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A study to assess the effect of *Yashtimadhu Ksheerapaaka Tarpana* in the management of *Shushkakshipaka* - A Case Report

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ABSTRACT

Introduction: Dry eye is a multifactorial ocular surface disease characterized by symptoms of discomfort, irritation, and visual disturbance. The symptoms of dry eye can be correlated to *Shushkakshipaka* which is one among the *Sarvagata Netra Rogas* affecting all parts of the eye as explained in classical Ayurveda texts. Here the patient presenting with signs and symptoms of dry eye disease was treated according to the treatment principles of *Shushkakshipaka* as explained in Ayurvedic classics. *Yashtimadhu Ksheerapaaka Tarpana* was selected for the treatment and the same has been presented in the article. **Materials and Methods:** The subject who approached Shalaky Tantra OPD of Sri Jayachamarajendra Institute of Indian Medicine Hospital, Bengaluru, with signs and symptoms of dry eye disease like dryness in both the eyes, foreign body sensation, burning sensation and blurred vision etc. was thoroughly examined and systematically reviewed and treatment was planned based on the *Chikitsasutra* of *Shushkakshipaka*. **Result:** The patient showed considerable improvement subjectively and objectively. Improvement in schirmers reading, visual acuity improvement was observed in both eyes. **Discussion:** The maintenance of stability of tear film is the main challenge in the present scenario. This can be achieved by properly following the treatment principle and protocol during and after the treatment for the prescribed period.

Key words: *Shushkakshipaka, Ksheera Tarpana, Yashtimadhu Sharkara Siddha Ksheera.*

INTRODUCTION

“*Sarvendriyanam Nayanam Pradhanam*” Eye is very important sense organ in the body, responsible for visual process. In maintaining the structural integrity and functioning of the eye tear film plays an important role. Dry eye occurs when there is inadequate tear volume or function resulting in an unstable tear film and ocular surface disease.

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The climate of tropical India and globalization along with the sprout of millions of IT professionals are making dry eye disease a fast growing entity. Drastic changes in day by day activities including life style, food habits, and environmental factors like pollution, global warming, over exposure to visual displays along with increased use of systemic medicines are the major causes of dry eye. As all these leads to increased tear evaporation by decreasing the stability of tear film.

India is having increased prevalence of dry eye disease higher than the global prevalence and ranges from 18.4% to 54.3%.^[1] If these conditions are not treated properly it will lead to changes in the ocular structure and visual disturbances which will affect the day to day life style of the patient.

In contemporary science only palliative measures in the form of tear supplements are available which has to be used lifelong by patients.

So in order to keep the tear film stable, the *Tarpana* procedure told in classics is adopted here in this patient and all other protocols told are followed for prescribed period. Here we assessed the effectiveness of *Yashtimadhu Sharkara Siddha Ksheerapaka Tarpana*^[2] on dry eye and its potential in maintaining the stability of the tear film. The same is observed, recorded and presented in this study.

OBJECTIVES OF THE STUDY

1. To understand dry eye disease under the purview of *Shushkakshipaka*.^[3]
2. To study the effect of *Yashtimadhu Sharkarasiddha Ksheerapaaka Tarpana* in *Shushkakshipaka* (Dry Eye Disease).^[4]

MATERIALS AND METHODS

Case Report

Basic information of the patient

Age: 50 years

Sex: Female

Religion: Hindu

Occupation: Housewife

Chief complaints

Patient consulted Shalakya Tantra OPD of Sri Jayachamarajendra Institute of Indian Medicine Hospital, Bangalore on 11/12/2019 with the complaints of irritation, foreign body sensation and dryness in both eyes and burning sensation which was leading to slight visual disturbance.

History of present illness

The subject was apparently normal a year back. She gradually started experiencing foreign body sensation in both eyes since 1 year, dryness in both eyes since 4 months, itching sensation, burning sensation, pricking pain and painful lid occasionally associated with slight visual disturbance. For these complaints she approached an ophthalmologist where she was diagnosed as having dry eye disease. She was prescribed with artificial tear drops. The patient experienced difficulty in blinking and irritation whenever she stopped that eye drops. With all these

complaints she approached Shalakya Tantra OPD to get Ayurvedic Medicine.

