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“Effect of *Triphala Kwath Parishek* in the Management of Allergic Conjunctivitis (*Vataj Netrabhishyanda*): A Case Study”

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ABSTRACT:

Abstract: The human body is endowed with five sensory organs: eyes, nose, ears, tongue, and skin, with eyes being widely regarded as the most crucial. In Ayurveda, it's emphasized by experts that "*Sarvendriyanam Nayanam Pradhanam*," highlighting the paramount importance of eyes among all senses. Currently, the world faces myriad challenges related to ocular health, with allergic conjunctivitis emerging as a significant concern, particularly affecting outdoor workers exposed to various environmental factors. Allergic reactions primarily target the eyes and eyelids, necessitating intervention by ophthalmologists who typically employ antihistamines, NSAIDs, corticosteroids, etc., for management. Interestingly, this condition bears resemblance to *Vataja Abhishyanda* in Ayurveda, and its treatment, notably with *Triphala Kwath Parishek*, showcases remarkable efficacy with reduced chances of recurrence. Thus, presenting a case of *Vataj Netrabhishyanda* intervention through *Triphala Kwath Parishek* for effective management.

Keywords: *Vataj Netrabhishyanda*, Allergic Conjunctivites, *Triphala Kwatha Parishek*.

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INTRODUCTION:

Allergic conjunctivitis manifests as inflammation in the eyes, characterized by symptoms such as redness, itching, and excessive tearing, typically triggered by exposure to dust, pollen, and mold spores. The conjunctiva, the eye's protective outer layer, is particularly vulnerable to these allergens. This condition arises as the body's response to harmful substances. While it may or may not coincide with nasal congestion, allergic conjunctivitis is estimated to affect 6-30% of the general population and up to 30% of children, either independently or alongside allergic rhinitis. ^[1] The contemporary approach to managing such conditions emphasizes allergen avoidance and treatment with topical or systemic steroids, decongestant drops, mast cell stabilizers, as well as antihistamines and anti-inflammatory agents. However, this management strategy often falls short, offering only temporary relief and potentially causing adverse effects. ^[2] *Vataja Abhishyanda*, characterized by symptoms like pricking pain, foreign body sensation, watery discharge, mild swelling, and a feeling of dryness, closely mirrors the presentation of allergic conjunctivitis. Consequently, the treatment approach for *Vataja Abhishyanda* appears to be more effective than relying solely on antihistamines and NSAIDs for managing allergic conjunctivitis.

Aim: To study the role and efficacy of *Triphala Kwath Parishek* in *Vataja Abhishyanda* with respect to Allergic conjunctivitis.

Method and Material: Review regarding allergic conjunctivitis and *Triphala Kwatha Parishek* was done from ayurvedic modern textbook, journals, internet sources.

CASE REPORT:

A male patient aged 46 years had a complaint of severe irritation and Itching, frequent rubbing of eyes since past 5 days associated with watering and congestion in both eyes and on getting up in the morning, he noticed matting of eyelashes. He slowly developed photophobia due to which his everyday routine was interrupted. He had similar recurrent episodes since past 2 years, along with complaints like excessive sneezing and nasal blockage, aggravated by exposure to dust and smoke. He consulted various ophthalmologists but had found no satisfying result, for which the patient shifted this time towards ayurvedic treatment and visited OPD of *Shalaky* Department, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints:

- Irritation and Itching of both eyes
- Mild lid edema of both eyes
- Congestion at both eye
- Watering of both eyes

History of Present Illness: Patient had already consulted nearby allopathic clinic and ophthalmologist many times for the same and was suggested with few antibiotics and ointments (details unknown), patient used to get relief with the medicines but once when the medications were discontinued the condition reoccurred, as it was the hindering factor for her studies patient approached Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik for Ayurvedic treatment.

Past History: K/C/O Hypertension since last 3 years

Patient had recurrent history of allergic conjunctivitis

Present Medicinal History: Antihypertensive as Tablet Telmisartan 40mg once a day

Family History: Matruj Kula: Jivit Pitruj Kula: Jivit.

Past Surgical History: No H/o any refractive surgery.

