

# Management of Krimigranthi (Blepharitis) with Shigru Patra Kalka Bidalak and Internal Administration of Sushma Triphala Vati & Haridra Khanda Vati — A Case Study

Dr. Priya Nitin Salve<sup>1</sup> and Dr. Kajal Tushar Firake<sup>2</sup>

<sup>1</sup>PG Scholar and <sup>2</sup>Guide

Shalakyatantra

S.M.B.T. Ayurved College and Hospital, Igatpuri, Nashik, Maharashtra, India

**Abstract:** *Krimigranthi described in Ayurvedic literature under Netra Roga, presents with itching, discharge, inflammation, and crusting of eyelid margins, closely resembling blepharitis in modern ophthalmology. It is primarily associated with Kapha-Pitta vitiation along with Krimi involvement. The present case study evaluates the efficacy of Shigru Patra Kalka Bidalaka as external therapy along with internal administration of Sushma Triphala Vati and Haridra Khanda Vati in the management of Krimigranthi. The intervention showed significant reduction in itching, discharge, redness, and lid inflammation without adverse effects, suggesting that combined local and systemic Ayurvedic management is effective in Krimigranthi.*

**Keywords:** *Krimigranthi, Blepharitis, Shigru Patra, Bidalaka, Triphala, Haridra Khanda, Netra Roga*

## I. INTRODUCTION

क्रिमिग्रन्थिर्वर्त्मनः पक्ष्मणश्च कण्डूं कुर्युः क्रिमयः सन्धिजाताः

नानारूपा वर्त्मशुक्लस्य सन्धौ चरन्तोऽन्तर्नयनं दूषयन्ति । (सु.उ. २-९)<sup>(1)</sup>

अपाङ्गे वा कनीने वा कण्डूषापक्ष्मपोटवान् ॥

पूयास्रावी कृमिग्रन्थिग्रन्थिः कृमियुतोऽर्तिमान् ॥ (वा.उ. १०-८,९)<sup>(2)</sup>

Krimigranthi is described in classical Ayurvedic texts as a condition affecting the eyelids characterized by itching (Kandu), swelling (Shotha), discharge (Srava), and granthi formation due to vitiated Kapha and Pitta along with microbial involvement (Krimi). In contemporary medicine, blepharitis is a chronic inflammatory condition of the eyelid margins often associated with bacterial colonization and sebaceous gland dysfunction. Ayurveda emphasizes both local cleansing and systemic purification in Netra disorders. Shigru (*Moringa oleifera*) possesses antimicrobial, anti-inflammatory, and Kapha-Vata pacifying properties. Triphala is Chakshushya (beneficial for eyes), Rasayana, and Krimighna. Haridra Khanda is widely used in allergic and inflammatory conditions due to its Kaphahara, Kandughna, and Shothahara actions. This study evaluates the combined therapeutic role of Shigru Patra Kalka Bidalaka and internal medications in Krimigranthi.

## II. AIM

- To evaluate the therapeutic efficacy of Shigru Patra Kalka Bidalaka along with internal administration of Sushma Triphala Vati and Haridra Khanda Vati in the management of Krimigranthi (Blepharitis).



### III. OBJECTIVE

- To assess the effect of Shigru Patra Kalka Bidalaka in reducing local symptoms such as itching, redness, swelling, and discharge of eyelids.
- To evaluate the role of Sushma Triphala Vati in improving ocular health and reducing Krimi involvement.
- To study the anti-inflammatory and anti-allergic effect of Haridra Khanda Vati in Krimigranthi.
- To observe the overall clinical improvement and safety of combined external and internal Ayurvedic therapy.
- To assess the recurrence and patient response during follow-up.

### IV. CASE STUDY

patient complaints: A 30 yrs female patient came with following complaints since 15 days

- pain
- Itching at eyelids
- Burning sensation
- Redness
- Falling of eyelashes
- Mild discharge
- Crusting and stickiness of eyelashes

H/O – Unhygienic maintenance

On examination –

Visual acuity – Right eye – 6/6

Left eye – 6/6

Slit lamp examination –

Eye lids – Red thickened margin (upper lid)

Eye lashes – Yellow crust seen at base of roots of cilia

Conjunctiva - congestion

Sclera - congestion

Anterior chamber –WNL

Pupil –NSRL

Lens –Normal

### V. MATERIALS AND METHODS

Shigru patra kalka is prepared in hospital pharmacy, by using fresh leaves of shigru. Freshly prepared kalka is applied over patient eye lids after cleaning the eyes with luke warm water.

शिशुः कटुः कटुः पाके तीक्ष्णो मधुरो लघुः ।

दीपनो रोचनो रूक्षः क्षारस्तिक्तो विदाहकृत् ॥

संग्राही शुक्रलो हृद्यः पित्तप्रकोपणः ।

चक्षुष्यः कफवातघ्नो विद्रधिश्चयथु क्रिमीन् ॥ भावप्रकाश(3)

#### Ingredients

- Fresh Shigru patra (Moringa oleifera leaves) – as required
- Sterile water

AYURVEDIC PROPERTIES OF DRUGS : Shigru Patra

- Rasa – Katu, Tikta
- Guna – Laghu, Ruksha
- Virya – Ushna
- Karma – Shothahara, Krimighna, Vedanasthapan



## VI. TREATMENT

**Local treatment:** Shigru patra kalka bidalak.

**Time :** Once a day (Morning)

**Duration :** 7 Day

### 1. Purvakarma (Pre-procedure)

- Explain the procedure to the patient and take consent.
- Ensure the patient is comfortable, preferably in supine position.
- Clean the peri-ocular area gently with lukewarm sterile water.
- Ask the patient to close the eyes gently.

