easily available Both have Chakshushya and Lekhan property Madhu SaindhavAnjan is easy to prepare and can be used freshly prepared

**STUDY**

Total 30 patients of Avrna Shukla were studied It is observed more in male than of female More is 26-35 age group When treated with trial drug results are 33.33% while 27% with control group The size of corneal opacity is seen to be decreased by 18.89

Madhu n Saindhav both have ruksha, kaphaghna, vranaropak, shodhak gun which acts directly on disease causing Kapha dosh which ultimately helps to reduce size of opacity. While because of VranaShodhan, ropan property, Samprapti of AvranaShukla broken and helps to reconstruct the corneal epithelium in normal way. Madhu is Yogvahi and Sukshma it can easily cross the cornea and pass in to eye.

It is seen that madhu and saindhav are mildly effective in reducing size of opacity only in nebula type of opacity and it has no action on macula type opacity. During litreture study is is observed that many Archarya mention Saindhav and Madhu as a chakshushya, and it has little effect in improving vision we can say that both are chakshushya.

**CONCLUSION-**

In present study, results showed that Madhu Saindhav Anjan has very little effect in nebula type of opacity and has no effect on macula type of opacity.

As per Ayurvedic Samhita deeply situated Avrana Shukla is not curable and in present study percentage of improvement on macula is not seen.

Prolonged or continuous use may prevent the vision loss or corneal blindness by reducing corneal opacity.

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