

Management of recurrent Anjannamika (External Hordeolum) through Ayurveda: A case study

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ABSTRACT

Anjannamika is a Vartmagata roga depicted by Acharyas in Ayurveda old style texts. Anjannamika is a Rakta strength and Bhedhana Sadhya Vyadhi where there is bubble in the top edge which is delicate, modestly excruciating, copper red in variety and described by consuming and pricking sensation in eyes. The signs and side effects of Anjannamika looks like the highlights of Outside Hordeolum, which is intense suppurative irritation of organs of eyelids Zeis and Moll. The current contextual investigation is, the administration in view of the convention of Ayurveda. A 35-years of age female patient visited emergency clinic, with the grumblings of expanding, torment, distress, redness, watering, unfamiliar body sensation, in her left eye since, most recent multi week. The treatment systems were joined of Swedana, Bhedana and Nishpidana with Vranaropana Chikitsa. It was seen that the patient got total help from repetitive Anjannamika (Hordeolum Externum) in 10 days of the executives. It was seen that there was no repeat during the hour of follow up.

Key words: *Anjannamika, Bhedana, External Hordeolum, Nishpidana, Parisheka, Vartmagata roga, Vranaropana Chikitsa.*

INTRODUCTION

Acharya Sushruta has depicted 76 kinds of Netragata rogas, Anjannamika being one among them, goes under the arrangement of 21 sorts Vartmagata roga. Anjannamika is a Rakta strength and Bhedhana Sadhya Vyadhi where "A bubble in the cover edge which is delicate, decently excruciating, copper red in variety and portrayed by copying and pricking sensation in eyes. Furthermore, Acharya Vagbhatta said that it is a Pitika (Bubble) created by Rakta are arranged in the center or toward the finish of eyelid, these Pitikas (Bubbles) are fixed to the eyelids and looks like green gram like shape and size. The clinical highlights of Anjannamika looks like the signs and side effects of Outside Hordeolum. Outer Hordeolum or Eye cyst is an illness of eyelids(Gordon et al., 2020). It is a suppurative irritation of organs of eyelids. At the point when there is the contribution of organs of Zeis and organ of Moll it is called Outside Hordeolum and when there is the irritation of the meibomian organ is known as Inward Hordeolum. The commonness pace of hordeolum is 3.9% in India. An intense suppurative irritation of the organ of Zeis or Moll is known as eye sore or Outer hordeolum. In the beginning phases, the organ becomes enlarged, hard and difficult, and typically the entire edge of the top is edematous(Srinivasan et al., 2013). A canker structures which by and large focuses close to the foundation of one of the cilia. The aggravation is impressive until the discharge is taken out. It is commonest in youthful grown-ups, yet may happen at whatever stage in life, particularly in crippled people("Abstracts of the 27th Annual Meeting of the Society of General Internal Medicine. Chicago, Illinois, USA, 12-15 May, 2004.," 2004). Consistent scouring of the eyes or fingering of the covers and nose are normally connected with repetitive Eye blister. This condition for the most part endures one to about fourteen days, and is some of the time self-mending, yet repeat is normal. It tends to be treated with warm packs, rub treatment, skin anti-microbial eyedrops (3-4 times each day), foundational calming, analgesics and some eye salves(Nicas & Best, 2008). The Ayurvedic The board of Anjananamika incorporates Swedana (Hot packs), Nishpidana (Assuming precipitously burst open, it ought to be all around squeezed

and scoured), Bhedana (Penetrating of the Pitaka), Pratisarana (The glue ought to be applied utilizing finger pressure) and Raktamokshana (phlebotomy) by Jaloukavacharana.

CASE REPORT

A 35-years of age female patient visited Parul Ayurved Medical clinic, at OPD of Shalakya Tantra, with the grumblings of expanding, torment, uneasiness, redness, watering, and unfamiliar body sensation, in her left eye since most recent multi week which was repetitive since long days. She was imparting effective anti-toxin eyedrop since most recent 3 days however got no help.

HISTORY OF PRESENT ILLNESS:

Patient was obviously solid before multi week, because of her extra time work in the house in outrageous blistering climate over 8 hours, lead the patient to felt agony and disturbance in the left eye related with unfamiliar body sensation, distress, gentle watering, consuming sensation and photophobia, later the patient saw redness in left eye with gentle enlarging. By ceaselessly taking care of her responsibilities, the sickness in the patient had been exasperated by delayed openness to warm climate, soil and residue and deficient rest. For brief alleviation she was utilizing anti-microbials eyedrops since most recent 3 days however got no help(Uchino et al., 2022). On additional set of experiences taking she uncovers that inside each 15-20 days she experiences similar condition since most recent a half year which is died down by utilizing effective anti-infection agents and calming eyedrops yet this time it is more serious than past. Patient was ready to take Ayurvedic prescription, and conceded in the IPD ward for additional treatment(Lunenfeld & Stratton, 2013).

