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## RESEARCH ARTICLE

### ROLE OF ANJANA IN SHUKLAGATA ROGA- A LITERARY REVIEW

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#### ABSTRACT

*Shalakyia Tantra* is one of the Eight specialties of *Astang Ayurveda* which deals with diseases occur above the clavicle specially related to the sensory organs. In this the eye is an important sense organ for vision and it is responsible for social and intellectual development of human being. In *Ayurvedic* classical texts various types of eye diseases are described. Ex: *Sandhigata Rogas*, *Varthamagata Rogas*, *Shuklagata Rogas*, *Krishnagata Rogas*, *Sarvagata Rogas*, and *Bhaya Netra Rogas*. Among them *Shuklagata Rogas* are the diseases which occur in conjunctiva. *Ayurveda* classics prescribed several preventive and curative measures for the management of ophthalmic diseases called "*Netra Kriya Kalpa*". *Netra Kriya Kalpa* is unique, effective and topical application to the eye diseases. Anjana is a one them. According to its form the *Anjana* is of three type i.e. *Gutika*, *Rasakriya* and *Churn Anjana*. These three types of *Anjana* can be co related with ophthalmic suspensions and eye drops.

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## INTRODUCTION

The origin of *Ayurvedic* medicine is recorded in *Atharva Veda*. As per classical text *Sushruta Samhita* explains about *Shalakyia Tantra*. It is one of the eight specialties of *Astang Ayurveda* which deals with diseases which occur above the clavicle specially eye, ear, nose, mouth, throat and head. Eye holds special status among all the sense organs because good vision is crucial for social and intellectual development of human beings and the knowledge of direct observation can be achieved only by eyes. Other sense organ also depend on eyes. *Acharya Shusrutha* (Acharya Susruta, 2014) explained in detail about 76 *Netra Rogas* among them 11 diseases occur in *Shuklagata Mandala*.

The vitiated *Vatadi Dosas* individually or collectively localize in the vessels of *Shukla Mandala* and vitiated *Twak*, *Mamsa* and *Medas* causes different types of diseases in conjunctiva (Acharya Susruta, 2014) *Shuklagata Rogas* according to *Acharya Shusrutha* (Acharya Susruta, 2014) - 11, *Acharya Vagbhatta* (Acharya Vagbhata, 2014) - 13 Viz: *Prastari Arma*, *Shukla Arma*, *Kshataja Arma*, *Snayu Arma*, *Adhimamsa Arma*, *Shuktika*, *Arjuna*, *Pistaka*, *Sira Jala*, *Sira Pidika*, *Balas Granthi*, *Sirothpath*, *Sira Harsha*. *Acharyas* described treatment procedures such as surgical, para surgical and topical treatments. Among them local or topical treatments are very specific, effective and unique to the eye diseases called as "*Netra Kriyakalpa*". There are seven *Netra Kriya Kalpas* namely *Tarpana*, *Putapaka*, *Seka*, *Aschyotana*, *Anjana*, *Bidalaka* and *Pindi*. The first five procedure were mentioned in *Sushruta Samhita* (Acharya Susruta, 2014) and last two procedure were prescribed in *Sharangdhara Samhita* (Acharya Sarngadhar, 2001). Among all these *Kriya Kalpas*, *Anjana* has unique therapeutic efficacy for *Shuklagata Rogas* and recommended as daily regimen specially *Sauvira Anjana* and

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*Rasakriya Anjana* (Acharya Charaka, 2006; Acharya Vagbhata, 2014)

### Aim and objective

- To study *Anjana Karma*.
- To study role of *Anjana* in *Shuktagata Rogas*.

## MATERIALS AND METHODS

### Anjana

The word *Anjana* is derived from root “*Anakti Anena Anjanam*” That which spreads in the eye is *Anjana*. *Anjana* is a procedure of applying medicinal paste or powder to the inner side of lower lid, either by fingertip or with help of *Anjana Shalaka*.

### Types of Anjana

As per form As per action (Acharya Susruta, 2014; Acharya Sarngadhar, 2013; Acharya Susruta, 2014)

- *Gutika Lekhan*
- *Rasakriya Ropana*
- *Churna Prasadana*

*Acharya Sushrutha* and *Acharya Vagbhata* mentioned the strength of *Anjana* increase in preceding order as *Pinda*, *Rasakriya* and *Churna* (Acharya Vagbhata, 2014). As per *Acharya Bhavmishra Anjana* is *Rasakriya*, *Varti* and *Churna*.

