

A Case Study of Linganasha in Ayurveda

Dr. Anantrao Shankarrao Bangar¹ and Dr. Mule C. N.²

PhD Scholar, Dept of Shalakya Tantra, Yashwant Ayurvedic Medical College, Kodoli, Kolhapur¹

Guide, HOD & Prof. Dept of Shalakya Tantra, Yashwant Ayurvedic Medical College, Kodoli, Kolhapur²

Abstract: Ayurveda science which has main aim for the maintenance of healthy life and diseased condition. Ayurveda has described various branches which is known as 'Ashtanga Ayurveda' in which Shalakya Tantra was one among them. Eye is the most highly of providing sight to living creatures. Vision is unarguably the most important of the five senses. Various diseases were included in Shalakya branch like Netra, Nasa, Karna Rogas etc. Lingansha is one of the common, important and disorder found in ophthalmic practice. This had been selected for the case study. This was correlated with the Blindness in the modern science. Ayurveda has various treatment modalities were mentioned for Lingansha. Ayurveda has given various lines of treatment, less side effects and helps to give relief.

Keywords: Lingansha, Blindness, Ayurveda

I. INTRODUCTION

Ayurveda is not only a treatment procedure, but also a complete life style of a person. In Ayurveda there is 8 specialty branches. So, Ayurveda is also called as 'Ashtanga Ayurveda', Shalakya Tantra is one of them¹. Shalakya Tantra deals with Urdhvajatrugata Roga. Netra is also included in Urdhvajatru, which is also an important organ among Panchendriya in our classics².

In Ayurvedic literature, Acharyas have explained the disease of eye with minute details. Disorders, which result into either partial or complete loss of vision, have been described under the Drishtigata Rogas which are twelve in numbers. Out of which six definitely if neglected may result into the loss vision and have been given the name of Lingansha³. On the basis of sign and symptoms the disease Lingansha can be correlated to that of Cataract in modern science.

When the doshas enter the fourth Patala and obstructs the vision completely, it is called as 'Lingansha'. In this stage, one perceives only darkness. But if the condition is not so aggravated or grave, the patient can visualize moon, sun, star, sky, lightening, burning and glowing objects. Lingansha is also called as Nilika or Kacha⁴.

If this stage of third Patala (Kacha) is ignored, the vitiated doshas enters and gets localized in the fourth Patala causing complete covering of the Drishti mandala leading to Lingansha (blindness)⁵. In this study, it was treated by the help of Nilotapaladi Netra Bindu advised for Netra Rogadhikara by Chakradutta.

Objectives of the study

To study the effect of Nilotapaladi Netra Bindu in the management of Lingansha w.s.r. to Cataract.

Methodology

Case study

A 50 years old male patient came hospital with symptoms like Avyakta Darshana, Dvividha Darshana, Sirobhitapa, Netrayasa since from 3 days. Patients Nidana was assessed initially along with Ashtavidha and Dashvidha Pariksha.

Name of Patient - ABC, 50 year - Male

Religion - Hindu

Occupation - Worker

Chief Complaints -

- Avyakta Darshana [Blurring of vision]
- Dvividha Darshana [Diplopia]



- *Sirobhitapa [Headache]*
- *Netrayasa [Eye strain]*

Ashtavidha Pariksha -

Nadi - 82/min

Mala - Samyaka.

Mutra - Samyaka

Jivha - Alpa Saam

Shabda = Spashta

Sparsha – Anushna

Druka – Avyakta Darshana

Akruti - Sthula

General Examination -

PR - 72/min

BP - 130/90 mm of Hg

RS – AE = BE, Clear

CVS – S₁ S₂ N

CNS - Conscious, Oriented

P/A - Soft, No Tenderness

Past History -

H/O – Travelling in pollution, More work on Computer.

