

Blepharitis (Krimigranthi) and its management through Ayurveda (Pariseka): A case study

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Abstract:

Introduction: *Blepharitis (Krimigranthi)* is one of the most common ocular conditions seen in optometric practice. It's cannot be cured but fortunately it can be controlled. Generally the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. According to *Sushrut*, *krimigranthi* is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching in those part. These different forms of organism move along the junction of eyelid and penetrate into *shuklamandal* and even into the inner structure of the eye. **Aim:** To study role of *Ayurveda* in *Blepharitis* with special reference to *krimigranthi*. **Objective:** To study role of *Ayurveda* to reduce sign and symptoms of *Blepharitis* with special reference to *krimigranthi* in modern era. **Methodology:** 1) *Nidanparivarjana*, 2) *Aahara*, 3) *Vihar* – *kriyakalpa*, *trataka* etc. 4) *Ayurvedic* remedies, 5) Procedures like *Pariseka*, *Vidalaka* and *Pindi* etc. **Results:** *Pariseka* with *Triphala kwatha* to reduced sign and

symptoms of *Blepharitis*. **Conclusion-** *Ayurvedic* therapies (*Pariseka*) and medicines can help in *Blepharitis*.

Keywords- *Blepharitis*, *Krimigranthi*, *Ayurvedic methods*, *Pariseka Pindi*, *Kriyakalpa*

Introduction:

Krimigranthi (Blepharitis) is one of the most common ocular conditions seen in optometric practice. Its cannot be cured but fortunately it can be control. Generally, the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. *Blepharitis* affecting at any age. The Prevalence of *blepharitis* is 37% to 47% by recent survey conduct in United State of America (USA). In India some has been done in state like Haryana, UP, and South India among school going children [International Journal of Development Research, 2015]. *Blepharitis* is a very common condition which is usually bilateral, symmetrical affects. It is (sub-acute or chronic disease) challenging problem for modern medical science,

because of the poor correlation between signs and symptoms, the uncertain *aetiology* and mechanisms of the disease process conspire to make management difficult. Therefore it has high and frequent recurrence. Hence to find out the better management and to establish the correlation of this disease having maximum similarity.

Lifelong treatment may be necessary and a permanent cure is unlikely but control of symptoms is usually possible. Although remission may be achieved, recurrence is common particularly if treatment is stopped [Brad Bowling, ?]. Thus the time for Ayurveda to work out on the disease, so topic had been selected for this study.

Rupa or symptoms and signs of Blepharitis- All these symptoms are manifested in fledged condition as mentioned Susrutasamhitauttaratantra,

- *Kandukuryuh* (Itching)
- *Sandhijakrimiyah* (eyelid swelling and foreign body sensation)
- *Vartmashuklyasyasandahau* (plugging of Meibomian)
- *Nnarupa* (Erythema)
- *Charanteantarnyamdushyanti.* (redness of eyelid and eye)

Case Report

Name of patient- xyz

Age / sex- 26yrs /female

OPD No-30070 Place- Nagpur

Occupation- Medical student

Date of consultation- 10/12/2018

Chief complains

Lid *collarettes* Itching since 15 days
 Eyelid swelling and F.B sensation since 15 days
 Redness of eyelid and eye since 10 days

Present & past history: H/o using antimicrobial eye drops or ointments drops since 2month. No H/o DM, RA or any other major illness. No H/o any refractive surgery

Ocular Examination

Slit Lamp Examination • Visual acuity of RE was 6/9 and of LE was 6/9.

The slit lamp examination of both eyes revealed

- Eyelid – *Erythema* and sign of inflammation.
- Conjunctiva –mild congestion and *conjunctival* dryness.
- Cornea – Bright.
- Anterior chamber – Normal depth.
- Iris – *Colour* pattern normal.
- Pupil – Normal size, Reacting to Light
- Lens – Normal

Systemic examination

- G.C. - Moderate, *Afebrile*
- R.S. – B/L Air entry equal, no added sound all lung field clear.
- C.V.S. - S1 , S2 Normal
- C.N.S – Conscious, well oriented to time, place and person

Treatment:

There are many *ayurvedic* procedures and treatment modules which can help patient to overcome symptoms of *Blepharitis* in this study I will demonstrate effect of *Pariseka* on *Blepharitis*.

- *Pariseka* with *Triphala kwatha*
- Duration 400 *vakamatra*.
- Time of applying *pindi* –once a day (in morning).
- Duration of therapy- (7 days)

Poorva Karma Preparation of the patients: Patient (*Rogi*) to be treated with *Pariseka* should be placed in a

comfortable position i.e. supine position and the part should be cleaned. Then *mrudu Sweda* will be given. Sterile Cotton dipped in lukewarm water after squeezing would be used for *Swedana* karma.

Pradhan karma: Gently pour *kwath* (decoction) of *triphala* over the eyes above 4 *Angulas* above the eye level

Paschat karma

- Eyes should be cleared with cotton after the procedure .
- *Mruduswedana* is done with sterile cotton dipped into luke warm water.

RESULTS

Sr. No.	Lakshan or symptoms/Signs	Before treatment	After treatment
1	Lid <i>collarettes</i> Itching (<i>Kandukuryuh</i>)	Severe	Absent
2	a) Eyelid swelling b) F.B sensation (<i>Sandhijatakrimayah</i>)	Moderate	Mild
3	Plugging of MG orifices (<i>Vartmashuklasyasandhau</i>)	Plugging >2/3 to of orifices	Clear orifices in the middle part of lower lid
4	<i>Erythema</i> (Nana rupah)	Moderate	Mild
5	Redness of eyelid and eye. (<i>Charanteantarnyanamdushyanti</i>)	Moderate	Mild

DISCUSSION

In the management of *Blepharitis* modern science don't have holistic approach , it only deals with antimicrobial drops and gels etc but in *Ayurveda* there are certain procedures which can help in holistic management of *Blepharitis* . That may be because well-known antimicrobial

properties of *Triphala kwatha* and also anti-inflammatory properties of these drugs

Conclusion:

This study concluded that *Pariseka* with *Triphala Kwatha* is effective and given

symptomatic relief to the patient of *Blepharitis*.

That may be because well-known antimicrobial properties of *Triphala kwatha* and also anti-inflammatory properties of these drugs.

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