History of past illness

No past history of any systemic diseases like Hypertension, Diabetes, Hyperthyroidism and RA. No surgical history.

Family History: Nothing significant.

Personal history

Appetite: Good

Sleep: Sound / disturbed occasionally

Bowel: once a day.

Micturition: 4-5 times a day

Habits: None

Ashta Sthana Pareeksha

Nadi: 74/min

Mala: Prakrutha

Mutra: 4-5 times a day

Jihwa: Aliptha

Shabdha: Prakrutha

Sparsha: Prakrutha

Drik: Shushkatha

Akriti: Madhyama

Vitals

Pulse: 74/min

Respiratory rate: 16/min

Temp: 98.4° F

Systemic Examination: All systemic examination was within normal limits.

Ophthalmic Examination: findings are explained below.

Ocular structures	Right Eye	Left eye
Adnexa	No Abnormalities	No abnormalities
Conjunctiva	Congested	Congested
Sclera	No abnormaliries	No abnormaliries
Cornea	No abnormaliries	No abnormaliries
Anterior chamber	normal depth	normal depth

Pupil	round, regular, reactive to light	round, regular, reactive to light
Lens	greyish black	greyish black
IOP	Normal	Normal

<i>Netra Tarpana</i> 2 nd sitting	<i>Yashtimadhu Sharkara Siddha Ksheerapaaka</i>	Quantity sufficient	23 rd - 29 th day (7 days)	Morning time
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Diagnostic Tests / Assessment Criteria

Subjective parameters: Self formulated scale was considered. Assessed parameters before the treatment are explained in table no. 1.

Objective parameters

- Schirmers I Test.
- Tear film breakup time.
- Visual acuity (Distant Vision and Near Vision)

All these parameters assessed before treatment and after treatment and also during followup are given in the table no. 1.

Treatment Given

Treatment was planned accordingly and given in 2 sittings with a gap of 14 days in between.

- 1st sitting of *Tarpana* starting from 16/12/2019 to 22/12/2019
- 2nd sitting of *Tarpana* starting from 06/01/2020 to 12/01/2020

Treatment given	Medicine	Dosage	Day / duration	Time
<i>Sadyovirechana</i>	<i>Gandharva Hastadi Eranda Taila</i>	35ml	1 day	Early morning
<i>Netra Tarpana</i> 1 st sitting	<i>Yashtimadhu Sharkara Siddha Ksheerapaaka</i> ^[5]	Quantity sufficient	2 nd - 8 th day (7 days)	Morning time
<i>Parihara Kala</i>	-	-	9 th - 22 nd day (14 days)	-

Patient was assessed after first and second sitting of *Tarpana*. After the completion of 2nd sitting, follow-up was on 15th day. Readings were taken after assessing the patient on follow up.

RESULT

The study showed marked improvement in signs and symptoms of the patient after the treatment as shown in the table no. 1. There was no recurrence in signs and symptoms at the time of follow up.

Table 1: Effect of therapy

Subjective Parameters	Before Treatment (BT)	After first sitting of treatment (AT-1)	After second sitting of treatment (AT-2)	During follow-up (FU)
Foreign body sensation	Moderate(++)	Mild Reduction	Marked reduction	Absent (-)
Pricking pain	Mild(+)	Mild Reduction	Absent(-)	Absent(-)
Dryness in lid and eye	Moderate(++)	Reduced (+)	Reduced (-)	Absent (-)
Painful lid and eye	Mild(+)	Reduced (+)	Absent (-)	Absent (-)
Burning sensation	Moderate(++)	Present in mild form	Absent	Absent (-)

Objective Parameters		Before Treatment (BT)	After first sitting of treatment (AT-1)	After second sitting of treatment (AT-2)	During follow-up (FU)
Schirmers Test	RE	2 mm	7 mm	11 mm	11 mm
	LE	4 mm	11 mm	12 mm	12 mm