PERSONAL HISTROY

Ahar: patient takes spicy fermented bakery products on regular basis

Vihar: occasional contact with dust soil and cold air

Clinical findings:

- Pulse: 88/min
- Respiratory rate: 20/min
- Blood pressure: 130/80mmhg
- Temperature: afebrile

Dashvidha Parikshan

- *Prakruti: Vatapita Pradhan Prakruti*

- *Vikruti: Vatpradhanpitta Vikruti*
- *Sattva: Madhyam*
- *Saar: Madhyam*
- *Samhanan: Madhyam*
- *Vaya: Madhyam*
- *Aharshakti: Madhyam*
- *Vyayamshakti: Madhyam*
- *Satmya: Prakruti*
- *Praman: Prakrut*

Asthavidha Praman

- *Nadi: Vataj Sarpagati*
- *Mala: Prakrut*
- *Mutra: Prakrut*
- *Jivha: Saam*
- *Shabdha: Spashta*
- *Sparsha: Anushnashita*
- *Druk:Prakrut*
- *Aakruti: Madhyam*

Visual acuity: both eyes: 6/6

Right eye: 6/6left eye: 6/6

Specific examination of eyes

Table No. 1: Showing Eye Examination Details

Eye examination	Rt eye	Lt eye
Occular mobility	Normal	Normal
Eye lid	Mild swelling of Both eye lids	Mild swelling of Both eye lids
Conjunctiva	Moderate congestion of Conjunctiva	Moderate congestion of Conjunctiva
Cornea	Normal	Normal
Anterior chamber	Normal	Normal
Visual activity	6/6	6/6

Treatment Protocol

Treatment protocol was to *Kwatha Parishek* protocol

Material

1. *Triphala Churna*
2. water

Triphala Kwatha 50gm *Triphal Bharad Churna* add 400ml water and then reduce it until remains ¼ amount (100ml) remains. Strain with fine strainer. [3]

Table No. 2: Showing Rasapanchak of Content of Triphala Churna

Drug Name	<i>Amalaki</i> [4]	<i>Bibhitaki</i> [5]	<i>Haritaki</i> [6]
Latin Name	<i>Emblica Officinalis</i>	<i>Terminalia Bellirica</i>	<i>Terminalia chebula</i>
Family	<i>Euphobiaceae</i>		<i>Combretaceae</i>
Guna	<i>Laghu</i>	<i>Laghu ruksha</i>	<i>Laghu ruksha</i>
Rasa	<i>Madhura, amla, katu, tikta, k Ahsaya</i>	<i>Kashaya</i>	<i>Madhura, amla, katu, tikta, kashaya</i>
Virya	<i>Shita</i>	<i>Ushana</i>	<i>Ushana</i>
Vipaka	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>

Procedure: Wash the eyes gently with *Triphala Kwatha* twice a day

Observations

Table No. 3 Showing Observations

Complaints	Day 0	Day 1	Day 2	Day 3
Irritation of both eyes	+++	++	+	Nil
Mild lid edema	+	+	Nil	
Congestion of both eyes	+++	++	+	Nil
Watering of both eyes	++	+	Nil	

Discussion:

In cases of *Vataja Abhishayanda*, the vitiation of the *Vata Dosha* is prominent, with the *Rasa* and *Rakta Dhatus* being affected. The signs and symptoms primarily arise from the imbalance of the *Vata Dosha*. Given its *Tridosha* properties and its specific affinity for

the eyes (*Chakshusaya*), *Triphala* plays a crucial role in the management of *Vataja Abhishayanda*. *Kwatha Parishek*, a therapeutic procedure involving the application of herbal decoctions, has historically proven to be highly effective in treating various eye ailments. As demonstrated in Table 3, this treatment significantly alleviates symptoms such as

irritation, itching, edema, congestion, and watering of the eyes, providing substantial relief to patients suffering from *Vataja Abhishyanda* and other ocular conditions.

Conclusion:

In summary, the study demonstrates the effectiveness of *Triphala Kwatha Parishek* in treating allergic conjunctivitis. The clinical manifestations of *Vataja Abhishyanda* described in classical Ayurvedic texts closely resemble the signs and symptoms of allergic conjunctivitis. Thus, it is concluded that Ayurveda offers a valuable approach, utilizing quality procedures and a rich repository of herbal remedies for managing *Vataja Abhishyanda* (allergic conjunctivitis), alongside appropriate dietary and lifestyle recommendations. [7] Moreover, the Ayurvedic medications utilized in this treatment regimen are readily available and have been found to be well-tolerated without causing any adverse effects.

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