

## “Comparative study of role of *Yashthimadhu Siddha Ghruta Tarpan* and *Anutail Nasya* in *Shushkakshipaka*”

Ashwini Gaikwad\*<sup>1</sup>, Sulbha Kalme<sup>2</sup>

1. Asst.Professor, Dept of ShalakyaTantra (Netra),
2. Professor, Dept of Kaumarbhritya, 9420798390; Email- [chikshesulbha@gmail.com](mailto:chikshesulbha@gmail.com)

\*Corresponding Author- Email- [drashwinigaikwadjadhav@gmail.com](mailto:drashwinigaikwadjadhav@gmail.com); 8055986480

### ABSTRACT:-

Eye is considered as the most important & delicate sense organ of human body. The eye, an organ of sight is of most importance as far as one's existence is concerned. Eyes hold special status among all the senses. Eyes are the most precious gift of the God to the living beings. 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.

The symptom of dry eye like pain, blurry vision, foreign body sensation, burning sensation, sensitivity to light are similar to that seen in *Shushkakshipaka*. It is very commonly found in human being as per *chikitsa* aspect according to *sushruta* from 52 *sadhya netra roga*. *Shushkakshipaka* is *sadhya roga*.

So according to modern ophthalmology *Shushkakshipaka* can be correlated with Dry Eye. The recent

international Dry Eye workshop report Define Dry Eye as a multifactoral disease of the tears and ocular surface that result in symptoms of discomfort visual disturbance and tearfilm instability.

*Tarpan* and *Nasya* is treatment of ocular disease in *shushkakshipaka chikitsa karma* there is clinical study of *Yashthimadhu Siddha Ghruta & Anutail Nasya*.

So I have selected this topic “Comparative clinical study of Role of *Yashthimadhu Siddha Ghruta Tarpan & Anutail Nasya* in *Shushkakshipaka* “. As *Yashthimadhu*, *Content of Anutail* and *Go Ghruta* these *dravya* are stated as *pathyakar* and *chakshushya*.

### KEYWORDS:-

*Shushkakshipaka*, Dry eye, *Yashthimadhu Siddha Ghruta*, *Tarpan*, *Anutail*, *Nasya*.

## INTRODUCTION:-

Every person should always try to protect his eyes throughout his life, because the world becomes useless, as the day is same as night for those people who are blind, through they might possess plenty of wealth.

An eye can perceive forms, it adorns the face, it is a source of direct knowledge, It is a guide to avoid the wrong deeds. Hence the eye is most important of all the sense organs .*Ayurved*, one of the ancient science has described *netra* (eye) with its *sharira* (anatomy and physiology), *netra rogas* (diseases) and their *chikitsa in Shalakya Tantra*. *Acharya Sushrut* has given preference to eye (*chakshurendriya*) in five *dnyanendriya*. So he described diseases of eyes and their treatment at the starting of *uttartantra*.

Dry eye is not a disease entity but a symptom complex occurring as a sequel of deficiency or abnormalities of the tear film .Estimating the prevalence rate of dry eye disease problematic. A review of several large studies conducted by the epidemiology.

In present work I have dealt with the most common problem of the eye-dry eye .It is usually caused by a problem with the quality /quantity of the tear film that lubricates the eyes.

If the condition is left untreated it can damage eye tissues and can cause scar formation on the cornea leading to visual impairment .lifestyle changes have known to be causing *shushkakshipaka* as people are unable to follow proper nutritious and seasonal diet. The dry and

cold foods if taken in large quantity or for long period continuously can cause the disease .Ex-drinking cold water in cold season in the morning . food without oily substance ,like ghee and oil can also bring dryness .Stress and environment changes can bring many ailments. Stress for long time can cause dark circles around eyes and also dryness of ocular surface .

Common treatment for dry eye includes the frequent use of artificial tears or punctal occlusion .but there is no satisfactory treatment for dry eyes at present .

