



Ayurvedic Management Of Arjuna (Subconjunctival Haemorrhage): A Case Report.

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Abstract :

Conjunctiva is a translucent mucous membrane which lines the anterior aspect of eyeball and posterior surface of the eyelids where subconjunctival haemorrhage is small petechial haemorrhage to an extensive one spreading under the whole of bulbar conjunctiva, when a tiny blood vessel in the conjunctiva bursts on its own, resulting in a red patch on the sclera.¹ *Arjuna* which comes under *Shuklagata Roga*. *Arjuna* shows symptoms *Niruka-Shasharudhira-prakash Bindu* (redness of eye without pain).² Reviewing the clinical presentation from modern texts it is found that resembles with Subconjunctival haemorrhage. An ocular therapeutic called *Bidalaka* is the application of medicated paste on the eye's outer surface except eyelashes.³ *Bidalaka* is indicated in inflammatory conditions of the eyes. A 29-year-old female patient diagnosed with Subconjunctival haemorrhage on clinical presentation was advised *Yashti Triphala Bidalaka* and *Vasa Guduchyadi Kashaya* as internal medicine for 10 days. The signs and symptoms were reduced to mild degree. The result proved to be effective based on clinical assessment.

Keywords: *Arjuna*, Subconjunctival haemorrhage, Case study, *Shuklagata Roga*, *Bidalaka*, *Kriyakalpa*.

Introduction:

Arjuna is one of the *Shuklagata rogas* and *Rakta-Dosha-Pradhan-Vyadhi*. *Ayurveda* classics mention *Arjuna* as a *Niruka* (painless) condition and the conjunctiva resembles *Shasha-Rudhira* (rabbits blood), or *Lohita Bindu* (red dot) *Shlakshna* (smoothness).² This condition is a *Sadhya Roga* (easily curable)⁴. A traditional *Ayurvedic* method can be used to control it with ease. It results from *Raktadosha's* vitiation. Subconjunctival haemorrhage also called ecchymosis, is due to rupture of small vessels beneath the conjunctiva. This can occur spontaneously in elderly people with fragile vessels or those with systolic hypertension.⁵ Causes of subconjunctival haemorrhage includes increased blood pressure, diabetic mellitus, hyperlipidemia, trauma by contact lenses vigorous rubbing of eye.⁶ Among this hypertension has been shown to be major risk factor.

According to *Acharya Sushruta* and *Acharya Vagbhata* the sign-symptoms and etiology of *Arjuna Netra Roga* correlated with subconjunctival haemorrhage. *Ayurveda* has outlined diverse treatment approaches including *Aschyotana*, *Seka*, *Anjana*, *Bidalaka*, *Raktamokshana*. In modern sciences, Subconjunctival haemorrhage can be treated with astringent eye drops to cure irritation.

Kriyakalpa is a combined word of two distinct concepts which are *Kriya* which means therapeutic procedure and *Kalpa* which means medicinal formulation.⁷ *Bidal* means cat's eye. In this *Kriyakalpa* paste of medicine is applied over eyelids and periorbital area except eyelashes. Eye looks like cat's eye hence called *Bidalaka*.⁸ An attempt has been made to assess the impact of *Yashti Triphala Bidalaka* and *Vasa Guduchyadi Kashaya* for 10 days in *Arjuna roga*. The purpose of this study is to find a solution for treating *Arjuna* instead of providing temporary relief.

Case History

Case report- A 29-year-old female patient come to the outpatient department of *Shalakyatantra* on 19/12/2024, complaining of sudden redness in left eye without pain observed after getting up from the bed with Irritation and watery discharge from left eye. On slit lamp examination there was no ocular foreign body and localized haemorrhage under conjunctiva noted which was extending from inner canthus upto the limbus in left eye and right eye findings were normal. As she has given the history of constipation. There is no history of trauma, fever, or visual problems is present. Informed and written consent taken from before the study.

Personal History

Diet- Non-Vegetarian
Appetite- Moderate
Addiction- No any
Sleep- Normal
Micturition- Normal
Bowel- Regular

Ashtavidha Pariksha

Nadi: - Pitta Pradhan

Mala: - Prakruta

Mutra: - Samyaka Pravrutti

Jivha: - Sama

Shabda: - Spashta

Sparsha: - Anushna

Druka:- Prakruta

Akruti: - Madhyama

On the first day of examination clinical finding

Table No.1 : clinical finding of patients.

	Right eye	Left eye
Lids	Normal	Normal
Sclera & Conjunctiva	Mild congestion	Subconjunctival haemorrhage
Cornea	Clear	Clear
Pupil	Normal in size reacting to light	Normal in size reacting to light
Lens	Normal	Normal
Anterior chamber	Normal	Normal
Distance Vision	6/9	6/9
Near vision	N-6	N-6
Colour vision	Normal	Normal

Treatment-

The patient was treated with *Triphala-Yastimadhu Bidalaka* once a day for 10 days and *Vasa Guduchyadi Kashaya* 3tsp BID with 6 tsp of warm water for 10 days, after taking written and informed consent. Routine follow-up after every 5 days was taken.

