



Case Study

AYURVEDIC APPROACH IN THE MANAGEMENT OF ADHIMANTH

Hemangi Shukla¹, Payal Sharma², Milina Mehta^{3*}

¹Professor and HOD, ²Assistant Professor, ³P.G. Scholar, Department of Shalakya Tantra, Government Akhandanand Ayurveda College and Hospital, Bhadra, Ahmedabad, Gujarat, India.

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ABSTRACT

Acharya Sushruta had described 17 Sarvagata rogas in details, in which, Adhimanth is of four types. Adhi-manth directs extremely churning type of pain. In Adhimanth vyadhi, pain is very severe as the patient feels that his eye is being extracted out and churned along with half of the head. If Abhishyand is not treated properly or neglected. It will lead to Adhimanth. End result of Adhimanth is blindness. Glaucoma is not a single disease but a group of disorders characterized by a progressive optic neuropathy resulting in a characteristics appearance of the optic disc and a specific pattern of irreversible visual field defects that are associated frequently but not invariably with raised intraocular pressure. Panchakarma therapy is useful to manage challenging eye diseases in today's world. In this case study, a 29 years old female patient came to OPD with the complaints of diminished vision since 2 years and diagnosed with glaucoma and she was using Travopost eye drops for the same. She was treated with Panchtikta kshirbasti, Marsha nasya followed by Tarpan and along with Shiropichu, Anjan and Ashchyotana. Diseases like Adhimanth can be easily managed by Ayurveda chikitsa e.g. Basti karma, Nasya and Netra kriyakalpa. This treatment is also useful in prohibition of further optic nerve damage.

INTRODUCTION

If a person is brilliant in all sensory faculties, strength, beautiful appearance etc., but without Drishti, he will be considered as an insect.^[1]

Acharya Sushruta had described 17 Sarvagata rogas^[2] in details where as Vagbhattacharya^[3] has mentioned 16 Sarvagata rogas. In which, Adhimanth is of four types. Adhi-manth directs extremely churning type of pain. Abhishyand, if not treated properly or neglected. It will lead to Adhimanth. In Adhimanth vyadhi, pain is very severe as the patient feels that his eye is being extracted out and churned along with half of the head. Tivra Vedana (excessive pain) is common feature in all types of Adhimanth. End result of Adhimanth is blindness. Kala maryada of Adhimanth is

7 days (Kaphaj Adhimanth), 6 days (Vataj Adhimanth), 5 days (Raktaj Adhimanth) or instantly- within 3 days (Pittaj Adhimanth).^[4]

Panchakarma therapy is useful to manage challenging eye diseases in today's world. The procedures like Basti chikitsa, Nasya and all other Netra kriyakalpas are aimed at improving visual efficiency.

Case Report

A 29 years old female patient came to OPD with the complaints of Ubhay netra Drishti mandhyata along with Akshikuta shoth since 2 years. She was wearing spectacles regularly but despite of that, her visual acuity gradually decreasing day by day. She had computer work for 6-7 hours daily. She got done MRI of orbits with screening brain were showing- A few discrete hyperintensities are seen involving bilateral frontal periventricular and subcortical deep white matter suggestive of Unidentified Bright Objects (UBOs) most likely. She was diagnosed with glaucoma as per OCT report and she was using Travopost eye drops for the same. So, she came to OPD of Shalakya Tantra department of Govt. Akhandanand Ayurveda

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college, Ahmedabad, for further treatment for the same.

Signs and Symptoms

- *Ubhay netra drishtimandhyata*- Since 2 years [Progressive diminished of vision for distant]
- *Akshikuta shoth*- Since 2 years
- *Shirahshool*- 6-7 months [Rt. temporal, throbbing type]
- *Ubhay netra kandu* - Since 10 days

Occupation History

IT job, computer work for 6-7 hours daily

Past History: No any past history found.

Family History: Father and elder sister has same complaints regarding diminished vision.

