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A REVIEW ON ASCHYOTANA THERAPY AND ITS YOGAS

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ABSTRACT

Shalaky Tantra is one among the eight branches of Ayurveda which deals with Urdhwajatu Vikaras and their treatment. Urdhwajatu Vikaras include diseases of eye, ear, nose, mouth, and throat. Among them, Ophthalmology comprises major part of Shalaky Tantra. Kriyakalpas are the treatment modalities mentioned exclusively for eye diseases. It includes Aschyotana, Seka, Tarpana, Putapaka, Pindi, Vidalaka and Anjana. Aschyotana is considered as first line of treatment in Netra Vikaras by Acharya Vagbhata. In this present era due to pollution and changing lifestyles there are manifestation of eye disorders. Many of this disease can be managed in their early stage itself by doing Aschyotana. Also, many simple and effective Aschyotana Yogas are mentioned in our classics by different Acharyas. In this paper an effort is taken to compile the references regarding Aschyotana therapy along with its Yogas (formulations) mentioned in Brihattrayis.

Keywords: Kriyakalpa, Aschyotana, Yogas

INTRODUCTION

Eyes are considered as one of the most important sense organs in the human body. Acharya Vagbhata explains that all-out efforts should be made by men to protect the eyes throughout the period of life, for the man who is blind this world is useless, day and night are same even though he may have wealth¹. In this present era many of the ocular disorders are arising due to pollution and over usage of gadgets like TV, mobile phones, etc. So, one must preserve the health of eyes. Kriyakalpas are the ocular therapeutics mentioned in Ayurveda for the treatment of eye diseases. It is a Bahiparimarjana Chikitsa (external treatment) and has several advantages over oral administration. When we investigate classics, for every ocular issue Kriyakalpas are mentioned along with systemic one. Aschyotana is the treatment procedure used at the early stage of diseases². Initial stage treatment helps to prevent the disease from going into more complicated stage and helps to preserve the healthy state of eyes. For most of the Netra Vikaras (ocular disease) many Aschyotana Yogas are mentioned by different Acharyas in classics.

ASCHYOTANA

Aschyotana is considered as the first line of treatment in eye diseases. It is a procedure where few drops of medicine will be instilled to open eye from a height of two Angula³. Acharya Videha opines that it should be done on 4th day of disease manifestation or after relief of Ama Lakshanas.⁴

Table 1: Types and dose

Type	Dose	
	Sharangadhara	Sushruta
Lekhana	8 Bindu	7 or 8 Bindu
Snehana	10 Bindu	10 Bindu
Ropana	12 Bindu	12 Bindu ^{5,6}

Indication - Ruk, Toda (Pain), Kandu (Itching), Gharsha (Foreign body sensation), Asru (Watering), Daha (Burning sensation), Raga (Redness).⁷

Contraindication - It is contra indicated during nighttime.⁸

Table 2: Quality of medicine

Vata	Ushna	Tikta Rasa, Snigdha Guna
Pitta, Rakta	Sheeta	Madhura Rasa, Sheetta Guna
Kapha	Koshna	Tikta Rasa, Ushna-Ruksha Guna ⁹

Aschyotana Vidhi

Patient should comfortably lie on a place devoid of breeze. Then eye is opened with left hand of the physician and 10 or 12 drops of medicine is instilled to the Kaneenika Pradesha (inner canthus), (Sharangadhara- Drik Madhya¹¹) from a height of 2 Angula. Drugs can be taken in a Sukti (medicine dispenser) where a scrolled cloth hang from it. Remaining medicine in the eye should be wiped out with a piece of cotton or soft cloth immediately. A mild fomentation with warm water should be done in Kapha-Vata diseases.¹⁰

