



Case Study

ROLE OF *BIDALAKA* IN THE MANAGEMENT OF *KLINNAVARTMA* (BLEPHARITIS)

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ABSTRACT

Ayurveda means science of life is one of the world's oldest whole body healing systems. *Swasthasya Swasthya Rakshanam, Aturasya Vikar Prashamanamcha* which means "The aim of Ayurveda is to protect the health of healthy individuals and to treat the diseases of the sick". *Shalakyta Tantra* is the branch of Ayurveda which deals with diagnosis and management of diseases occurring above clavicle. *Acharya Vagbhata* says *Chakshu Rakshaya Sarvakaakam Yavadiccha* means a person who want to live long life should give importance to health of eye. *Klinnavartma* (Blepharitis) disease classified under *Sandhigata roga*. Blepharitis is a common eye condition characterized by inflammation of the eyelids, particularly at the base of the eyelashes. It can cause redness, itching, burning and crusting of the eyelids. *Klinnavartma* (Blepharitis is classified under *Vartmagat netraroga* in *Shushrut Samhita*. It is *kaphaj Vyadhi*. Ayurvedic preparation for local application like (*Punarnava, Must, Devdaru*).

INTRODUCTION

Blepharitis is subacute or chronic inflammation of the lid margin; it is extremely common disease which can be divided into anterior blepharitis and posterior blepharitis. Bacterial blepharitis, seborrhoeic or squamous blepharitis, mixed staphylococcal with seborrhoeic blepharitis, posterior blepharitis or meibomitis, and parasitic blepharitis.^[1] Predisposing factors chemical, dust particle, over use of cosmetic, unhygienic condition leads to various types of eye diseases. *Sushruta Samhita* gives a wide description of *Shalakyta tantra*. Total 21 *Vartmagat rogas* has been explained *Klinnavartma* is one of the *Vartmagat Vyadhi*^[2] and can be compared to Blepharitis in modern view. According to Acharya Charaka, in the acute stage, i.e., acute *Amavastha*, *Bidalaka* is useful.^[3]

Blepharitis affecting at any age the prevalence of blepharitis is 37% to 47% by recent survey conduct in United State of America (USA).

Case Report

An 41year old female patient approached Shalakyta OPD, complaining of bilateral itching, swelling of lids, whitish scaly wrinkled lid margin. Associated complaints are mild lacrimation, pain. she also has complaints of dry scalp. The patient was treated with *Punarnava, Musta, Devdaru Churna Bidalaka* once a day for 14 days. Routine follow-up was carried out, and regression in the symptoms was noted.

Personal History

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


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Table 1: Eye examination finding

	Rt eye	Lt eye
Lids	Scaling, swelling	Scaling, swelling
Sclera	Normal	Normal
Conjunctiva	Mild congestion	Normal
Cornea	Clear	Clear
Pupil	Normal size reacting to light	Normal size reacting to light
Lens	Immature cat	Immature cat
Ant chamber	Normal	Normal
Lacrimal sac	Normal	Normal
Va	6/9	6/9

Ashtavidha Pariksha

<i>Nadi- kapha Pradhan</i>	<i>Shabda- Spasta</i>	<i>Mutra-Samyaka</i>	<i>Druk- Vartmagata shotha</i>
<i>Mala- Prakruta</i>	<i>Sparsha- Anushna</i>	<i>Jiva- Niram</i>	<i>Akruti-Madhyam</i>

Treatment Given

1. *Punarnava churna*
2. *Musta churna*
3. *Devdaru churna*

Preparation

Above *Churna* paste was prepared by mixing sufficient water.

Procedure of application

Poorva Karma

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

Pradhan Karma

The patient is given a supine position with closed eyes. All *Churna* paste is applied under aseptic precautions around both eyes and eyelids except lid margins. According to *Acharya Charaka*, the thickness of *Bidalaka* should equal one-third of the thumb's thickness.

Paschaat Karma

Lepa is cleaned out with a gauze piece before it dries up. The patient is asked to wash and clean the face with lukewarm water.

OBSERVATION AND RESULT

Signs and symptoms were assessed, along with photographs taken before and after the treatment

Observation

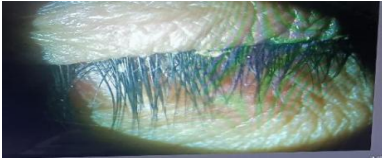
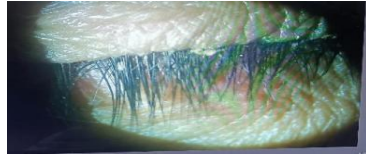
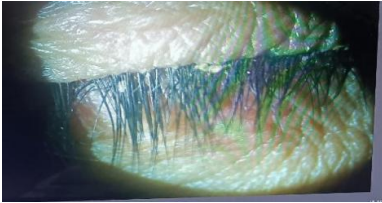



	Rt eye	Lt eye
Day 0		
Day 7		
Day 14		

Table 2

Signs and symptoms	Day 0	Day 7	Day 14
Scales	Present	Mild	Absent
Itching	Present	Absent	Absent
Swelling	Present	Mild	Absent
Redness	Present	mild	Absent

DISCUSSION

Kriya Kalpa (local therapeutics) are the topical ocular therapeutics indicated in various *Netra Roga* which has several advantages over oral administration of medicines as it provides more time for bio availability. *Bidalaka* involves the transdermal application of a medicated paste to the eyelids, where the drug absorbs through the thin, permeable skin of the eye area. The mode of action relies on the thin stratum corneum of the eyelids, which offers low impedance for drug absorption via., epidermal and intercellular routes into the underlying microcirculation. The warm, water-based paste, enhanced by prior warm massage and vascularization of the area, increases drug permeability and absorption, leading to local therapeutic effects on eye conditions like burning sensation, redness, and swelling.

It is proven to be the best *Kriyakalpa* for eyelid disorders as it acts by its absorption through *Romakupa* (hair roots), *Sweda vahini* (sweat glands) and *Sira Mukha* (blood capillaries) when applied in a direction against the hair follicles. In *Sushruta Samhita*, *Vartmagata Roga* has been mentioned, among which, Blepharitis can be compared with *Klinnavartma*, having similar symptoms like lid inflammation, itching and swelling.

Punarnava has *Kaphavataghna* property due to *Ushna Virya*, anti-inflammatory, anti-edematous action in treating blepharitis. [4]

Docosahexaenoic acid in *Punarnava* shows promising results in treating itching and dryness of the ocular surface. Ursolic acid is a pentacyclic triterpenoid carboxylic acid in *Punarnava* that has anti-inflammatory, anti-allergic, anti-ulcer and anti-tumour properties. *Musta* is having *Tikta, Katu, Kashaya Rasa, Laghu, Ruksha Guna, Sita Virya* and *Katu Vipaka* with

Kapha-Pittahara properties.[5] It also possess pharmacological action likes anti-inflammatory. *Devdaru is Kandughna, Shophahara*. Due to *Tikta, Katu* and *Ushna Virya* it is *Kaphahara* and *Snigdha* and *Ushna Guna* it is *Vataghna*.

CONCLUSION

After analysis of all the data, it can be concluded that Ayurvedic management with *Punarnava, Musta* and *Devdaru churna*. *Bidalaka* is effective in the Blepharitis. Thus, it can be concluded that ayurvedic approaches are helpful in managing and to prevent Blepharitis. The objective of this study was to treat Blepharitis with ayurvedic management considering minimal side effects. Effective results were achieved through this case study, thus attaining the aim of this case study.

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