Personal History

Nidra-7 hours/day

Kshudha- *Samyaka*

Malapravriti- 1 time/day

Mutrapravriti- 5-6 times/24 hours

General Examination

Prakruti - *Vatakapha*

Bala - *Madhyama*

Mala- *Prakrut*

Mutra - *Prakrut*

Agni - *Prakrut*

Jivha - *Prakrut*

Pulse - 79/ min

B.P.- 120 /78 mmHg

Temperature - 98.7°F

No H/O HTN and DM.

Disease Specific Examination

- Bilateral Palpebral conjunctiva - congested
- Intra Ocular Pressure - 6.7 mmHg and 8.03 mmHg in Rt. and Lt. eye respectively (As the patient was on Travopost eye drops.)
- (Date-19/01/2024)

Rt. Eye	Media	Lt. Eye
Clear		Clear
Pallor + Inf. Rim thinning	Optic disc	Pallor + Temporal NRR thinning
0.5-0.6	CD Ratio	0.3
NAD	Macula	NAD
Dull	Foveal Reflex	Dull
NAD	Retinal Blood Vessels	NAD
WNL	Gen. Fundus	WNL

Investigation

1. MRI of Orbits with screening Brain (Date- 19/03/2024)

Impression: A few discrete hyperintensities are seen involving bilateral frontal periventricular and subcortical deep white matter suggestive of Unidentified Bright Objects (UBOs) most likely.

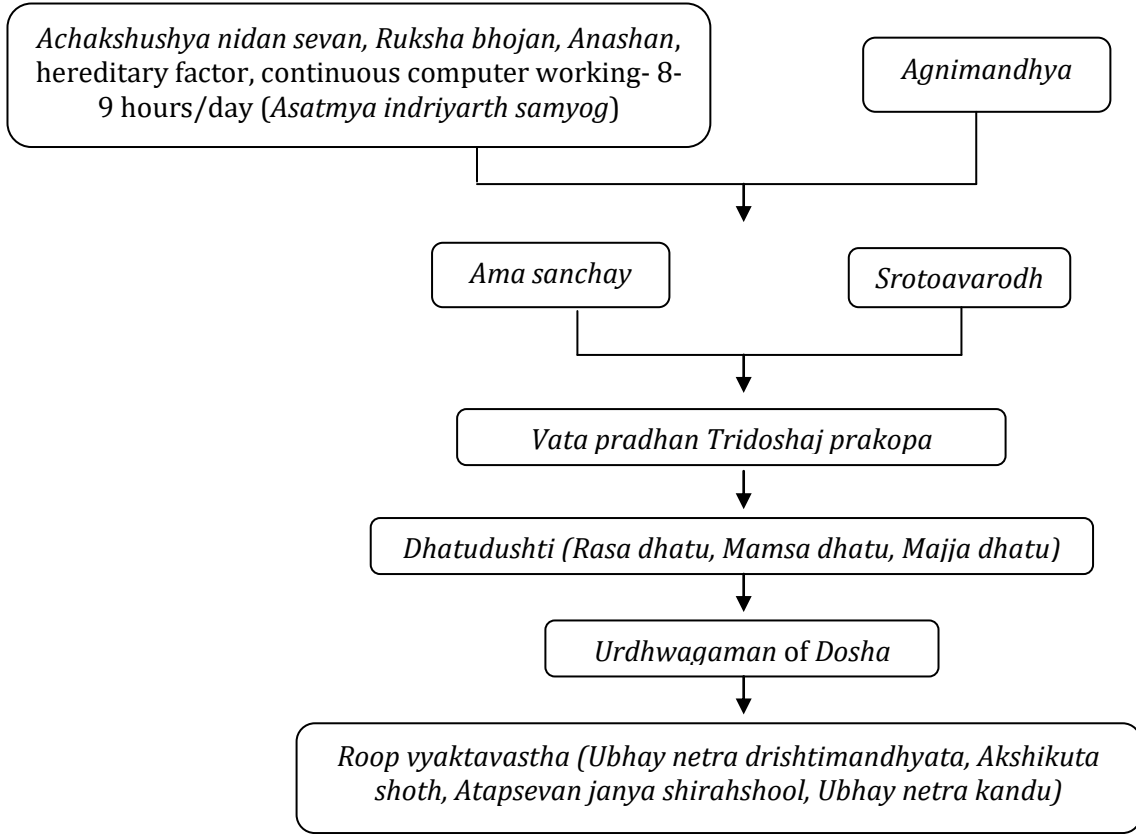
2. OCT (Date- 19/03/2024)

Impression: Bilateral thinning of neuroretinal rim.