*Tarpan and Nasya* is treatment of ocular disease in *shushkakshipaka chikitsa karma* there is clinical study of *Yashthimadhu Siddha Ghruta & Anutail*

So I have selected this topic “Comparative clinical study of Role of *Yashthimadhu Siddha Ghruta Tarpan & Anutail Nasya in Shushkakshipaka* “.As *Yashthimadhu , Anutail and Go Ghruta these dravya are stated as pathyakar and chakshushya*.

## MATERIALS & METHODS:-

### STUDY DESIGN:-

- 1)Subject Recruitment:- Patients was selected from OPD & IPD.
- 2)Total Number of Patients:-80 [Group A -40,Group B 40]
- 3)Duration of Study:-30 days
- 4)Follow up:- After 4<sup>th</sup>,7<sup>th</sup>,15<sup>th</sup>,1month.

### INCLUSION CRITERIA:

- 1.Age:Between 16 years to 70 years
- 2.Both male and female
- 3.Disease:Episcleritis(expect seen I HIV, HBsAg ,Koch's)

4. Patient controlled DM and controlled HNT

#### EXCLUSION CRITERIA:

1. Patient having eye disease other than Shushkakshipaka.
2. Patient having major eye problems like corneal ulcers, Entropion etc.
3. Any malignant condition of eye
4. Patient having systemic diseases like T.B., leprosy, diabetes, SJS syndrome etc.
5. Patient who have undergone punctum occlusion surgery.

#### DISCONTINUATION CRITERIA :

1. Any adverse effect of medicine seen in patient.
2. Patients who not take proper treatment and follow up.

#### TREATMENT PLAN:-

*Yashthimadhu Siddha Ghruta Tarpan & Anutail Nasya (Aa.S.U.20) .*

*Yashthimadhu Siddha Ghruta & Anutail* was prepared in the Rasashastra and Bhaishjaya Kalpa department of college, under supervision on and instruction of wise scholar of the department.

Mode of Drug Administration – Tarpan(local) and Nasya (local)

Total 80 patients received same treatment throughout.

Following clinical examination are carried out-

- 1) visual acuity –by Snellen's chart
- 2) Slit lamp examination-detailed ophthalmic examination (lashes, lids, conjunctiva, sclera, episclera, cornea, iris, anterior chamber, pupil, lens etc.)

#### CRITERIA FOR ASSESSMENT:-

##### SUBJECTIVE:-

- 1) *Shool*
- 2) *Gharsh*
- 3) *Avil Darsham*

4) *Sheeteccha*

5) *Rukshavartmakshi*

#### OBJECTIVE:-

- 1) Schimer's Paper Test
- 2) Tear Film Break Up Time(T.F.B.U.T.)

#### OBSERVATION :-

The observation will be analyzed thoroughly and statistical study will also be done with the help of graphs and tables.

“ **Z**” Test for difference between two proportions. The clinical data presented here is based on 80 patients 40 in Group A and 40 in Group B.

#### EFFECT OF THERAPY:

Effect of therapies were assessed in total 80 patients of both the groups ( Group A 40 patients and Group B 40 patients ) on the basis of changes observed in cardinal signs and symptoms and statistical analysis.

#### 1) Effect On *Shool* ( Pain ):- (Reference Table 1,2,3,4)

In theses we can see daily reduction in *Shool* ( Pain ) in the patients on 4<sup>th</sup>, 7<sup>th</sup>, 15<sup>th</sup> and 1 month.

On the 4<sup>th</sup> day out of 40 patients 23 ( i.e. 57.5%) got relief of pain in Group A and out of 40 patients 12 ( i.e. 30% ) got relief of pain in Group B . Z value of this is, 2.47 which is statistically significant at  $p < 0.01$ .

On the 7<sup>th</sup> day out of 40 patients 27 ( i.e. 67.5% ) got relief in of pain in Group A and out of 40 patients 17 ( i.e. 42.5% ) got relief of pain in Group B . Z value of this is 2.24 which is statistically significant .  $p < 0.01$ .

