



Effect of Oral Use of Jatamamsadi Churna in Pittaj Netraabhishtyanda.

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ABSTRACT

Ayurveda is a branch of science which deals with maintaining health and preventing diseases of the body. *Ayurveda* is divided into eight parts and *Shalakyatantra* is one of them. It deals with the health condition and diseases in head and neck region. Eye is the most useful and sensitive part of our body. The life will be colourless without sight. So we have to take care of these precious eyes. They are at continuous risk of danger by vitiation of doshas. *Acharya Vagbhata* has mentioned *Jatamamsadichurna* as a remedy for *Pittajnetraabhishtyanda*. It can be correlated with Conjunctivitis according to modern science. *Pittaj Netraabhishtyanda* shows symptoms like burning sensation, pain in eyes, discharge through eyes and redness of eyes. All these symptoms were relieved by use of *Jatamamsadi Churna* in internal use.

Keywords: *Ayurveda, Netraabhishtyanda, Conjunctivitis, jatamamsadichurna.*

INTRODUCTION

Ayurveda is the ancient science which deals with maintaining health of the person and treating illness of diseased person.¹ Person is said to be healthy only when he is free from any pain. The pain is of two types, namely physical and psychological. Our *Ayurveda* has been divided into eight branches which is called as *Ashtang Ayurveda* and *shalakya* is one of them. ²*Shalakyatantra* is a branch of *Ayurved* which deals with health and disease of head and neck region.

Eye is the most important sense organ which has peculiar functions in everyone's life. *Acharya Vagbhata* has said that all efforts should be made to protect eyes during whole life. For any blind man, the day and night will be same. World will be useless for him without eyes though he has more wealth.³ There is vast comprehensive description of eye related diseases and their treatment available in our classical Ayurveda literature. It has described that Vitiated *doshas* propagate through *sira* towards head region, enters the eye and produces ocular diseases. Ocular diseases are classified into various categories based on *dosha* predominance, location, prognosis and surgical methods for cure.

Netraabhishtyanda is a disease mentioned in *Ashtang Hrudya*. It is caused due to vitiation of *doshas* and its accumulation in eyes. It can be related to Conjunctivitis according to modern science. There is severe burning sensation in eyes due to *pitta dosha* vitiation. It also has redness in eyes, pain in eyes and watery Discharge through eyes.⁴ Systemic and topical measures are best remedy for the management of *Netrarogas*. Topical measures include operative procedures and *kriyakalpa* like *tarpan* and *seka* with *siddha ghrta*. *Siddha ghrta* i.e. medicated ghee is widely drug of choice for *netrarogas*. *Acharyavagbhata* has mentioned *Jatamamsadi Churna* as a remedy for *Netraabhishtyanda* in '*Sarvakshirogapratishedha*' *adhyaya*.⁵ so this study is an attempt to study the effect of *Jatamamsadi Churnain Pittajnetraabhishtyanda*.

AIMS AND OBJECTIVES

To evaluate effect of oral use of *Jatamamsadi Churna* in *Pittaj Netraabhishtyanda*.

Objectives

1. To evaluate the effect of oral use of *Jatamamsadi Churna* in *Pittaj Netraabhishtyanda*.
2. To observe any side effects of *Jatamamsadi Churna*.
3. Detail study of *Pittaj Netraabhishtyanda* according to *Ayurveda*.

MATERIAL AND METHOD

Selection criteria:

Inclusion criteria:

1. Patients between age group of 20 to 65 years were selected.
2. Patients with *Pittajnetraabhishtyanda* were selected.
3. Patients will be selected irrespective of sex, marital status, religion, education and economical status.
4. Patients willing for trial.
5. Patients of *Pittaj Netraabhishtyanda* having following symptoms-

- Burning sensation
- Pain in eye
- Redness in eye
- Discharge from eyes

Exclusion criteria:

1. Patients having serious congenital anomalies.
2. Patients of conjunctivitis suffering from serious systemic illness.

Preparation of drug:

▪ *Churna:*

Churna is a fine powder of completely dried drug / drugs which is filtered through cloth.⁶

▪ *Jatamamsadichurna:*

The ingredients of *jatamamsadichurna* are-

1. *Jatamamsi* – 1 part
2. *Padmakashtha* – 1 part
3. *Kakoli* – 1 part
4. *Jyeshthamadha* – 1 part

