Efficacy of Saindhavadi Rasakriya Anjana in Krimigranthi with special reference to Seborrheic Blepharitis- A Case Study

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ABSTRACT:

Acharya Vagbhata has explained nine Sandhigata Rogas and Krimigranthi is one among them. Signs and symptoms of Krimigranthi can be analyzed with seborrheic blepharitis which is one of the commonly encountered eye lid margin diseases in OPD. Study shows that 50 percent of population develop the disease with increasing age and contact lens usage. Treatments mentioned for Krimigranthi include Swedana, Bhedana and pratisarana. This case is of a female patient who complained of itching over both eyes, foreign body sensation, burning sensation, watering of eyes and falling of eyelashes since two years which gets aggravated on exposure to dry climate, increased Visual Display Terminals (VDT) usage & reduced sleep. Anjana with Saindhavadi Rasakriya Anjana was given for 15 days. Significant reduction in signs and symptoms were observed after the treatment.

Keywords: Krimigranthi, Seborrheic Blepharitis, Anjana
include removal scales with baby shampoo or sodium bicarbonate solution along with frequent application of antibiotic & steroid ointments on the lid margin. This paper aims to highlight the importance of Saindhavadi Rasakriya Anjana – a type of Lekhana Anjana in the management of Krimigranthi.

MATERIALS AND METHODS
A case of Krimigranthi was taken from Sri Sri College of Ayurvedic Science and Research Hospital, Bengaluru. Detail history of the patient was taken, examined thoroughly, and Anjana with Saindhavadi Rasakriya was given for 15 days. Assessment was done after the course of treatment.

CASE REPORT
A 28-year-old female patient came to Shalakya tantra OPD of Sri Sri College of Ayurvedic Science and Research Hospital with complaints of itching over both eyes, foreign body sensation, burning sensation, watering of eyes and falling of since 2 years which gets aggravated on exposure to dry climate, increased gadgets usage & reduced sleep. Also she had complaint of dandruff since 2 years. The patient used eyelid cleansers but got only temporary relief, so the patient came to the hospital for further management.

On Examination- Before treatment
Eyelids skin: Dry skin
Eye lid Margin: Mild thickening. Scales present
Palpebral conjunctiva: Concretions present
Bulbar conjunctiva: Mild congestion present
Cornea, Lens, Fundus: Normal
Treatment given: Saindhavadi Rasakriya Anjana
Dose: 1 drop twice a day for 15 days.

Adverse Reactions: No adverse reactions found during the course of treatments.

RESULT
There were significant changes noted in chief complaint and associated symptoms also. Table 1

On examination – After treatment
Eyelid Skin: Normal
Eyelid margin: No thickening & scales deposition
Palpebral conjunctiva: Concretions present
Bulbar conjunctiva: Congestion absent
Cornea, Lens, Fundus: Normal

DISCUSSION
Signs and symptoms of Seborrhoeic blepharitis is mostly caused by the accumulated scales which are the lipid substances over the eyelid margin. Majority of the drugs in Saindhavadi Rasakriya possess Katu Tikta rasa, Laghu Rooksha Gun and Ushna Virya thus having Doshakarma of Kapha Shamana. Also making it a type of Lekhana Anjana. This Lekhana Karma of Anjana helps in the removal of the accumulated scales which will further reduces all other signs and symptoms of the disease. Also, it acts as a foreign body to ocular surface. Since eye gets reflex secretion in response to foreign particles on cornea and conjunctiva watering of eyes occurs which helps in the washing out of accumulated scales from the lid margin. Also, the bioavailability & tissue contact time is more in case of Rasakriya Anjana.

Probable Mode of Action
Gharsha: Gharsha in Krimigranthi can be due to the deposition of scales on the eyelid margin. These are the excessive neutral lipids depositing on the eyelid margin. Saindhava with its Lekhana Karma helps in the removal scales. Sodium chloride which is the main ingredient in Saindhava helps in the removal of these excessive lipid deposition which can be the cause for the reduction of Gharsha.

Oosha: Oosha can be due to the involvement of Pitta dosha involvement which would be pacified by the action of Rasajana. Rasajana is the concentrated extract of root and stem bark of Daruharidra along with Ksheera. Daruharidra has pittahara property and Ksheera is has sheeta virya and Pittahara property. Berberin, main constituent of Daruharidra & piperine in Pipali might have helped to reduce the burning sensation with its anti-inflammatory properties. Also, anti-inflammatory properties of Mudgaparni, Mashaparni, Prishnaparni would have contributed to this.

Kandu: Itching in Seborrhoeic Blepharitis could be due to dried eyelid gland secretions which gets accumulated as scales or dandruff like particles on the lid margin. Here the involved Dosa would be Kapha and Vata. Lekhana karma of Saindhava might have helped in removing this scales & Kandughna property of Daru haridra would have helped in the reduction of itching. Berberine which is the main constituent of Daruharidra would have helped for the same with its antibacterial and anti-inflammatory actions.

Pakshmapotavaan: Clogging of lipid particles or scales near the eyelash follicle causes infection to the same which results in falling of eyelashes. As mentioned earlier.
Lekhana karma of Saindhava helps in the removal of scales which inhibits the further progression of infection of eyelash follicle. Further Vranaropana Karma of Rasanjana would have helped in reducing falling of eyelashes. This was retained till second follow up may be because further accumulation of lipids would have stopped which in return stopped falling of eyelashes.

Ashru: Lacrimation in Seborrheic Blepharitis may be due to rubbing of accumulated scales on both palpebral and bulbar conjunctiva causing irritation to conjunctiva finally resulting in congestion and watering of eyes. Lekhana karma of Saindhava would have helped in removing the scales. Further anti-inflammatory action of Berberine, main constituent of Daruharidra would have helped in reduction of congestions of both bulbar & palpebral conjunctiva finally would have helped reducing watering of eyes.

CONCLUSION

Krimigranthi is a Kaphaja vydhi where in there will be itching, foreign body sensation, burning sensation, watering falling of eyelashes and mild pain. Because of the similarities in signs and symptoms it can be compared to seborrhoeic blepharitis. Lekhana action of Saindhavadi Rasakriyanjana helped in the removal of the scales over the eyelid margin which in turn reduced all other discomforts. A case of Seborrheic Blepharitis was taken up for the study and Saindhavadi Rasakriyanjana was given to the patient for 15 days. Patient had considerable relief from all complaints. The study may be carried out in large number of subjects with longer duration to evaluate and analyze the results.

Informed Consent:
The purpose and nature of the procedure to be carried out and the potential risk and benefits were explained to the patient’s party in detail. Thereafter written informed consent was taken before starting the treatments. Patient’s party gave informed consent for publication.

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Table 1 Shows There were significant changes noted in chief complaint and associated symptoms also.

<table>
<thead>
<tr>
<th>S.no</th>
<th>Symptoms</th>
<th>BT (0th day)</th>
<th>AT (15th day)</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Gharsha (Foreign body sensation)</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Oosha (burning sensation)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>3</td>
<td>Kandu (Itching)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>4</td>
<td>Pakshma potavaan (Falling of eyelashes)</td>
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<td>0</td>
</tr>
<tr>
<td>5</td>
<td>Ashru (watering)</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>Arthi (Pain)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Right eye – Before treatment

Left eye – Before treatment

Right & Left eye – After treatment