On the 15<sup>th</sup> day out of 40 patients 31 ( i.e. 77.5% ) got relief of pain in

Group A and out of 40 patients 23 ( i.e.57.5% ) got relief of pain in Group B . Z value of this is 1.90 which is statistically significant . $p < 0.05$ .

On the 1 month out of 40 patients 34 ( i.e. 85% ) got relief of pain in Group A and out of 40 patients 29 ( i.e. 72.5% ) got relief of pain in Group B . Z value of this is 1.36 which is statistically not significant at  $p > 0.05$ .

That means treatment of Group A shows significant effect on pain .

## **2) Effect On *Gharsha* ( Foreign body sensation ):- (Reference Table no.5,6,7,8)**

In these we can see daily reduction *Gharsha* ( Foreign body sensation ) in the patients on 4<sup>th</sup>, 7<sup>th</sup>, 15<sup>th</sup> and 1 month.

On the 4<sup>th</sup> day out of 40 patients 21 (i.e. 52.5%) got relief in foreign body sensation in Group A and out of 40 patients 10 ( i.e. 25% ) got relief in foreign body sensation in Group B . Z value of this is 2.52 which is statistically significant at  $p < 0.01$ .

On the 7<sup>th</sup> day out of 40 patients 29 ( i.e. 72.5% ) got relief in foreign body sensation in Group A and out of 40 patients 19 ( i.e.47.5%) got relief in foreign body sensation in Group B . Z value of this is 2.28 which is statistically significant at  $p < 0.01$ .

On the 15<sup>th</sup> day out of 40 patients 33 ( i.e. 82.5% ) got relief in foreign body sensation in Group A and out of 40 patients 26 ( i.e. 65% ) got relief in foreign body sensation in Group B. Z Value of this is 1.77 which is statistically significant at  $p < 0.05$ .

On the 1 month out of 40 patients 34 ( i.e.85% ) got relief in foreign body sensation in Group A and out of 40

patients 28 ( i.e. 70% ) got relief in foreign body sensation in Group B . Z value of this is 1.60 which is statistically not significant at  $p > 0.05$ .

That means treatment in Group A shows significant effect on foreign body sensation .

## **3) Effect on *Avil Darshnam* ( Blurry Vision ):- (Reference Table no-9,10,11,12)**

In these we can see daily reduction in number of patients suffering from *Avil Darshnam* ( Blurry Vision ) on 4<sup>th</sup>, 7<sup>th</sup>, 15<sup>th</sup> and 1 month.

On the 4<sup>th</sup> day out of 40 patients 21 ( i.e. 52.7% ) got relief from Blurry Vision in Group A and out of 40 patients 12 ( i.e. 30.00%) got relief from Blurry Vision in Group B. Z Value of this is 2.04 which is statistically significant at  $p < 0.05$ .

On the 7<sup>th</sup> day out of 40 patients 28 ( i.e. 70.00%) got relief from Blurry Vision in Group A and out of 40 patients 20 ( i.e. 50.00%) got relief from Blurry Vision in Group B . Z value of this is 1.82 which is statistically significant at  $p < 0.05$ .

On the 15<sup>th</sup> day out of 40 patients 30 ( i.e.75 % ) got relief from Blurry Vision in Group A and out of 40 patients 25 ( i.e. 62.5 % ) got relief from Blurry Vision in Group B . Z value of this is 1.20 which is statistically not significant at  $p > 0.05$ .

On the 1month out of 40 patients 31 ( i.e.77.5 % ) got relief from Blurry Vision in Group A and out of 40 patients 27 ( i.e.67.5 % ) got relief from Blurry Vision in Group B . Z value of this is 1.00 which is statistically not significant at  $p > 0.05$ .

That means treatment of Group A shows significant effect on Blurry Vision.

#### 4) Effect On *Sheeteccha* ( Desire to cold ):- (Reference Table no- 13,14,15,16)

In these we can see daily reduction in number of patients suffering from *Sheeteccha* ( Desire to cold ) on 4<sup>th</sup>, 7<sup>th</sup>, 15<sup>th</sup> and 1 month.