As per action *Anjana* is again three types namely *Lekhana*, *Ropana* and *Prasadana*. In *Sarangadhara Samhita Snehana* (Acharya Sarngadhar, 2003) and in *Astanga Hridayam Dristi Prasadana Anjana* (Acharya Vagbhata, 2014) types are mentioned. In *Sushruta Samhita Prasadana* type of *Anjana* is mentioned.

Time of application of anajana (Acharya Sarngadhar, 2001)

*Acharya Sarangdhara* and *Acharya Bhavmishra* recommended the specific time of *Anjana* procedure according to the season i.e

- *Sisira* -Morning
- *Hemant* -Afternoon
- *Grishma* -Evening
- *Sharad* -Any time
- *Vasant*- Rainy season

The *Anjana* applied only in morning, evening and night, day time (Acharya Susruta, 2014; Acharya Charaka, 2006)

### Time of Application of Anjana- As per type of Anjana.

- *Lekhana* - Morning in *Kaphaj* diseases
- *Snehana* Evening in *Vataja* diseases
- *Prasadana* Night in *Pittaja* diseases

### DOSAGE OF ANJANA (Acharya Susruta, 2014)

In *Sushruta Samhita* the dosage of *Anjana* explained in detail.

### Gutika Anjana

- For *Lekhana Anjana* - 1 Harenu
- For *Prasadana Anjana* - 1 ½ Harenu
- For *Ropana Anjana* - 2 Harenu.

### Rasakriya Anjana

- For *lekhana anjana* - 1 Harenu
- For *Prasadana anjana* - 1 ½ Harenu
- For *Ropana anjana* - 2 Harenu.

### Churna Anjana

- For *lekhana anjana* - 2 Shalaka
- For *Prasadana anjana* - 3 Shalaka
- For *Ropana anjana* - 4 Shalaka.

*Acharya Sharandhara* (Acharya Sarngadhar, 2003) told about dosage of *Gutika Anjana* according to the potency of the drug and according to the quantity of drug for *Rasakriya Anjana* and according to the action of drug for *Churna Anjana*.

- **Gutika Anjana-** *Tikshna* - 1 Harenu, *Madhyama* - 1 ½ Harenu, *Mrudu* - 2 Harenu.
- **Rasakriya Anjana-** *Uttama Matra* - 3 *Vidanga*, *Madhyama Matra* - 2 *Vidanga*, *Heena Matra* - 1 *Vidanga*.
- **Churna Anjana-** *Virechana karma* - 2 *Shalakas*, *Mrudu karma* - 3 *Shalakas*, *Snehana karma* - 4 *Shalakas*.

### Indications (Acharya Susruta, 2014; Acharya Vagbhata, 2014)

*Anjana* is indicated when *Doshas* are fully manifested and are localized in the eye. It is applied when disease should be clearly manifested and indicating *Dosha Dusthi* and *Adhistan*, the body should be free from *Aam Dosa Lakshana*, severe itching sensation, sliminess of eye, thick eye discharge, and *Kapha*, *Pitta*, *Raktaja* eye diseases specially *Vataja* eye disorders.

### Contraindication (Acharya Susruta, 2014; Acharya Vagbhata, 2014; Acharya Sarngadhar, 2001)

- *Anjana* therapy is contraindicated in those suffering from fatigue, *Udavarta*, person who has crying, excessive lacrimation, alcoholic, anger, fear, fever, suppression of natural urges and *Shirovikar*.
- *Anjana* should be not be applied the person who have taken less sleep, after *Vaman* and *Virechana Karma*, after lunch or dinner, after head bath, in wind days, exposure to dust and smoke, during indigestion, day sleep.

### Materials Used in Anjana Karma

1. *Anjana Shalaka*
2. *Anjana patra*
3. *Aushadha*

*Anjana Shalaka* (Acharya Susruta, 2014; Acharya Vagbhata, 2014)- *Anjana Shalaka* or probe is a cylindrical rod with 8 *Angulas* in length which is made of metals, stones or horns of animals and end should be bluntly pointed like a flower bud.

**Anjana Patra:** The container used for the storage of *Anjana* is known as *Anjana Patra*. The material should be taken according to the medicinal property of the drug.