Samprapti Ghataka

<i>Dosha</i>	<i>Vata-Kapha</i>
<i>Dushya</i>	<i>Rasa, Mamsa, Majja</i>
<i>Srotas</i>	<i>Rasavaha, Mamsavaha, Majjavaha srotas</i>
<i>Sroto Dushti</i>	<i>Sanga, Vimargagaman</i>
<i>Rogamarga</i>	<i>Madhyam rogamarga</i>
<i>Agni</i>	<i>Jatharagni, Dhatvagni</i>
<i>Udbhava Sthana</i>	<i>Amashaya</i>
<i>Vyakta Sthana</i>	<i>Netra</i>
<i>Swabhava</i>	<i>Chirakari</i>
<i>Sadhya Asadhyata</i>	<i>Krichhsadhya</i>

Samprapti



Methods

Kshirbasti, Marsha nasya, Tarpan, Shiropichu, Anjan, Shamana Aushadhi, Pathya - Apathya

Management

1. Panchkarma
2. Kriyakalp
3. Amayika chikitsa

Panchkarma

Basti Karma

- Kala Basti for 15 days (Panchtikta kshir basti)
- ✓ Makshika -50 g
- ✓ Lavana - 5 g
- ✓ Sneha - Patoladi ghrita 50 ml
- ✓ Kalka - Panchtikta Kalka 25-30 g
- ✓ Kshir - 250ml

Marsh nasya

For 7 days with Panchendriya vardhan Taila

Kriyakalp

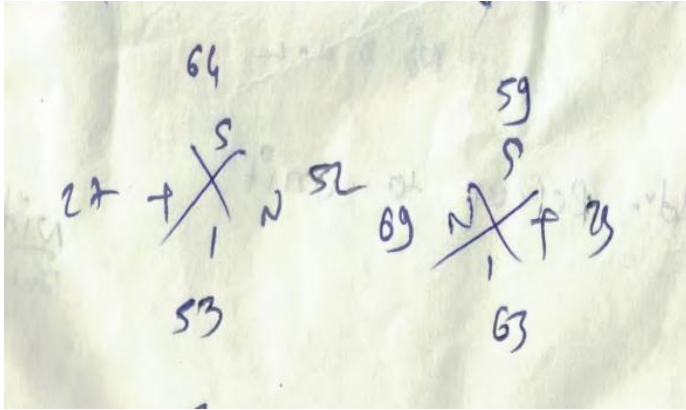
S.No.	Procedure name	Ayurvedic medicine	Duration
1.	Tarpan	Jivantyadi Ghrita ^[5]	4 days
2.	Shiro Pichu	Dhanwantar Taila	45 days
3.	Anjan	Mustadi anjan ^[6]	15 days
4.	Aschyotana	Goghrita	15 days

Amayika Chikitsa

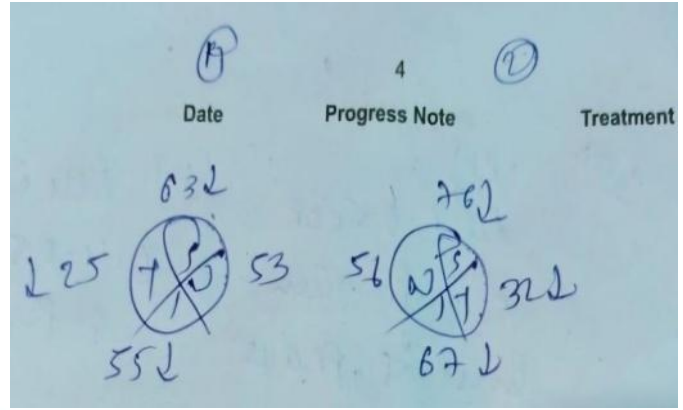
S.No.	Ayurvedic Medicine	Dose	Duration
1.	Amalaki churna (2g) + Yashtimadhu churna (2g) + Shatavari churna (2g) + Punarnava churna (1g) + Saptamrut lauha (500mg)	2 times with Ghrita and Madhu	2 months
2.	Laghu vasant malati rasa	2 times	2 months
3.	Pathyadi kwath	2 times	1 month