On the 4<sup>th</sup> day out of 40 patients 18 ( i.e. 45 %) got relief from *Sheeteccha* in Group A and out of 40 patients 9 ( i.e. 22.5 %) got relief from *Sheeteccha* in Group B . Z value of this is 2.12 which is statistically significant at  $p < 0.05$ .

On the 7<sup>th</sup> day out of 40 patients 26 ( i.e. 65 %) got relief from *Sheeteccha* in Group A and out of 40 patients 17 ( i.e. 42.5 %) got relief from *Sheeteccha* in Group B . Z value of this is 2.01 which is statistically significant at  $p < 0.05$ .

On the 15<sup>th</sup> day out of 40 patients 29 ( i.e. 72.5 %) got relief from *Sheeteccha* in Group A and out of 40 patients 21 ( i.e. 52.5 %) got relief from *Sheeteccha* in Group B . Z value of this is 1.84 which is statistically significant at  $p < 0.05$ .

On the 1month out of 40 patients 33 ( i.e. 82.5 %) got relief from *Sheeteccha* in Group A and out of 40 patients 27 ( i.e. 67.5 %) got relief from *Sheeteccha* in Group B . Z value of this is 1.54 which is statistically not significant at  $p > 0.05$ .

That means treatment of Group A shows significant effect on *Sheeteccha*.

#### 5) Effect on *Rukshavartmakshi* ( Dryness ):- (Reference Table no- 17,18,19,20,)

In these we can see daily reduction in number of patients suffering from *Rukshavartmakshi* ( Dryness ) on 4<sup>th</sup>, 7<sup>th</sup>, 15<sup>th</sup> and 1 month.

On the 4<sup>th</sup> day out of 40 patients 21 ( i.e. 52.5 %) got relief from Dryness in Group A and out of 40 patients 11 ( i.e. 27.5 %) got relief from Dryness in Group B . Z value of this is 2.28 which is statistically significant at  $p < 0.01$

On the 7<sup>th</sup> day out of 40 patients 28 ( i.e. 70 %) got relief from Dryness in Group A and out of 40 patients 19 ( i.e. 47.5 %) got relief from Dryness in Group B . Z value of this is 2.04 which is statistically significant at  $p < 0.05$ .

On the 15<sup>th</sup> day out of 40 patients 31 ( i.e. 80 %) got relief from Dryness in Group A and out of 40 patients 25 ( i.e. 62.5 %) got relief from Dryness in Group B . Z value of this is 1.72 which is statistically significant at  $p < 0.05$ .

On the 1month out of 40 patients 34 ( i.e. 85 %) got relief from Dryness in Group A and out of 40 patients 29 ( i.e. 72.5 %) got relief from Dryness in Group B . Z value of this is 1.36 which is statistically significant at  $p > 0.05$ .

That means treatment of Group A shows significant effect on *Rukshavartmakshi* ( Dryness ).

### RESULT AND DISSCUSSION:-

This observation is based on table no.21 and graph no.1 and pie diagram no. 1&2. These graph and diagrams shows, out of 40 patients of *Shushkakshipaka* 33 ( i.e. 82.5% ) patients got relief in all signs and symptoms in Group A and out of 40 of patients of Group B 23 ( i.e. 57.5% ) patients got relief in all signs and symptoms of *Shushkakshipaka* . By



statistical analysis Z value is 2.43 which is statistically significant at  $p < 0.01$ .

This analysis shows there was 25 % more relief in Group A patients, which is statistically. So, there is significant difference in both treatment group.

So the effect of *Yashthimadhu Siddha Ghruta Tarpan* is better than *Anutail Nasya*.