TBUT		R E	6 sec	8 sec	11sec	10 sec	
		LE	9 sec	10 sec	12 sec	12 sec	
Visual Acuity	D V	R E	6/60	6/36	6/24	6/24	
		LE	6/36	6/24	6/18	6/18	
		B E	6/36	6/24	6/18	6/18	
		N V	R E	N 24	N 24	N 18 P	N 18P
			LE	N 24	N 24	N 18 P	N 18
			B E	N 24	N 24	N 18 P	N 18

DISCUSSION

The aqueous part of the tear film is formed by *Rasa Dhatu*, non aqueous part is contributed by *Mamsa* and *Medho Dhatu*. Any factor which leads to imbalance of *Vata* and *Pitta*, causes the tear film to become unstable which in turn causes *Shushkakshipaka*.

The symptoms of *Shushkakshipaka* are irritation, pricking pain, sticky eye, difficulty to blink, craving for cold item and suppuration. In *Chikitsamanjari Yashtimadhu Sharkara Siddha Ksheerapaka Seka* is mentioned.

Ashtanga Sangraha mentioned *Ksheera Tarpana* with suitable drugs for *Netra Roga*. Here the above formulation was selected for *Tarpana*. As among the treatment modalities that are told in the classics for *Shushkakshipaka Tarpana* is known to increase the stability of tear film and give relief from the symptoms of *Shushkakshipaka*. By considering it as effective drug delivery format. As this formulation can successfully cross the barriers present in eye for drug absorption by its amphiphilic nature. It nourishes ocular and perocular structures, gives nutrition directly to the target organ.

The rationality behind the selection of the drugs and treatment is explained below.

Medicine	Properties
<i>Ghandharva Hastadi Eranda Taila</i>	<i>Madhura, Katu - Rasa</i> <i>Ushna, Teekshna, Guru, Picchila, Sara, Snigdha, Sookshma - Guna</i> <i>Ushna - Veerya</i> <i>Madhura - Vipaka</i> <i>Vata - Kaphahara</i>
<i>Yashtimadhu</i>	<i>Chakshushya, Vata Pitta Hara</i> <i>Madhura Rasa,</i> <i>Guru, Snigdha Guna</i> <i>Madhura Vipaka</i> <i>Sheeta Veerya</i>
<i>Ksheera</i>	<i>Madhura Rasa</i> <i>Snigdha, Guru Guna</i> <i>Sheeta Veerya</i> <i>Madhura Vipaka</i> <i>Vata - Pittahara</i> <i>Jeevaneeya, Rasayana</i>
<i>Sharkara</i>	<i>Madhura Rasa & Vipaka</i> <i>Sheeta Veerya</i> <i>Laghu Snigdha Guna</i> <i>Brimhana, Vata Pitta Shamaka,</i> <i>Chakshushya.</i>
<i>Yashtimadhu Sharkara Siddha Ksheera Paka</i>	<i>Madhura Rasa and Vipaka.</i> <i>Sheeta Veerya, Snigdha Guru Guna,</i> <i>Vata Pitta Hara and Rasayana.</i>

These are found to increase tear production, improve stability of tear film, having long lasting effect, *Yashtimadhu* is a *Chakshushya Dravya*, *Ksheera* and *Sharkara* are having *Madhura Rasa Snigdha Guna, Sheeta Veerya*, with the *Guna Karmas* needed to treat *Shushkakshipaka*.

CONCLUSION

The present drug *Yashtimadhu Ksheera Paka* when administered in the form of *Tarpana* can successfully cross the barriers present in eye for drug absorption

by its amphiphilic nature. It nourishes ocular and periocular structures, gives nutrition directly to the target organ. By considering the subjective and objective parameters before and after the treatment of this patient, it is evident that *Yashtimadhu Ksheerapaka Tarpana* is beneficial in treating *Shushkakshipaka*, and was proved to maintain the stability of the tear film in a satisfactory manner.

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