### 2. Preparation of Kalka

- Take fresh Shigru (Moringa oleifera) leaves.
- Wash thoroughly to remove dust and impurities.
- Grind into a smooth, fine paste (kalka) using Sterile water
- Kalka should be Soft, Smooth, Free from coarse particles

### 3. Pradhana Karma (Application of Bidalaka)

- Apply the kalka over the closed eyelids, covering Upper eyelid and Lower eyelid
- Avoid eyelashes and eye opening completely
- Thickness: approximately 2–3 mm
- Ensure uniform spread without pressure.
- Ask the patient to remain relaxed and avoid eye movements.

### 4. Paschat Karma (Post-procedure)

- Remove the dried kalka gently using Cotton swab soaked in lukewarm water
- Clean the area properly.
- Advise the patient Not to rub the eyes and Avoid sunlight, dust, wind for 1–2 hours

## Internal Medication

1. Sushma Triphala Vati — 250 mg twice daily after meals
2. Haridra Khanda Vati — 500 mg twice daily after meals

**Anupana:** Lukewarm water

Drugs properties:

Sushma triphala vati –

Triphala (Haritaki, Bibhitaki, Amalaki)<sup>(4)</sup>

Rasa: Predominantly Kashaya

Karma: Vrana-ropana, Shothahara, Krimighna, Anti-inflammatory, Deepana–Pachana, Shodhana, Rasayana, Supports eye health- helps to maintain vision and reduce eye strain, Balances doshas - Triphala is considered tridosha balancing (Vata, Pitta, Kapha).

**Haridra khanda vati –**

| Drug    | Rasa        | Virya  | Vipaka | Guna          | Doshganata  | Karya(5)                                                                                      |
|---------|-------------|--------|--------|---------------|-------------|-----------------------------------------------------------------------------------------------|
| Haridra | Tikta, Katu | Ushana | Katu   | Laghu, Ruksha | Tridoshghna | Kandughana Krumighana<br>Kafashamak<br>Shothhar<br>twagdoshahar<br>Raktashodhak<br>Vranaropak |



- Antibacterial
- Anti-inflammatory (Shothahara) - Reduces swelling, redness, and irritation in skin
- Blood purifier (Raktashodhaka) Supports cleansing of blood, useful in skin problems
- Kandughna (relieves itching) - Very helpful in chronic itching and allergic skin conditions
- Digestive support (Deepana-Pachana)- Improves digestion and metabolism, which Ayurveda links to better skin health.

### **VIII. PROBABLE MODE OF ACTION –**

Lekhana and Kapha-shoshana properties of shigru liquefies and drains thick meibomian secretions that reduces gland blockage (granthi). Krimighna properties reduces microbial growth on eyelid margins. Shothahara properties decreases swelling, redness and tenderness. Shigru Improves local circulation, faster healing and remove toxins. Shothahara (strong anti-inflammatory) properties of haridra khanda reduces eyelid redness, oedema, irritation. Krimighna properties supports control of microbial/toxin-induced inflammation. Raktashodhana properties purifies blood and reduces inflammatory tendency of eyelid skin. Kandughna properties relieves itching and irritation. Sushma triphala reduces inflammation. Mridu rechana (mild laxative) properties regulates bowel, reduces systemic toxin load, Raktashodhana properties improves blood quality and less inflammatory reactivity, Krimighna properties reduces microbial load, Tridosha balancing (especially Kapha–Pitta) reduces gland blockage tendency.

#### **Assessment Criteria**

| Symptoms              | Before Treatment | Day 7    | Day 14 |
|-----------------------|------------------|----------|--------|
| Pain                  | Moderate         | Mild     | Absent |
| Itching               | Severe           | Moderate | Absent |
| Redness               | Moderate         | Mild     | Absent |
| Discharge             | Moderate         | Mild     | Absent |
| Swelling              | Mild             | Mild     | Absent |
| Burning sensation     | Moderate         | Mild     | Absent |
| Falling of eye lashes | Moderate         | Mild     | Mild   |

### **IX. RESULT**

- Patient properly follows Kriyakalpa and attended regularly during 7days
- After 7 days all symptoms has decreased and slit lamp examination Shows gradual decrease in crusting , stickiness, localized Itching, Redness and lid swelling.
- After 7 days of treatment there was absent of Symptoms.

### **X. DISCUSSION**

Krimigranthi involves Kapha-Pitta vitiation with microbial involvement. Treatment aimed at local inflammation control and systemic Dosha balance. Shigru Patra Bidalak provided antimicrobial and anti-inflammatory effects locally. Its Ushna and Tikshna properties helped reduce Kapha accumulation. Sushma Triphala improved ocular tissue metabolism and acted as Rasayana. Haridra Khanda reduced allergic and inflammatory responses and relieved itching. Combined therapy resulting in significant clinical improvement.

### **XI. CONCLUSION**

Combined therapy of Shigru Patra Kalka Bidalaka, Sushma Triphala Vati and Haridra Khanda Vati is effective, safe, and economical in managing Krimigranthi (blepharitis). This approach provides both local and systemic benefits.



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