HISTORY OF PAST ILLNESS:

No set of experiences of Diabetes mellitus, Hypertension and Thyroid problems and some other major Foundational ailment.

PERSONAL HISTORY

- Micturition: Day time 5-6 times, At night -0 times.
- Bowel habit: Regular -2 times/day.
- Sleep: Disturbed sleep, At night 3-4 hours, Day time-no sleep.
- Addiction: Tea.
- Blood Pressure: 110/80 mmHg.
- Pulse rate: 78/min.
- Respiration rate: 20/min.

CLINICAL FINDINGS

Ashtavidha pariksha

<i>Nadi</i>	<i>Dosha -Vatapittaja</i>
<i>Mutra</i>	Day time 4-5 times, At night -0 times
<i>Mala</i>	1-2 times in a day/ <i>Prakruta</i>
<i>Jihva</i>	<i>Sama</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Ruksha</i>
<i>Drik</i>	<i>Vikruta</i>
<i>Akriti</i>	<i>Madhyama</i>

Ocular examination

Structures	Right eye	Left eye
Eyelashes	NAD	NAD
Eyelids	NAD	Localized, hard, red, tender swelling in the upper eye lid margin and 2 mm away from lid margin near the inner canthus. Multiple boils and pus points (5 in no. Approx) were noticed.
Cornea	Clear	Clear
Palpebral conjunctiva	NAD	Swelling with marked Congestion
Bulbar conjunctiva	NAD	Congestion++
Sclera	NAD	NAD
Pupil	RRR	RRR
Lens	Transparent	Transparent

Visual acuity

		Right eye	Left eye
D\V:	B\C	6/9	6/9 (p)
	P\H	6/6	6/9
N\V:	B\C	N8	N8

ASSESSMENT CRITERIA

Subjective Parameters: Symptoms in Classical texts with modern correlation

• <i>Daha</i>	Burning sensation
• <i>Toda</i>	Pricking pain
• <i>Kandu</i>	Itching
• <i>Shopha</i>	Oedema over lids and Conjunctiva
• <i>Nistoda</i>	Foreign body sensation
• <i>Raga</i>	Congestion
• <i>Srava</i>	Discharge
• <i>Prakashasahatva</i>	Photophobia

THERAPEUTIC INTERVENTION

Treatments given to the patient have been enlisted in Table given below. Patient was advised to avoid direct sunlight, UV light and wind. Patient was also advised to take proper sleep, avoid work near fire, dust and smoke.

r. o.	Drug	Dose	Mode of administration	Duration
.	<i>Jatipatradi Kwatha</i>	500ml for 10 min/ twice a day	<i>Parisheka</i> (eye wash) on left eye	10 days
.	On 3 rd day after <i>Parisheka</i> pus evacuation was done under topical anesthesia (0.5% proparacaine) from all the <i>Pidikas</i> by pricking with 26.5 gauze needle (as mentioned by <i>Acharyas Bhedana</i> and <i>Nishpinana</i>) ⁵ and epilate the cilia of affected area with the help of epilation forcep.			
.	<i>Tagaradi Pindi</i>	All drugs in equal proportion mixed to form paste and kept in fresh cotton cloth (4 x 4) to form pindi.	Local application on left eye once in the day at evening for 20 – 25 minutes.	10 days
.	<i>Sutashekhar Ras Vati</i>	2 tablet twice a day before food with luke warm water	Orally	10 days
.	<i>Triphala Guggulu Vati</i>	2 tablets twice a day after meal with warm water	Orally	10 days
.	<i>Mahamanjishthadi Kwatha</i>	15 ml with 45 ml of water twice a day after meal.	Orally	10 days

FOLLOW UP

After completion of treatment, the patient was followed up after 1 month. The patient was completely free from the previous signs and symptoms, and no new complaints were found during the day of follow-up and no recurrence was found within that period.

RESULTS

After fifth day of evaluations, varieties in results were found on every side effect related with Anjannamika. Aftereffects of the treatment were arranged and dissected. Patient got alleviation in signs and side effects with slow improvement. Impacts of the treatment on the patient are visually introduced when given underneath. Appraisal on each considering side effect of Anjannamika has been introduced in Table referenced here(Hazra et al., 2022).

