

Elaneer kuzhambu anjana, Triphala kwatha parisheka along with Triphala churna orally in the management of Prastari arma (Pterygium)- A case study

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Abstract

Shalakya tantra is one of the specialties described in *Ashtanga Ayurveda* which deals with diseases with sense organs occurring in *Urdhwanga* (above the clavicle). The eyes are one of the utmost sensitive and susceptible organs in the body. *Acharya Sushruta* has mentioned 76 *Netra roga* while *Acharya Vagbatta* and *Sharangadhara* have mentioned 94. *Susruta Samhita* and *Ashtanga Hridaya Samhita* respectively mentions eleven and thirteen *Shuklagata roga* (diseases of the sclera) *Prastari arma*, *Shukla arma*, *Rakta arma*, *Adhimamsa arma* and *Snayu arma* are 5 types of *Arma* which are classified under the *Suklagata roga*. Among the five types, *Prastari arma* is characterized by gradually developing wing like encroachment of *Shuklamandala* from either *Kaninika sandhi* (inner canthus) or *Apanga sandhi* (outer canthus) towards *Krishnamandala*, which causes discomfort in the eye. *Prastari arma* can be correlated with Pterygium and it is more common among people who are residing in tropical and subtropical areas. Risk factors are exposure to sunlight, dry and dusty climate and smoke. Pterygium is a common ocular disorder in India due to disease favorable geographic and climatic conditions. In this clinical study, an effort has been made to establish an effective Ayurveda treatment protocol in the management of *Prastari arma*. A 35 years old female patient from Jamnagar came to OPD of *Shalakya tantra* with chief complaints of pinkish, triangular shaped elevation in her right eye with foreign body sensation, dryness, burning sensation and sensitivity to bright light. The patient was diagnosed as having

Prastari arma and was given *Elaneer kuzhambu anjana*, *Triphala kwatha parisheka* with *Triphala churna* orally for thirty days. The effectiveness of the line of treatment was assessed on the basis of signs and symptoms before and after the treatment. A special scoring system was adopted for assessing signs and symptoms of the disease. The medication was found safe and effective in curing the disease condition of *Prastari arma*.

Keywords: Pterygium, *Suklagata roga*, *Urdhwanga*, *Prastari arma*

Introduction

Shalakya tantra is one of specialties described in *Ashtanga Ayurveda* which deals with diseases with sense organs occurring in *Urdhwanga* (above the clavicle)¹. Eyes are one among these sense organs and one of the utmost sensitive and susceptible organs in the body. *Acharya Sushruta* has mentioned 76 *Netra roga* while *Acharya Vagbatta*, *Acharya Sharangadhara* have mentioned as 94, *Acharya Caraka* mentioned as 04 diseases and *Acharya Bhavamisra*, *Acharya Yogaratnakara* mentioned as 78 diseases². *Netra roga* are classified into *Sandhigata roga*, *Vartmagata roga*, *Suklagata roga*, *Krishnagata roga*, *Sarvagata roga*, *Drishtigata roga* and *Bahya roga*³. Number of *Suklagata roga* (Diseases of the sclera) mentioned are 11,13 in *Susruta Samhita*⁴ and *Ashtanga Hridaya Samhita*⁵ respectively. *Arma* is one of them which are five in number namely *Prastari arma*, *Shukla arma*, *Rakta arma*, *Adhimansa arma* and *Snayu arma*.⁶

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