% Relife Observed in Group A Patients are Significantly more ( $p < 0.05$ ) than % relief in Group B Patients .Overall Effect of Treatment 82.5 % patients got relief in Group A and 57.5 % got relief in Group B

## DISCUSSION:-

*Shushkakshipaka* is *Sarvagata netraroga* seen commonly . It is *Sadhya roga*. Among various eye disorders described in *ayurveda Sushakakshipaka* , *Vataj Abhishyanda* , *Krimigrinhi* , *Pothaki* ect is nearest term for *Shushkakshipaka* ( Dry Eye )

Etiology of dry eye syndrome can be understood at the level of various deficiency of tear .The drug having effect on tear film layers may show symptomatic relief in *Shushkakshipaka* ( Dry Eye )

*Tarpan and Nasya of Yashthimadhu Siddha Gruta & Anutail* produced result in sign and symptoms of *Shushkakshipaka* (Dry Eye).

.Effect of therapies was assessed on the basis of changes observed in signs and symptoms and statistical analysis.

### 1.Effect on *Shool* ( Pain ) :

Pain reduced in 85 % patients of Group A and in 72.5 % patients of Group B. Z Value of this is 1.36 which is statistically not significant at  $p > 0.05$ .

Treatment of Group A shows significant effect on 1 month on pain.

### 2. Effect on *Gharsha* ( Foreign Body Sensation ) :

In foreign body sensation 85 % patients of Group A and in 70% patients of Group B. Z Value of this is 1.60 which is statistically not significant at  $p > 0.05$ .

Treatment of Group A shows significant effect on 1 month on *Gharsha*.

### 3. Effect on *Avil Darshnam* ( Blurry Vision ) :

Blurry Vision relieved in 77.5 % patients of Group A and in 67.5 % patients of Group B. Z Value of this is 1.00 which is statistically not significant at  $p > 0.05$ .

Treatment of Group A shows significant effect on 1 month on *Avil Darshnam*

### 4. Effect on *Sheeteccha* ( Desire to Cold ) :

*Sheeteccha* relived in 82.5 % patients of Group A and in 67.5 % patients of Group B. Z Value of this is 1.54 which is statistically not significant at  $p > 0.05$ .

Treatment of Group A shows significant effect on 1 month on *Sheeteccha*.

### 5. Effect on *Rukshavartmakshi* ( Dryness ) :

Dryness relief 85 % patients of Group A and in 72.5 % patients of Group B. Z Value of this is 1.36 which is statistically not significant at  $p > 0.05$ .

Treatment of Group A shows significant effect on 1 month on Dryness. Overall effect of treatment in both groups:-

In Group A 82.5 % patients got relief and in Group B 57.5 % patients got relief in all signs and symptoms.

**CONCLUSION:-**

Administration of *Tarpan and Nasya therapy by Yashthimadhu Siddha Ghruta & Anutail Nasya* no any side toxic effect in a series of patients of *Shushkakshipaka* (dry eye) syndrome

There for it can be concluded that *Tarpan and Nasya therapy by Yashthimadhu Siddha Ghruta & Anutail Nasya* can be used effectively, separately or in combination together for the management of patients of *Shushkakshipaka* (Dry Eye) Safely.

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7. Khurana A.K. New Age International Pvt.Ltd.New Delhi. 4<sup>th</sup> Edition, 2007. Chapter 7, pg no 389-391.

**Tables:****EFFECT OF TREATMENT SHOWING FOLLOWING FOR REFERENCE:-****1. Shool ( Pain ):**

Table no:1

Effect of treatment on 4<sup>th</sup> day

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	23	17	40	57.5	2.47	<0.01
Group B	12	28	40	30		

Effect of treatment on 7<sup>th</sup> day

Table no:2

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	27	13	40	67.5	2.24	<0.01
Group B	17	23	40	42.5		

Effect of treatment on 15<sup>th</sup> day

Table no:3

Groups	Relief	No Relief	Total	Relief %	Z	P
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Group A	31	9	40	77.5	1.90	<0.05
Group B	23	17	40	57.5		

Effect of treatment on 1 month

Table no:4

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	34	06	40	85	1.36	>0.05
Group B	29	11	40	72.5		N.S.

