
A REVIEW OF ANJANA IN SHALAKYATANTRA

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DEFINATION: ANJANA The word 'Anjana' is derived from the root.

“अनक्ति अनेन इति अञ्जन!”

Anjana is a procedure of applying medicine into the inner aspect of lower eyelid. That which spreads in the eye is usually applied from kaninikasandhi to apangasandhi using a shalāka or fingertip. It is the most commonly practised procedure which not only helps in treating eye diseases but also in preventing them.

Pre-requisites for Anjana procedure:

- Patient should have undergone shodhana.
- The disease should be in the vyaktāvastha and localized only in the eyes.

Indications for Anjana:

- Alpashōpha
- Picchilata (unctuousness)
- Ashrusrāva
- Ghana dushika (thick discharge).
- Kandu
- Mandagharsha (mild foreign body sensation)
- Raga

Contraindications for Anjana:

- ✓ Shrama- Exertion
- ✓ Udāvarta- Upward movement of vāta
- ✓ Rudita- Weeping
- ✓ Madhya- Alcoholic
- ✓ Krūdha- Anger
- ✓ Bhaya- Fearful
- ✓ Jwara- Fever
- ✓ Vegāghāta- Suppression of natural urges
- ✓ ShiroDoshā- Diseases of head

Note: If Anjana is applied in the above said conditions it leads to complications such as rāga (redness of eyes), ruk (pain), timira (blurred vision), srāva (discharge) and samrambha (swelling)

Classification of Anjana

❖ **Based on action**

1. Sushruta Samhita:

1. Lekhana
2. Ropana
3. Prashna

2.AshtangaHridaya:

1. Lekhana
2. Ropana
3. Prasadam

3.AshtangaSangraha

1. Lekhana
2. Rópana
3. Prasādana
4. Snehana

4.ShārangadharaSamhita

1. Lekhana
2. Rópana
3. Snehana

❖ Based on kalpana of Anjana

Anjanakalpana

Indications

1. Gutikānjan- Mahabala of dosha (severe)
2. Rasakriyānjan- Madhyamabala of dosha (moderate)
3. Churnānjan- Hinabala of dosha (less)

Dosage of Anjana (Su. U.18/58-59)

	Gutikanjana/Rasakriyanjana	Churnānjanana
1.Lekhana	1 harenumātravarti	2 shalāka
2.Prasādana	1,1/2 harenumātravarti	3 shalāka
3.Ropāna	2 harenumātravarti	4 shalāka

- Harenu = size of a peanut
- Shalāka= powder available on the tip of shalaka

AnjanaPātra and Shalāka

Anjanapātra (container) and the shalāka should possess similar qualities as that of anjana. It is usually prepared out of swarna, rourya, tāmra, mēshashringi, vaidūryaand kāmsya.

Features of Shalāka

- Anjanashalāka is a rod like instrument of 8 angulas in length made of swarna, rouryaete.
- It is thin in the middle and rounded at both the edges similar to flower bud of jasmine (mukulākara).
- It should be smooth and easy for handling.
- It should not be rough, thin, hard or breakable.

Shalāka based on action:

RópanaLékhanā -Louhashalaka or anguli

Lekhana- Tāmrashalāka

Prasadana-Suvarna or rajatashalaka

Method of administration of Anjana:

- The patient is made to sit comfortably and the lids are retracted.
- Anjanashalaka filled with anjana is held in the right hand of the physician and applied uniformly from kanīnikasandhi to apāngasandhi in the left eye of the patient and vice versa.

- The patient is then asked to close the eyes and rotate the eye ball, so that uniform distribution of the medicine takes place.
- The excess anjana should be wiped out with a soft and clean cloth.
- Care should be taken not to apply anjana excessively either in kaninika or apāngasandhi as it may cause injury.
- Eyes should be washed only when discharges and doshas drain out completely From the eyes. Immediate washing of eyes causes recurrence of the disease or damage to vision.

AnjanaNishiddhakala (A.H.Su 23/16-17)

Contraindications of Anjana are as follows:

- Nishi- Night
 - Swapna- During sleep
- Madhyalina- Noon
- Mlāna-Fatigued eyes .
 - Ushnagabhastibhiti-Extreme heat

If anjana is applied during above conditions the doshasliquify and aggravate to produce severe eye diseases.

Application of Anjana is to be done during morning or evening to manage the above said complications,

1. Lékhānānjana

Lékhānānjana is used to expel out the doshas from netra. It is prepared from tikshna.kshāra and all rasa dravyās except madhura.

Indications

- Savarnasukra
- Avranashukra
- Arma

Samyak yoga of lekhanānjana (Su.U.IS/75-76)

If lekhanānjana is applied properly the following features are seen:

- Vishada- Clarity
- Laghu- Lightness
- Anasrāvi - Free from discharge
- Kriyāpatu- Normal functioning of eyes
- Sunirmala - Clear eyes
- Shāntaupadraya- Pacification of all the complications.

AtiyogaLakshana of Lekhanānjana:

Excess application of iekhanānjana leads to:

- Jihma-Squint
- Dārūna- Hardness of lids
- Darvarna- Discolouration
- Srastam- Drooping of eyelid
- Atevaruksha- Severe dryness
- Syandate-Severe discharge

According to Vagbhataatiyoga of lekhanānjana causes santāpa, nistōda, shola i.e. pricking pain, stambha, gharsha, ashru, difficulty in opening eyes and headache.

Chikitsa for atiyoga of lekhanānjana

- ✓ Vātahara and santarpanachikitsa.
- ✓ Aschótana and pratyanjana with sheetaladravyās.

Hinayogalakshana of lekhanānjana

Insufficient use of lekhanānjana will lead to aggravation of the doshas and produce severe disease.

Chikitsa for Hinayoga of lekhanānjana

This condition can be treated by dhooma, nasya and teekshnānjana. These procedures expel out the aggravated dosha.

2. Prasādanānjana

This anjana is prepared using madhura and snehadravys. Hence it brings about snehana (unctuousness) and prasādana (soothing) of eyes. According to AshtangaHridaya it is subdivided into:

1. Snehanaanjana and

2. Prasādanaanjana

Snehanaanjana is prepared from sarpi and vasā.

Prasādanānjana is prepared from madhura, sheeta and snigdhadravys. Prasadānānjana is to be applied after the administration of tikshna or lekhanānjana. It soothes the eye and relieves the irritation caused by ruksha and tikshna properties of lekhanānjana.

Samyak yoga lakshana of prasādanānjana:

proper application of prasādanānjana imparts unctuousness, normal colour and strength to the eyes. The eyes will be pleasant, devoid of doshās and regains its normal functions.

Atiyoga of prasādanānjana

Ayogaotprasaganaanjana is similar to that of atiyoga of tarpana. It is managed using rūksha and mruduoshadhi.

Avoga of Prasādanānjana

Avoga, doesn't produce any discomfort to the eyes. But it has no action in relieving e symptoms. Hence anjana should be applied in proper matra.

3. Ropanānjana

Ropanānjana is prepared using kashaya, tikta and snehadravys. It restores normal colour to the eye, improves vision and strengthens the eye.

Samyak, atiyog and hinayogalakshana of ropanānjana

Samyak, ati and heena yoga lakshanas of ropanānjana are similar to prasadanānjana and can be managed accordingly

Pratyanjana

The anjana indicated to counter the complications caused due to the improper administration of anjana is called 'Pratyanjana'.

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