Assessment of Disease Improvement

B.T. (19/03/2024)



A.T. (05/09/2024)



Quadrants	OD (Rt. Eye)		OS (Lt. Eye)	
	B.T.	A.T.	B.T.	A.T.
Superior	64	63	59	76
Nasal	52	53	23	32
Inferior	53	55	63	67
Temporal	27	25	69	56

Visual Acuity Testing

Date	UcVA [RE]	UcDA [LE]	BcVa[RE]	BcVa[LE]	NVn [RE]	NVn [LE]
09/05/2024	3/60	3/60	6/36	6/36	N/18	N/18
03/06/2024	3/60	6/60			N/18	N/18
25/06/2024	6/60	6/60			N/18	N/18
02/07/2024	6/60	6/36	6/24	6/24	N/12	N/12

Symptoms	B. T.	A.T.
Ubhaynetra drishtimandhyata	++++	++
Akshikuta shoth	++++	+
Shirahshool	++	-
Ubhay netra kandu	++	-

RESULT

After 2 months of treatment protocol, there is mild increase in thickness of RNFL and moderate improvement in visual acuity of patient along with symptomatic reduction in *Ubhaynetra drishtimandhyata* and *Akshikuta shoth*.

DISCUSSION

Basti is known as *Ardhachikitsa*^[7] and prime treatment for *Vata Dosha*. So *Basti* normalize all type of functions of *Vata* in body and *Anulomana* of *Pratilomagata Vayu*. *Basti* also does *Dhatu poshan* as

well as *Shodhan* and *Shaman*. Drugs given through *Basti* reaches the posterior segment and nourishes retina and all nerve fibres. *Panchtikta dravyas do Dosh pachan* also.

Nasya also pacifies the *Vata dosh* in *Shirah pradesh* and also nourishes all *Dhatu*s of *Netra*, *Karna*, *Nasa* (all sense organs).

As *Shringataka Marma* in *Shira* is the connection of all sense organs like ear, eye, nose and any medicine this area targets the vitiated *Doshas* related to all sense organs.

Shiropichu (placing of oil on the anterior fontanelle) with *Dhanwantar Tailam* was planned which pacifies the aggravated *Vata Dosha* in head and helps to normalize the function of CNS (Central Nervous System) by nourishing the nervous system and balancing the circulation of blood in the sense organs including ear also.

Through *Tarpan karma*, better absorption of drugs take place. Considering the *Doshakarma*, the *Jivantyadi ghritha* has *Vatashamaka* property followed by *Pittashamaka* and *Kaphashamaka* property. It is indicated as *Timirhara param*.

Saptamrita Lauha is *Chakshushy rasayana*. *Lauha bhasma* has *Medhya*, *Chakshushya*, *Rasayan*, *Vajikaran* effect. Though it is indicated in *Netrarogas*.

Pathyaadi Kwatha is an Ayurvedic preparation mentioned in *Sharangdhar samhita*, used in the management of migraine, trigeminal neuralgia, sinusitis and eye related complaints. It is *Tridoshahara* mainly *Kaphapittahara*. It does *Amapachan* and *Anuloman*. It is prescribed in diseases such as *Shirashoola*, *Bhru*, *Shankha Shola*, *Karnashoola*, *Ardhavabhedak*, *Suryavarta*, *Shankhak*, *Dantapatan*, *Naktandhyay* and *Netraroga*.

CONCLUSION

As per above mentioned case discussion, it can be concluded that *Adhimanth* can be managed by *Panchtikta kshirbasti*, *Marsha nasya*, *Shiropichu* and other *Kriyakalpas* of *Netra* along with oral medicines.

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*Address for correspondence

Dr. Milina Mehta

P.G. Scholar,

Department of Shalaky Tantra,

Government Akhandanand

Ayurveda College and Hospital,

Bhadra, Ahmedabad, Gujarat,

India.

Email: mehtamr20@gmail.com

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