



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*

INTRODUCTION

Krimigranthi is one among *Sandhi Gata Netra Rogas* mentioned under *Kaphaja Sadhya Vyadhis*. It occurs due to the vitiation of *Kapha Dosha* with the possibility of involvement of *Krimi* resulting in *lakshanas* such as *Kandu*, *Oosha*, *Gharsha*, *Ashru*, *Arthi* and *Pakshmapotavaan*.¹ Management of *Krimigranthi* includes *Swedana*, *bhedana* and *Pratisarana*. Signs and symptoms of *Krimigranthi* can be analyzed with seborrheic blepharitis which is primarily a type of anterior blepharitis

characterized with symptoms like itching, formation of cyst, pain, burning sensation, falling of eyelashes and discharge. Signs include accumulation of whitish dandruff like scales on the lid margin. On removing the scales underlying surface is found to be hyperemic and greasy. It is usually associated with seborrhea of scalp. It is often troublesome to patients owing to long standing nature of the disease. Complete disease elimination is rarely achieved with the modern line of management which



include removal scales with baby shampoo or sodium bicarbonate solution along with frequent application of antibiotic & steroid ointments on the lid margin.²

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 *Shalakyta 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 Seborrheic 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 Guna* 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*.³

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*.⁴

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 *Pippali* 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 Seborrheic 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 Dosha 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.⁵

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 eye lash 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 Seborrhic 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 seborrhic 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 Seborrhic Blepharitis was taken up for the study and *Saindhavadi Rasakriya Anjana* 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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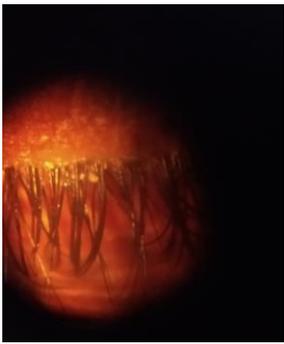
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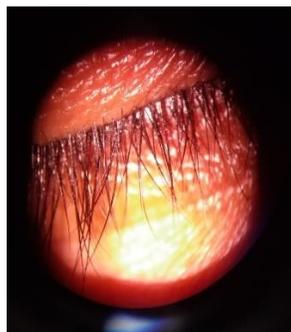
Table 1 Shows There were significant changes noted in chief complaint and associated symptoms also.

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



Right eye – Before treatment

Left eye – Before treatment



Right & Left eye – After treatment