Complication

Teekshna Ushna medicine (strong or hot medicine) will cause Daha (burning sensation), Raga (redness), Paka (suppuration), and Drishti Dourbalya (visual loss). Sheetta (cold) medicine will cause Stambha (immobility of eyes), Asru (lacrimation), Nistoda (pricking pain), and Gharsha (foreign body sensation). Atimatra (excessive medicine) will cause Kashaya Vartma (strange feeling in the eyelid), Sankocha (closure of eyelid), Sphurano Unmeelana (involuntary lid movements), Pravata Asahtva (inability to withstand blowing wind) and Gharsha (foreign body sensation). Insufficient medicine will cause Na Roga Shanti (disease will not

get relieved). Aparisritam (medicine is not wiped out properly) will cause Asru (lacrimation), Gharsha (foreign body sensation) and Vedana (pain).¹²

Aschyotana Yogas

Ashtanga Hridaya

In Upanaha¹³ after Bhedana and Lekhana procedure, Patola Patra (*Trichosanthes dioica*) and Amalaka Aschyotana (*Emblica officinalis*) can be given. In Linganasha, after Vyadhana Karma if there is pain and redness¹⁴ then Chaga Paya is boiled with Rodhra (*Symplocos racemosa*), Saindhava, Mrdvika (*Vitis vinifera*) and Madhuka (*Glycyrrhiza glabra*); similarly, with Madhuka (*Glycyrrhiza glabra*), Utpala (*Nymphaea stellata*), Kushtha (*Saussurea lappa*), Draksha (*Vitis vinifera*), Laksha (*Laccifer lacca*) and Sita can be given. If pain is caused by every Abhishyanda¹⁵ then Shigru Pallava Swarasa (*Moringa oleifera*) mixed with Madhu is indicated. In Rakta and Pitta Abhishyanda¹⁶ Kwatha prepared with Bilvadi Panchamoola along with roots of Eranda (*Ricinus communis*), Brhati (*Solanum indicum*) and Madhushigru (*Moringa oleifera*) or with Hribera (*Coleus zeylanicus*) or Vakra (*Tabernaemontana coronaria*), Sarngesta (*Solanum nigrum*), and bark of Udumbara (*Ficus glomerata*) mixed with goat's milk or Kwatha prepared with Manjishta (*Rubia cordifolia*), Rajani (*Curcuma longa*), Laksha (*Laccifer lacca*), Draksha (*Vitis vinifera*), Riddhi (*Habenaria intermedia*), Madhuka (*Glycyrrhiza glabra*) and Utpala (*Nymphaea stellata*) added with Sharkara can be given. Kashaya prepared with Nagara (*Zingiber officinale*), Triphala (*Emblica officinalis*, *Terminalia bellerica*, *Terminalia chebula*), Vasa (*Adhatoda vasica*), Nimba (*Azadirachta indica*) and Rodhra (*Symplocos racemosa*) is indicated in Kaphaja Abhishyanda¹⁷. Kashaya of Darvi (*Berberis aristata*) and Prapoundarika (*Nelumbo nucifera*) is indicated in Shushka Akshipaka¹⁸.

