

Lekhana Karma in Conjunctival Lithiasis - A Case Study

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Abstract: Conjunctival concretions are small yellow-white nodules usually located on the palpebral conjunctiva of the upper and lower eyelids¹. Usually these are asymptomatic. But often they can cause foreign body sensation, lacrimation, redness, photophobia and blurred vision. In some cases, the concretions may erode the conjunctiva and become symptomatic through corneal abrasion. Exposure of concretions occurs in 7% patients². In Ayurveda, it can be correlated to Vartma sarkara by Acharya Susruta and Sikata vartma by Acharya Vagbhata. Both are nearly same in their clinical features. The word sarkara or sikata literally mean sugar or sand particles. It denotes the size and shape of the eruptions in the lids³. Vartma sarkara is explained as lekhyasadhya vyadhi and also adopt treatment measures of Kumbeeka and Utsangini. In present study, a 72-year-old female patient attended to Shalakyatantra OPD of Government Ayurveda Hospital, Thiruvananthapuram with irritation of both eyes associated with foreign body sensation and excessive lacrimation. After taking proper history and clinical examination, multiple conjunctival concretions were diagnosed. The patient was undergoing Lekhana karma followed by pratisarana and samana chikitsa. It is observed that ayurvedic management along with lekhana karma and pratisarana has proved a significant relief in all aspects of disease condition.

Keywords: Vartma sarkara, Sikata vartma, kumbeeka, Utsangini, Lekhana karma, Pratisarana karma

