

### Role of *Saindhav pratisaran* in the Management of *Vartmasharkara* w.s.r. to Concretions

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#### Abstract

*Ayurvedic* approach for management of *vartmasharkara* and to treat symptoms and to prevent recurrence of disease. *Vartmasharkara* is one of the *vartmagat netraroga* which is characterized by irritation, Foreign body sensation, discomfort, occasional corneal abrasion. This condition can be correlated to concretions which are degenerative product of leucocytes to produce an epithelial inclusion cyst filled with epithelial cells and keratin debris. This is most common in old age group. Generally does not cause any permanent damage to eye sight. In *Ayurveda* treatment comprises of *Lekhan* and then *saindhar shalkshna churna pratisaran*. In present study *Lekhannottar saindhav pratisaran* is selected in the form of local therapy *saindhav* has property of *chakshusha* and help to avoid recurrence of disease. Hence selected for present study.

#### Keywords

*Saindhav, Vartmasharkara* (concretions) *Chakshusha*



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## INTRODUCTION

*Vartmasharkara* is one of the *vartmagat Netraroga* which is characterized by foreign body sensation, irritation, and mild discomfort occasional corneal abrasion. This condition can be correlated to concretions which is one of the common disease of eyelid. It is very common disorder which affects people of old age group and generally does not cause any permanent damage to eye sight. It is degenerative products of leucocytes. Produce an epithelial inclusion cyst filled with epithelial cells and keratin debris concretions also found in 3<sup>rd</sup> stage of trichoma which is less common now days. It is caused by variation of *Vatta*, *Pitta* and *kapha dosha*. Inner side – lid covered with palpebral conjunctiva, mostly lower lid, emerges tiny yellowish hard granules which is degenerative product of conjunctival epithelium. In *Ayurveda* Treatment comprises *Lekhan* (Scraping) and then *saindhav pratisaran*. In the present study *Lekhanottar saindhav pratisaran* is selected in the form of local therapy.

## AYURVEDIC VIEW

*Acharya Sushruta* has mentioned *vartmasharkara Netraroga* in *uttartantra adhay* no. three. *Vartmasharkara* is a small yellowish rough granules, found inner side

of the eyelid mostly lower lid. It is a degenerative product of epithelial cells produce foreign body sensation and ocular discomfort. According to *vagbhata*, *vartmasharkara* is a disease of *vartma* in which inner side of the *vartma* (lid) field with small, rough (*Khara*), dry (*Ruksha*) granules. Which causes foreran body sensation, mild ocular discomfort and occasional corneal abrasion *Vagbhata* has described *vartamasharkara* as a *sannipataj* disease. *Vartmasharkara* is produce due to *vatta*, *pitta* and *kapha dushti*.

## TRETMENT / CHIKITSA

*Vartmasharkara* is one of the *Lekhya Vyadis* among Nine *Lekhya Vyadi*.

### 1. *Lekhan* :-

Scraping of *vartmasharkara*. (Concretions)

### 2. *Pratisaran* :-

A Fine powder form (*Shalkshna Churna*) plastered over area of removed concretions.

## MODERN VIEW

Concretions are degenerative products of conjunctival epithelial cells, forming inclusion cyst filled with epithelial cells and keratin debris. Concretions also found in 3<sup>rd</sup> stage of trachoma.

## CILINICAL FEATURES

- Foreign body sensation
- Mild ocular discomfort

- Gritting sensation
- Photophobia
- Lacrimation

## MANAGEMENT

- Improved lid hygiene –  
Topical use of antibiotic eye ointment will resolve most of cases.
- For moderate to severe and chronic cases concretion will have to remove with the help of 26 no needle under topical anesthesia.
- After scrapping concretions topical use of antibiotic eye ointment is useful.

## DRUG REIVEW –

- *Saindhav* (Rock salt)
- *Ras – Lavan*
- *Vipak – Madhur*

All *Lavan rasa* are *Achakshusha* exception *saindhav* (*Vagbhata*)

Two types – 1. White 2. Red.

We use white *saindhav Shalkshna churna* as medicine

## DOSE

As per no. concretions

## DURATION

Ones only

*Saindhav pratisaran* is used ones only; follow up should be taking form '0', 7<sup>th</sup> and 14<sup>th</sup> day.

## CONCLUSION

*Vartmasharkara* is one of the nine *Lekhya rogas* describe in classics. This condition can be correlated to concretions which is degenerative product of conjunctival epithelial cells. Characterized by foreign body sensation mild ocular discomfort, lacrimation, occasional corneal abrasion.

For present study we select *Lekhanottar Saindhar Pratisaran* because *saindhav* has a *Chakshusha* Properties which can not harm eye sight also has *vranshodhan*, properties hence by using this drug signs and symptoms of *vartmasharkara* are relived and recurrence can be prevented.

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