## 2. *Gharsh* ( Foreign body sensation ):

Effect of treatment on 4<sup>th</sup> day

Table no:5

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	21	19	40	52.5	2.52	<0.01
Group B	10	30	40	25		

Effect of treatment on 7<sup>th</sup> day

Table no:6

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	29	11	40	72.5	2.28	<0.01
Group B	19	21	40	47.5		

Effect of treatment on 15<sup>th</sup> day

Table no:7

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	33	7	40	82.5	1.77	<0.05
Group B	26	14	40	65		

Effect of treatment on 1month

Table no:8

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	34	06	40	85	1.60	>0.05
Group B	28	12	40	70		N.S.

## 3) *Avil Darshnam* ( Blurry Vision ):

Effect of treatment on 4<sup>th</sup> day

Table no:9

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	21	19	40	52.7	2.04	<0.05
Group B	12	28	40	30		

Effect of treatment on 7<sup>th</sup> day

Table no:10

Groups	Relief	No Relief	Total	Relief %	Z	P
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Group A	28	12	40	70	1.82	<0.05
Group B	20	20	40	50		

Effect of treatment on 15<sup>th</sup> day

Table no:11

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	30	10	40	75	1.20	>0.05
Group B	25	15	40	62.5		N.S.

Effect of treatment on 1 month

Table no:12

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	31	09	40	77.5	1.00	>0.05
Group B	27	13	40	67.5		N.S.

#### 4. *Sheeteccha* ( Desire to cold )

Effect of treatment on 4<sup>th</sup> day

Table no:13

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	18	22	40	45	2.12	<0.05
Group B	09	31	40	22.5		

Effect of treatment on 7<sup>th</sup> day

Table no:14

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	26	14	40	65	2.01	<0.05
Group B	17	23	40	42.5		

Effect of treatment on 15<sup>th</sup> day

Table no:15

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	29	11	40	72.5	1.84	<0.05
Group B	21	19	40	52.5		

Effect of treatment on 1 month

Table no:16

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	33	07	40	82.5	1.54	>0.05
Group B	27	13	40	67.5		N.S.

#### 5) *Rukshavartmakshi* ( Dryness )

Effect of treatment on 4<sup>th</sup> day

Table no:17

Groups	Relief	No Relief	Total	Relief %	Z	P
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Group A	21	19	40	52.5	2.28	<0.01
Group B	11	29	40	27.5		

Effect of treatment on 7<sup>th</sup> day

Table no:18

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	28	12	40	70	2.04	<0.05
Group B	19	21	40	47.5		

Effect of treatment on 15<sup>th</sup> day

Table no:19

Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	32	08	40	80	1.72	<0.05
Group B	25	15	40	62.5		

Effect of treatment on 1 month

Table no:20

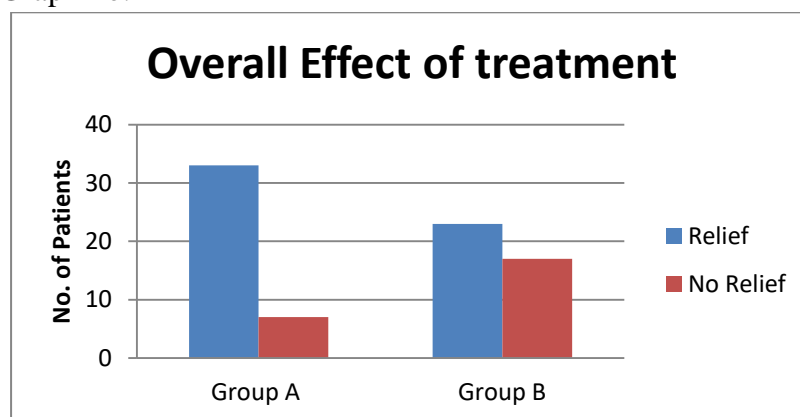
Groups	Relief	No Relief	Total	Relief %	Z	P
Group A	34	06	40	85	1.36	>0.05
Group B	29	11	40	72.5		N.S.