The properties of each drug is as follows:^{7,8}

Dravya	Latin name	Rasa	Veerya	Vipaka	Guna	Karma
<i>Jatamamsi</i>	Nordostachysjatamamsi DC	<i>tikta, kashaya, madhur</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Dahaprashama, Vedanasthapana</i>
<i>Padmakashtha</i>	Prunuscerasoides D. Don	<i>Kashaya, Tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu,</i>	<i>Dahaprashama, Vedanasthapana</i>

<i>Kakoli</i>	PuerariatuberosaDC	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Guru, snigdha</i>	<i>Snehana, Anulomana</i>
<i>Jyeshthamadhya</i>	Glycyrrhizaglabra Linn.	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Guru, snigdha</i>	<i>Dahashamaka, Vedanasthana</i>
<i>Shatavari</i>	Asparagus racemosus	<i>Madhura, Tikta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Pittashamana, Raktadoshahara</i>

Due to unavailability of kakoli in present time, it is replaced by Shatavaridrug.

▪ **Investigations:**

All routine investigations of blood and urine were done for required cases.

Total 20 patients were selected and treated.

▪ **Treatment:**

Jatamamsadi Churna – 3 gm after meal twice in day orally

Anupana- Sheetajala

▪ **Duration** –7 days

Follow up – after 7 days

▪ **Statistical Analysis:**

By Paired 't' test.

▪ **Assessment Criteria :**

1) Burning Sensation

No burning sensation	0
Negligible burning sensation	1
Tolerable and occasional burning sensation	2
Intolerable and continuous burning sensation	3

2) Pain

No pain	0
Mild pain	1
Moderate pain	2
Severe pain	3

3) Lacrimal Discharge

No Lacrimal Discharge	0
Negligible Lacrimal Discharge	1
Moderate occasional Lacrimal Discharge	2
Intolerable and continuous Lacrimal Discharge	3

4) Redness

No redness	0
Occasional redness	1
Frequent redness	2
Continuous redness	3

OBSERVATION AND RESULTS

The response of treatment was observed and recorded on a case paper and data collection by clinical study.

Results:

Effect of oral use of *jatamamsadichurna* on cardinal symptoms of Pittaj Netrabhishyanda is as follows

Cardinal Symptoms	N	Mean BT	Mean AT	S.D.	S.E.	't'	P value	Result
Burning Sensation	20	1.5	1.1	0.887	0.014	3.14	P<0.001	S.
Pain	20	1.8	1.4	0.121	0.035	2.99	P<0.001	S.
Lacrimal Discharge	20	1.7	1.4	0.558	0.101	3.09	P<0.001	S.
Redness	20	1.4	1.0	0.797	0.079	3.47	P<0.001	S.

(BT- Before treatment, AT- After treatment, S.D- Standard Deviation, S.E.- Standard Error of mean, S.- Significant)

DISCUSSION

After seeing all the contents of *Jatamamsadichurna*, they have properties like Madhur, Tiksha and kashaya rasa, sheetaveerya, Madhurvipaka and laghu & Snigdha. So the properties of *Jatamamsadichurna* can be taken as

Rasa-Madhur, Tikta, kashaya

Veerya- sheeta,

Vipaka- Madhur

Guna- laghu, Snigdha

By viewing above properties, it is clear that all these drugs are very effective to break the pathogenesis of *Pitta dosha*. It is very useful in diseases like *Daha, Raktapitta* etc. *Madhurrasa* and *madhurvipaka* is effective against *Pitta Dosha*. *Sheeta Veerya* of all *dravyas* assist this in the task. Due to this, *Jatamamsadichurna* is highly significant in *Pittaja Netraabhishtyanda* at p value 0.001. The statistical analysis is done by paired 't' test.

CONCLUSION

Pittaj Netraabhishtyanda is commonly occurring disease. It shows pain, redness and discharge in eyes and burning sensation. *Jatamamsadichurna* is remedy mentioned in *Ashtang Hrudayain Sarvakshiroga Pratishedhaadhyayaikalpasthana*. It has the property to mitigate vitiated *Pitta Dosha*.

Jatamamsadichurna shows significant effect on *Pittajj Netraabhishyanda*. There is considerable decrease in mean value between before Treatment and after Treatment. It is highly significant at p value 0.001.

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