Sushruta Samhita

In Vata Abhishyanda¹⁹ Aja Paya boiled with Eranda Pallava Moola Twak (*Ricinus communis*) or milk boiled with Saindhava, Yashtyahva (*Glycyrrhiza glabra*) and Pippali (*Piper longum*) added with half its quantity of water or Chaga Paya boiled with Hribera (*Coleus zeylanicus*), Vakra (*Tabernaemontana coronaria*), Manjishta (*Rubia cordifolia*) and bark of Udumbara (*Ficus glomerata*) added with water can be given. In Pitta Abhishyanda²⁰ Sagaraphena macerated with Nari Stanya and added with honey or Yashti (*Glycyrrhiza glabra*), Rodhra (*Symplocos racemosa*), Sharkara and Utpala (*Nymphaea stellata*) or Rodhra (*Symplocos racemosa*) macerated with ghee or Kashmari (*Gmelina arborea*), Dhatri (*Curcuma longa*) and Pathya (*Terminalia chebula*) macerated in water or Katphala (*Myrica nagi*) macerated in water is indicated. Any of these made as a ball of paste should be held in Kshouma and juice can be expressed. In Rakta Abhishyanda²¹ powder of Kaseru (*Scirpus grossus*) and Madhuka (*Glycyrrhiza glabra*), kept in a cloth bag can be soaked in rainwater can be given. In Arjuna²² Amla Rasa (Sura, Kanjika, etc.) or Sita, Madhuka (*Glycyrrhiza glabra*), Katvanga (*Oroxylum indicum*), Mastu, Kshoudra, Amla and Saindhava or Sour juice of Bijapuraka (*Citrus medica*), Kolamla and Dadimamla is indicated. Nagara (*Zingiber officinale*) with Saindhava is soaked in Ghrita for 1 month, this Ghrita can be mixed with Nari Stanya can be given in Sasopha and Asopha²³. In Praklinna Vartma²⁴ - Kwatha prepared with Musta (*Cyperus rotundus*), Haridra (*Curcuma longa*), Madhuka (*Glycyrrhiza glabra*), Priyangu (*Callicarpa macrophylla*), Siddhartha (*Brassica campestris*), Rodhra (*Symplocos racemosa*), Utpala (*Nymphaea alba*) and Sariva (*Hemidesmus indicus*). After Arma Chedana, if pain is present²⁵ then Milk boiled with Karanja Beeja (*Pongamia pinnata*), Amalaka (*Phyllanthus emblica*) and Madhuka (*Glycyrrhiza glabra*) added with Madhu is indicated.

Charaka Samhita

In Vataja Netra Roga Kashaya prepared with Eradamula (*Ricinus communis*), Jayanti (*Sesbania aegyptiaca*), Brihati (*Solanum indicum*), Madhushigru (*Moringa oleifera*) and Bilvadi Panchamoola can be given. In Pittaja Netra Roga Pritvika (*Amomum subulatum*), Darvi (*Berberis aristata*), Manjishta (*Rubia cordifolia*), Laksha (*Laccifer lacca*) and Madhuka (*Glycyrrhiza glabra*) should be boiled in water along with sugar is indicated. Kashaya prepared with Shunthi (*Zingiber officinale*), Triphala (*Emblica officinalis*, *Terminalia bellerica*, *Terminalia chebula*), Musta (*Cyperus rotundus*), Nimba (*Azadirachta indica*) and Vasa (*Adhatoda vasica*) can be given in Kaphaja Netra Roga.²⁶

DISCUSSION

Aschyotana is a local ocular therapy where an exact amount of medicine is instilled into the eye from a specific height. In our classics many Aschyotana Yogas are mentioned for Netra Vikaras. It acts both in preventive and curative aspects. It can be used in the form of Kashaya, Swarasa, Ksheerapaka and Ghrita. In Aschyotana the drug in the form of an aqueous solution falls on the cornea and conjunctiva from a safe height continuously. Drug will get absorbed through vascular and corneal surfaces. More than one drop will not stay on conjunctiva, but when they are dropped from a little more height, continuously for a longer time and with little more temperature of the solution, they will get absorbed more effectively through conjunctival vessels. Also, corneal epithelium is lipophilic, and stroma is hydrophilic in nature. So fat soluble drugs and water-soluble drugs readily penetrates through epithelium and stroma respectively and get absorbed. These Yogas can be used in different diseases based on Dosha predominance. Dravyas in the Yogas help in Samprapti Vighatana and thus helps in relieving of disease.

CONCLUSION

Local therapeutic procedures have equal importance as systemic management in case of eye disorders. Aschyotana is one among the Kriyakalpas which is advisable in first stage of disease. It is a simple and effective treatment method which can be used as both preventive and curative aspects. Also, it is easy to administrate. Based on disease condition and Dosha involvement Aschyotana can be used in different forms. Thus, helps to maintain the health of eye.

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