**Overall effect of treatments in both the groups-**

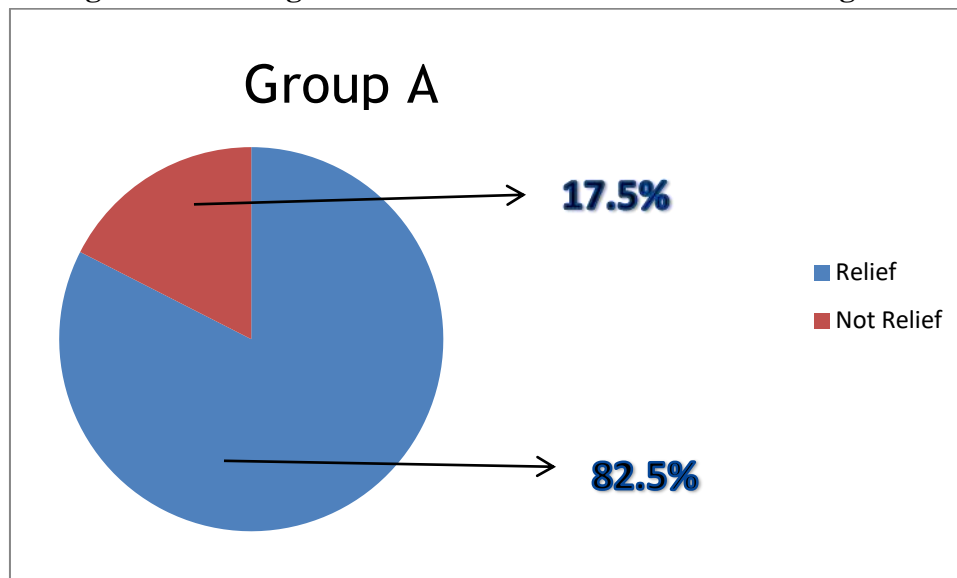
Table no:-21

Group	Relief	No Relief	Total	Relief %	Z	P
Group A	33	07	40	82.5	2.43	< 0.05
Group B	23	17	40	57.5		
Total	56	24	80			

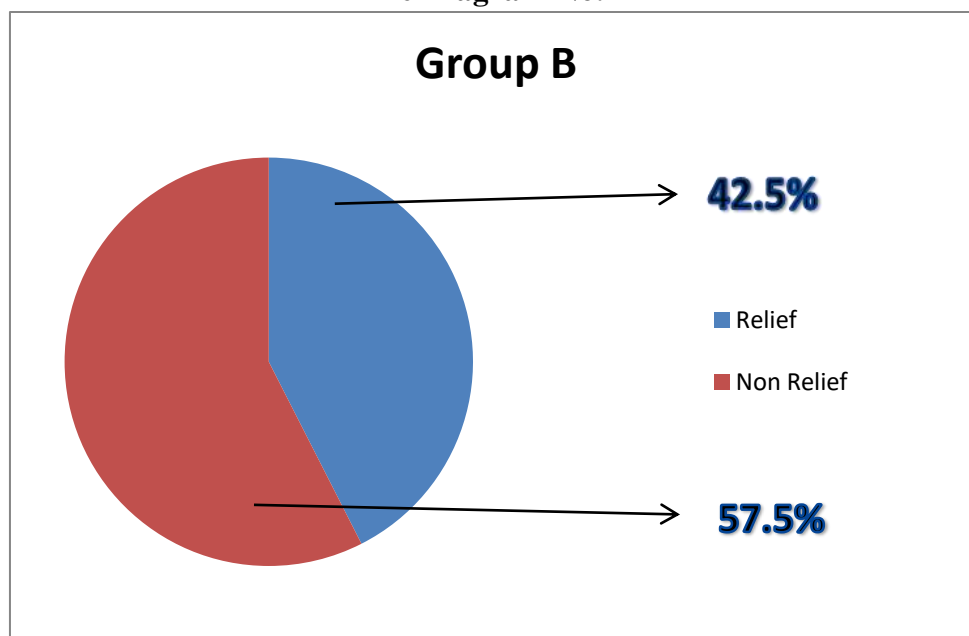
.Graph no.1



**Pie Diagrams Showing overall effects of Treatments: Pie Diagram No. 1**



**Pie Diagram No.2**



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