Material Used For The *Bidalaka*:

Triphala Churna, *Yatimadhu Churna*, sterile water.

Standard operating procedure :

Preparation of *Bidalaka- Triphala* and *Yashti* paste was prepared with the help of sufficient amounts of water in the *Triphala Yashti Churnas*.

Procedure of Application -

(A) *Poorva Karma*-

1. Wash hands with water.
2. Clean both the eyes and the surroundings with wet gauze pieces.

(B) *Pradhan Karma*-

1. The patient is given a supine position with closed eyes.
2. *Triphala-Yasti* Paste is applied under aseptic precaution around both eyes and eyelids except lid margins.
3. According to *Acharya Charaka*, the thickness of *Bidalaka* should be equal to one-third of the thickness of the thumb.

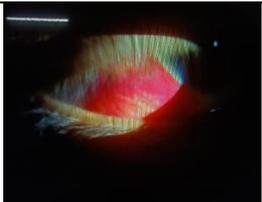
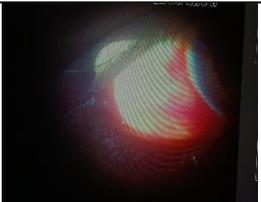
(C) *Paschata karma*-

1. The *lepa* is cleaned out with a gauze piece before it dries up.
2. The patient is asked to wash and clean the face with Lukewarm water.



Fig 1 *Bidalaka* application

Table No. 2 observation table

Sr. No.	Signs and symptoms	0 th day	5 th day	10 th day
1.	Redness of Left eye	++	+	Absent
2.	Irritation in Left eye	+	Absent	Absent
3.	Watery discharge left from eye	+	+	Absent
4.	Pain	Absent	Absent	Absent
				

DISCUSSION:

There are very few case studies discussing *Arjuna*. Subconjunctival haemorrhage is common ocular condition treated conservatively, with spontaneous resolution occur within 7 to 21 days, but redness of eye reflects the society attention and patient also concern about it. Moreover, contemporary medicine does not

have specific treatment modality of these conditions. The present case having history of constipation shows the similar clinical presentation like *Arjuna*.

It was treated by using *Bidalaka-Kriyakalpa* and oral medication which helped in resolving the subconjunctival haemorrhage in short duration. *Bidalaka* is the application soothing paste over lid excluding the eye lashes.³ *Bidalaka* acts through percutaneous absorption which involves passive diffusion of substance through skin. The diffusional routes that penetrate normal intact skin involve two routes-the appendageal and epidermal routes. The appendageal route involves transport through sweat glands and hair follicles. Epidermal route may take either transcellular, intra or intercellular pathways.⁹ In this case study *Bidalaka* was done using *Triphala* and *Yashtimadhu Churna*.

Haritaki (Terminalia chebula)- *Laghu, Bruhana, Anulomana*.

Bibhitaki (Terminalia bellirica)-*Netra-hitam* drug.

Amalaki (Emblica officinalis)- *Guna* are the same as *Haritaki*.

Triphala Rasayana in nature having the property of anti-oxidant, anti inflammatory and is rich in vit C. *Tridosahara Guna* of *Triphala* maintains haemeostasis in the body and eye (*Chakshushya*)¹⁰ hence further preventing the pathogenesis.

Yashtimadhu (Glycyrrhiza glabra) - *Shita, Guru, Chakshushya and Balavarnkara*.

The *Ushna* and *Ruksha* property of *Triphala* breaks the *Abhishyanda* of *Strotas* at ocular level. Due to *Pitta-Raktahara* action it is a potent anti-inflammatory and wound healer thus reducing the congestion and chemosis.

Vasa-Guduchyadi Kashaya: combination of drugs used in this medicine is *Tikta Kashaya Rasa, Laghu, Ruksha Guna, Sheeta veerya* does *Rakta Stambaka, Kapha Pitta Shamaka* thus relieves the haemorrhage. The drugs has antioxidant property which prevents from oxidative stress damage to the endothelium of conjunctival vasculature helps in proper nourishment of capillaries. In the above case, the combination of oral medicines and local procedure like *Bidalaka*, successfully helps in the management of *Arjuna* (subconjunctival haemorrhage).

RESULT:

Arjuna is a *Raktaj Sadhya, Shuklagata Netra Roga*, which shares similar signs and symptoms of subconjunctival haemorrhage. In the above case, concept of *Shamana Chikitsa* is applied by the means of oral drugs like *Vasa-Guduchyadi Kashaya* and local procedure like *Bidalaka* by *Triphala* and *Yashtimadhu*, which provided significant relief to the patient within ten days. However, caution should be taken in cases of systemic symptoms. So, it is evident here that subconjunctival haemorrhage could be managed easily with *Bidalaka* and internal medicines in minimal days.

FURTHER SCOPE OF THE STUDY:

A study can be done on large population, as this has fewer to no side effects.

Recurrence of *Arjuna* can be avoided by treating root cause like constipation, raised blood pressure, diabetic mellitus, hyperlipidemia, etc. thus resulting in subconjunctival haemorrhage as well.

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