Eye examination – Visual acuity – 6 / 36

Management –

NILOTPALADI NETRA BINDU⁶ -

This medicine is prepared using the ingredients of *Nilotpaladi Anjana*. This is the reference from *Netra Rogadhikara, Chakradatta*. The *Anjana* form is transformed into *Netra Bindu*. *Acharya Chakradatta* has mentioned that this *Anjana* is *Sadyotimira Nashaka*.

All the ingredients were taken in equal quantity and eight times of water added. This mixture was boiled at 300 c and when 60% of water got Evaporated, the boiling process was stopped and the Arka of this mixture was collected in sterilized jars.

Nilotpaladi Netra Bindu were having ingredients like *Nilotapala, Vidanga, Pippali, Raktachandana, Daruharidra, Saindhava*.

Drug	<i>Nilotapaladi Netra Bindu</i>
Method	<i>Ashchyotana</i>
Study duration	40 days
Observations during treatment	Baseline, 0 th , 10 th , 20 th , 30 th & 40 th days
Dose	1 drop 2 times per day
<i>Kala</i>	Every 8 hours

II. OBSERVATIONS & RESULTS

Effect of the treatment on *Avyakta Darshana [Blurring of vision]*, *Dvididha Darshana [Diplopia]*, *Sirobhitapa [Headache]*, *Netrayasa [Eye strain]* for 40 days.



Complaints	BT	AT
Avyakta Darshana [Blurring of vision]	+++	+
Dvididha Darshana [Diplopia]	+++	+
Sirobhitapa [Headache]	++++	+
Netrayasa [Eye strain]	+++	+

III. DISCUSSION

In this study, observations were done before and after treatment based on symptoms and local examination. *Netra Bindu* is the first line of treatment for the management of *Netrarogas*. *Nilotapaladi Netra Bindu* possess *Katu, Tikta, Kashaya Rasa* which helps for *Strotoshodhana, Netra Vishodhana* and also breaking the *Samprapti* of *Linganasha* which reduces signs and symptoms. *Katu, Tikta rasa* leads to *Sthanika Shoshana* of *Netra*. All ingredients having *Vata-Kapha Shamaka, Chakshushya, Netra Shodhana* and *Lekhana* properties, which helps to reduce *Linganasha*.

IV. CONCLUSION

In this case all symptoms like *Avyakta Darshana [Blurring of vision], Dvididha Darshana [Diplopia], Sirobhitapa [Headache], Netrayasa [Eye strain]* for 40 days are markedly diminished in 40 days of study. In conclusion *Nilotapaladi Netra Bindu* was significantly found effective in *Linganasha*.

REFERENCES

- [1]. Vagbhatta, Dr. Brahmanand Tripathi, Ashtanga Hridaya, Sutrasthana, adhyaya 1st, Shlok no.5, Chaukhamba Sanskrit Pratishthana, Delhi, Reprint 2014, 5.
- [2]. Sushruta, Kaviraj ambikadutta shastri, P.M.Mehta, Sushruta samhita, Sutrasthan, adhyaya 1st, shlok no. 9, Vol.1, Choukhambha Sanskrit sansthan, Varanasi, reprint 2015, 58.
- [3]. Suja K Sreedhar, Textbook of Shalakya tantra, Chapter 8th, Chaukhambha Orientalia, Varanasi, Reprint, 261-262.
- [4]. Sushruta, Kaviraj ambikadutta shastri, P.M.Mehta, Sushruta samhita, Uttarantra, adhyaya 7th, shlok no. 15-18, Vol.2, Choukhambha Sanskrit sansthan, Varanasi, reprint 2015.
- [5]. Vagbhatta, Dr. Brahmanand Tripathi, Ashtanga Hridaya, Uttarantra, adhyaya 12th, Shlok no.7, Chaukhamba Sanskrit Pratishthana, Delhi, Reprint 2014.
- [6]. Chakradatta, G. Prabhakar Rao, Chaukhambha orientalia, Varanasi, Reprint, 2012.