*Anjana* Procedure (Acharya Susruta, 2014; Acharya Vagbhata, 2014)

- Body should be purified by *Siravyada*, *Virechana*, *Nasya*, *Basti* etc.
- The eye should be free from *Aama* and should exhibit normal *Doshic* symptoms, then only after *Ashchyotan Anjana* has to be done.
- *Mangalacharana* should be done.
- Then patient is asked to sit without fear and tension.
- Doctor with his left hand, has to open the eyes of the patient and with his right hand he has to handle *Anjana Shalaka* and has to do *Anjana* from *Apanaga Sandhi* to *Kaneenak Sandhi*.
- *Anjana* should not be more or less, hard or soft, *Teekshna* or *Mrudu*, quick or delayed, if it occur it cause injury to eyes.
- After *Anjana Vidhi* by closing the eyes, eye ball should be rotated gently, eye lids should be moved slowly, by this the medicine perfectly spreads in the eyes and the *Doshas* dissolves and comes out through the lacrimation.
- The eyes should be cleaned when discharge stops. If required according to the condition *Prathyanjana* should be given.

#### **Samyakyoga, atiyoga and heenayoga lakshana of anjana**

##### **Karma**(Acharya Susruta, 2014)

Acharya Sushruta explained about the *Samyak Yoga*, *Atiyoga* and *Heenyoga Lakshanas* of *Lekhana*, *Ropana* and *Prasadana Anjana* separately

##### **Lekhana Anjana**

- **Samyakyoga-** *Lakshana* of *Lekhan Anjana* are non sliminess of eye, lightness of eye, not any discharge, cleanliness, swift in action and free from any complication.
- **Atiyoga** – *Atiyoga Lakshana* of *Lekhana Anjana* are deviation of eye, hardness, dis-colouration, excessive discharge and dryness of eye.
- **Heenayoga** – When *Lekhana Anjana* is applied in *Heena Matra* the *Doshas* get aggravated.

##### **Prasadana Anjana**

**Samyakyoga** - *Samyakyoga Lakshana* of *Prasadana Anjana* are eyes attain unctuousness, good colour and strength, cheerfulness and cleanliness of eyes and it functions perfectly.

**Atiyoga** – *Atiyoga Lakshana* of *Prasadana Anjana* the eyes are affected in mild disorders.

**Heenayoga** – *Prasadana Anjana* should not be applied.

**ROPANA ANJANA-** *Samyakyoga* and *Atiyoga Lakshana* of *Ropana Anjana* is same as *Prasadana Anjana*.

#### **Anjana used in shuklagata diseases**

Acharyas mentioned various *Yogas* of *Anjana* for treatment of *Shuklagata Rogas* like: *Arma Puspakhya Rasakriya* (Acharya Cakarapanidatta, 2014) *Nayanshukh Varti* (Acharya Cakarapanidatta, 2014) *Chandraprabha Varti* (Acharya Cakarapanidatta, 2012) *Guduchyadi Anjana* (Yogaratanakara, 2015) *Shuktika Lodhradi Anjana* (Acharya Susruta, 2014) *Mustadi Anjana* (Acharya Susruta, 2014) *Vaidhurya Anjana* (Acharya Susruta, 2014) *Arjuna Lekhyaanjanana* (Acharya Susruta, 2014) *Kashis with honey* (Acharya Susruta, 2014) *Pistaka Mahaoushdhadi Anjana* (Acharya Susruta, 2014) *Sirajala Sankhadya Anjana*<sup>(40)</sup> *Sirapidaka Sankhadya Anjana* (Acharya Susruta, 2014) *Balasgranthit Ksharaanjana* (Acharya Vagbhata, 2014)

#### **DISCUSSION**

Considering all of the factors the *Anjana* therapy is a well developed method of local/topical drug administration of eye diseases. *Anjana* is described details in authentic *Ayurvedic* books its indication, contraindication, pre-procedure, post procedure and its doses as well as time of administration like morning, evening and seasonal etc. *Anjana* should be applied medial canthus to lateral canthus, which increase bio availability. After administration of *Anjana* ask to patient rotate eye ball slowly, which help the medicine spread all over the eye, anterior to posterior segment. Eye lid should move slightly with the help of massaging in close eye, it help increase the absorption of medicine. The *Anjana* procedure should be continued when the tear should be not stop in tear *Doshas* should be eliminated from eye. However the exact mode of action of *Anjana* procedure is still not proved by any experimental studies.

#### **CONCLUSION**

In present era most of the local or topical medicine developed but it not able to reach posterior segment of eye ball except inject able medicine, but *Anjana* will reach anterior as well as posterior segment of eye and cure the diseases. *Anjana* is not only used for treatment of ophthalmic disorders but it also used in *Swasthavritta*. The *Anjana* procedure is ideal therapy for various type of ophthalmic disorders, which can be used preventive as well as curative purpose.

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