S. No.	Signs and Symptoms	Before Treatment (0 Day)	On 5 th Day	After Treatment (11 th Day)
1	Daha – Burning sensation	Present	No burning sensation	Absent
2	Toda – Pricking pain	Present	Mild pricking pain	Absent
3	Kandu – Itching	Present	Reduced	Absent
4	Shopha – Oedema over lids and Conjunctiva	Present	Mild reduced	Absent
5	Nistoda – Foreign body sensation	Present	No foreign body sensation	Absent
6	Raga – Congestion	Present	Reduced	Absent
7	Srava – Discharge	Present	Occasionally	Absent
8	<i>Prakashasahatva</i> – Photophobia	Present	Reduced	Absent



Before Treatment



After Treatment

OUTCOME

It was observed that after 10 days of treatment, all the signs and symptoms were relieved completely.

OBSERVATIONS

It was seen that the patient got total help from Anjannamika (Outside Hordeolum) in 10 days. She was approached to come for trail behind multi month, Patient was not on any prescription around then. There was no repeat during the hour of follow up.

DISCUSSION

A Vartmagata Sadhya Netra Vikara, "Anjannamika" emerges from the vitiation of Rakta and Mamsa of Vartma (eyelid), happens due to wrong Ahara and Viharas. The Lakshanas of Anjannamika are like Outside Hordeolum. Pittahara, Raktahara and Doshahara medicines are conceivable notwithstanding the inclusion of other Doshas, as it is a Raktapradhana Vyadhi. There are various treatment modalities related with Hordeolum, including hot packs (Swedana), Chedana (little blade cuts), Anjana (Collyrium), Raktamokshana (phlebotomy) and that's just the beginning(Singh & Rajoria, 2020).

Pidika which structures in a beginning phase of Anjannamika is like the Aam Shopha (pre-suppurative stage) and, inside three to four days, that Pidika seems like Pakva Shopha (phase of decay) and changes into a boil (the festered phase of eye cyst). At this point, Acharya Sushruta suggested Bhedana Chikitsa (penetrating of by instrument). In the current contextual analysis, we pick the Chikitsa referenced by Acharya Sushruta(Natarajan, 2008).

Swedana with Jatipatradi Kwatha, right off the bat, done then on third day Bhedana and Nishpidana done under effective sedation. Vranaropana Chikitsa with Tagaradi Pindi and Parisheka with Jatipatradi Kwatha alongside Triphala Guggulu vati, Sutashekhhar ras vati and Mahamanjishthadi Kwatha orally for 10 days were taken by tolerant.

Jatipatradi Kwatha: contains Jatipatra, Amruta, Javasa, Darvi, Draksha, Triphala. These all medications have Vedanasthapaka, Shothahara, Dahahara, Shroto-Vishodhana, Vrana Shodhana and Ropana properties. It additionally has calming, analgesics, hostile to unfavorably susceptible, against viral, against bacterial, and antifungal properties which advances the injury mending and furthermore denied the bacterial development(Kumar et al., 2021). In gentle cases, hot pressure is adequate all alone. Jati having Tridoshahara and Netrya properties. Dynamic parts in Jati leaves are ascorbic corrosive, anthranilic corrosive and its glucoside, indole oxygenase, alkaloid jasminine and salicylic corrosive, which helps in injury mending and really great for visual wellbeing. Amruta is notable safe modulator spice and furthermore having Chakshushya property. Javasa is Kaphamedahara and RaktaPitta shamak properties manages Rakta dominancy of Anjannamika. Darvi or Daruharidra having hostile to bacterial, against pyritic and calming properties which alleviation the visual aggravation and uneasiness in eye. Draksha diminished the consuming sensation and Triphala¹³ is having Tridodhahara, Deepana and Chakshushya properties. In this way, it assists with appeasing vitiated Doshas and improve legitimate capability of nearby Dosha and Dhatus. At long last, helps in Samprapthi Vighatana and avoidance of the guess of the illness. Netra Parisheka which is remotely utilization of medication on the eye, because of contact with Bhrajaka Pitta (the pitta which is situated in the skin), it will be assimilated through neighborhood tissue with the assistance of Ushna Ruksha Gunas(Rastogi, 2010). Because of Pachana and Bahirparimarjana properties of the methods. Ama Pachana will happen and additionally eliminates Srotorodha and Standardization of Sthanika Dhatwagni. The

ropana properties of jatiptradi kwath likewise helps in the mending of wound(Dudhamal et al., 2010).

