

A CLINICAL STUDY OF KRIYAKALPA TO ASSESS ITS
THERAPEUTIC EFFICACY IN DISEASES OF EYE WITH
SPECIAL REFERENCE TO ABHISHYANDA
(CONJUNCTIVITIS)

Vaishnav Pragna Ushakant

Abhishyanda being almost the foundation of eye, all the pathological conditions in eye diseases has been one of the most keenly studied subject. Ayurvedic classics too emphasizes the study of Abhishyanda, which often times precedes all other eye diseases. Thus a close literary review along with the concept of Abhishyanda in relation to Shatkriyakala has been dealt with earlier chapters.

Many drugs have been tried to cure the disease conjunctivitis; but either the side effects or the body resistance to such drugs are hurdles in their long term use. Therefore many workers are trying indigenous drugs to produce comparable results of the corticosteroids minus their disadvantages. A detailed review of the subject had already been given in the previous pages. In the present study the selection of 'KRIYA KALPA' therapy have been made on its specific reference mentioned in great samhitas. Five 'KRIYA KALPAS' have been prescribed by Sushruta whereas seven by Bhavprakasha as well as Sharangdhara. Out of these five 'KRIYA KALPAS' only three have been studied in the present work. A comparative study has also been made with Gentamycin to evaluate the efficacy of the individual therapy.

The clinical study included a total no. of 40 cases of whom 10 cases were of acute conjunctivitis, treated with Anjana therapy, 20 cases of subacute conjunctivitis treated with Aschyotana therapy; where 2 types of drops were instituted (5% and 10%). Each group constituted of 10 patients

whereas the third group consisted of 10 patients was treated with tarpana therapy the results of the clinical study were encouraging and supporting 'KRIYA KALPA' therapy. The acute cases responded favourable with the reduction of inflammation, burning, Itching, F.B. Sensation within 24 hrs. The subacute cases treated with Aschotana therapy also showed good response with elimination of follicles; the chronic cases treated with Tarpana therapy also showed effective results in the subsidation of general symptomatology of the disease as well as good healing effect of the damaged tissues.

Whereas the results of the control group were 50% cured, 30% improved and 20% unchanged.

From the above clinical study it becomes clear that Anjana therapy of 'KRIYA KALPA' shown more beneficial effects (80%). Next come the Tarpana therapy (70%). Next come the Aschyotana therapy (60%).

There is a great scope to increase the effectiveness of 'KRIYA KALPA' therapy in various other eye diseases, too with a more combination of various anti-inflammatory and antibacterial as well as herbs with curattiging effects. In this way, this therapy can to a great extent help in irradicating many diseases of the eye where exect solutions are yet to be found. This preliminary study, on the basis of definite encouraging results, opens out a new field of more work.