Tagaradi Pindi: is comprise of Tagar, Ela, Lodhra, Saindhav Lavan and Madhu. In light of the standards of the sixty Upakramas of Vrana the executives as depicted in the Sushruta Samhita, Tagaradi Pindi has Vranaropak properties. Tagar is having Tridosahara exceptionally Kaphavata shamak and Vishaghna properties(Shanti & R, 2023), The rhizomes and underlying foundations of the Tagar plant contain cyclopentapyrans, acacetin-7-0-rutinoside, valtrate, valepotriates and an iridoid ester glycoside, valerosidatum which speed up mending and furthermore diminished the pain¹⁹. Madhura Rasa of Madhu gives sustenance to the tissue, helping with the arrangement of granulation tissue, while Kashaya Rasa offers Lekhana (scratching), which supports de-sloughing and improve the injury for recuperating(Aisa et al., 2020). Accordingly, Tagaradi Pindi has great properties to mend the injury by ethicalness of its Sodhana (purging), Ropana (recuperating), and Sandhana (association) activities. Further, Ela and Saindhav lavan mollifies Pitta Rakta Dosha by ethicalness of its Madhura Rasa and Sheeta Guna. Lodhra is Akshibhaisajya valuable in eye problems including Pitta and over the top emission. Lodhra's haemostatic, coagulant, astringent, and mitigating activities make it a significant spice in the Ayurvedic the executives of outer hordeolum. Its application can actually decrease side effects and advance recuperating, making it a fundamental part of Ayurvedic treatment conventions for this condition. In that manner Tagaradi Pindi can empower detoxification, all of which help to clean the injury and advance mending(Butala et al., 2017).

Triphala Guggulu: is an Ayurvedic detailing that offering the synergistic advantages of Triphala and Guggulu. Triphala brings detoxifying and purgative properties, while Guggulu gives mitigating properties. The consolidated impact of these fixings assists with giving help from the aggravation, expanding, and other uneasiness related with wound. It further develops Agni (the stomach related fire) which advances sound digestion and deliveries overabundance Kapha from the framework.(Muguli et al., 2015) With these impacts Triphala Guggulu additionally having antibacterial, antimicrobial, calming and pain relieving properties so here it might assist with controlling disease and decrease aggravation.

Mahamanjithadi Kwath: utilized as the extra safe medication, was Having drugs Manjishtha, Musta, Kutaj, Guduchi, Kushta, Nagara, Bharangi, Vacha, Nimba, Haridra, Daruharidra, Triphala, Patola, Katua, Murva, Vidanga, Chitraka, Shatavari, Trymana, Indrayava, Vasa, Mahadaru, Patha, Khadira, Chandan, Trivrit, Bakuchi, Nimba, Karanja, Ativisha, Indravaruni, Sariva. This multitude of medications are having properties like Raktashodhak, Kapha Pitta Shamak, Rakta Prasadana, Shothahar, Vranropak, Vedanashamak, Kandughna, Dahaprashaman, which are useful in treating Anjannamika, as it is a Rakta predominance Vartmagata Vyadhi. Manjishtha's primary constituents are purpurin, munjistin, xanthopurpurin or purpuroxanthin and Pseudopurpuri helps eliminate the pollutions from blood and advances blood course. The immunomodulatory action displayed by the spices makes it ideal for helping and keeping up with resistance.

Sutashekhar Ras: is comprised of Shuddha Parada, Shuddha Gandhak, Shankh bhasam, Tamra bhasam, Vatasnabha, Dhatura, Sunthi, Pippali, Marich, Dalchini, Tamalpatra, Ela, Nagkeshar, Tankan, Bilwamajja, Karchur and Bhingraj swaras. This definition is normally used to adjust the Pitta dosha and mitigate side effects connected with acidity, gastritis, and heartburn. In eye problems, Sutshekhar Ras is utilized for its mitigating, pain relieving, and detoxifying properties. By placating the Pitta dosha, which is frequently connected to aggravation and consuming sensations, it assists with overseeing Anjannamika that manifest with these side effects.

CONCLUSION

The clinical qualities of the sickness Anjannamika, as portrayed in Ayurvedic texts, are basically the same as those of Outer hordeolum. Shad vidha Kriyakala's (six periods of pathogenesis) will act as the establishment for a clarification of the different phases of Anjannamika. The administration of the sickness and its initial disclosure will help with forestalling its spread. Both Ayurvedic Sciences and Current Science gave comparative clarifications of the board thoughts. The repeat pace of illnesses is high when legitimate consideration and the board is not done on time. There is less likelihood of a condition repeat with Ayurvedic treatment utilized for Outside Hordeolum as the administration chiefs of Ayurved placate the underlying driver of the illness. Along these lines, we can presume that administration of Anjannamika (Outside hordeolum) utilizing Ayurvedic treatment Convention is more fruitful and with empowering results leaving patients feel stimulated and elevated.

In the previously mentioned case the Patient was having the objection of repetitive various outside hordeolum in the beyond a half year and by following Ayurvedic treatment convention of Anjannamika the illness completely relieved with no repeat as we take follow-up for next multi month.

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