



ISSN 2456-3110

Vol 6 · Issue 1

Jan-Feb 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Ayurvedic management of chalazion - A Case Study

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ABSTRACT

Chalazion is non-infective lipogranulomatous inflammation of Meibomian gland. It's also called Meibomian cyst. It is correlated to *Utsangini* in *Ayurveda*. *Utsangini* is explained under *Vartmagatha Rogas* by both *Sushruta* and *Vagbhata*. It is a *Tridoshaja Sadhya Vyadhi* according to *Sushruta*. But according to *Vagbhata* it is a *Raktaja Sadhya Vyadhi*. Both *Shodhana* and *Shamana Chikitsa* are mentioned in the treatment of *Utsangini*. In contemporary science treatments are intralesional corticosteroid injection and surgical drainage. Ayurveda can provide safe and cost effective result in Chalazion. Here a case of Chalazion successfully treated with Ayurvedic management is recorded.

Key words: Chalazion, Utsangini, Triphaladi Seka.

INTRODUCTION

Chalazion is a non-infective lipogranulomatous inflammation of the Meibomian gland. Commonest of all lid lumps. Usually, first these occurs mild grade infection of the Meibomian gland by organisms in low virulence. As a result, there occurs proliferation of the epithelium and infiltration of the walls of ducts, which are blocked. Consequently, there occurs retention of secretions in the gland, causing enlargement and there becomes a non-infective lipogranulomatous inflammation of the blocked Meibomian glands.^[1] Available treatments are hot fomentation in acute stage, antibiotic eye drops, anti-inflammatory drugs, intralesional steroid injection and surgical drainage.^[2]

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Submission Date: 14/01/2021 Accepted Date: 09/02/2021

Access this article online

Quick Response Code



Website: www.jaims.in

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Chalazion is correlated to *Utsangini* in *Ayurveda*. *Utsangini* is a nodular swelling of the lower lid, with an opening in the inner side. As per *Ayurveda* classics, the signs and symptoms of chalazion simulate that of *Utsangini* which results due to aggravated *Tridosha*.^[3] As per *Sushruta Samhita*, features of *Utsangini* are *Bahyautsanga* (swelling on lid); *Abhyantarmukhi* (opens on conjunctival side) According to *Acharya Videha*, *Kukkutandarasopmam Srava* is liberated on bursting of *Utsangini*.^[5] *Acharya Vagbhata* has explained *Utsangini* as a red coloured *Pidaka* produced by *Raktha*.^[6] In the present study *Nidana* and *Prakruthi* was more of *Pitta* involvement so more of *Pittahara Raktaprasadaka Chikitsa* was adopted.

AIMS AND OBJECTIVES

To evaluate the efficacy of *Ayurvedic* treatment in the management of chalazion

MATERIALS AND METHODS

On 28th October 2019, a Hindu male of 40 years old, non-diabetic, not a known case of hypertension, visited Out Patient Department of Government Ayurveda Medical College, Bangalore, with the complaints as sited below.

Chief complaints

Itching, watering, redness and swelling in lower lid of the left eye.

History of Present illness

Patient was apparently healthy before 1 Week. Gradually he noticed Itching sensation in left lower lid of the eye side associated small swelling and redness, swelling gradually increased in size. And later suffered with watering from the eye, hence he consulted Government Ayurveda Medical College Out Patient Department for the same and Started Treatment.

Hetu

Excess intake of *Madya*, Habit of smoking, Intake of more spicy food.

General Examination

1. Condition - General
2. RS - NAD
3. CVS - S1S2 - NAD. No added Sound
4. CNS - NAD
5. P/A - SOFT
6. BP - 120/80 mmHg
7. Pulse - 72/min

Prakruti - Pitha Kapha**Saara - Mamsa****Darshana**

Structures	Right eye	Left eye
Eyelid	NAD	Marked swelling in lower lid
Palpebral conjunctiva	NAD	Congestion, marked swelling with minute opening
Bulbar conjunctiva	NAD	NAD
Cornea	Clear	Clear
Pupil	RRR	RRR
Lens	Phakik	Phakik

Samprapti

- *Dosha - Tridosha*
- *Dushya - Raktha*

- *Agni - Sama*
- *Srotas - Raktavaha*
- *Nidana - Excess Madya Sevana, Ushna Ahara.*

Due to *Nidana Sevana*, aggravates *Pitha* causes *Agnidusti* resulting *Rasa* and *Raktavaha Srotodusti*. Vitiated *Doshas* enters *Sira* and move to *Urdwa* reaches *Netra* and causes *Utsangini*.

Treatment

- *Deepana Pachana* with *Chitrakadi Vati* 1 bd before food - 3 days
- *Sadyovirechana* with *Trivrit Leha* - 30 gms
- *Seka* with *Triphala Kashaya* - 7 days
- *Manjishtadi Kashaya* 15ml + 30 ml warm water Bd before food - 2 weeks
- *Kaisora Guggulu* - 1 Tid after food - 2 weeks

RESULT

After 2 weeks of Ayurvedic treatment patient shown a significant amount of change in the condition, as shown in the figure 1(b).

**Fig. 1a: Before treatment****Fig. 1b: After treatment**

DISCUSSION

The present case was acute so only *Sadyovirechana* was selected with *Trivrit Leha* by which *Srotoshudhi* can be achieved. Symptoms and *Prakruthi* of the patient were more of *Pitta* so mainly *Pithahara* and *Raktha Prasadhaka* line of treatment was adopted.

Triphaladi Netra Parisheka contains equal quantity of powder of *Terminalia berelica* (*Vibhitaki*), *Terminalia chebula* (*Haritaki*), *Glycyrrhiza glabra* (*Yashtimadhu*) and *Symplocos racemosa* (*Lodra*). *Netra Parisheka* is one among the *Kriya Kalpas* mentioned for *Netra Roga*. This local therapy acts by resolving the obstruction of channels, removing micro-organisms and enhances local blood circulation which is helpful for quick and easy absorption of drugs. Moreover, these drugs have *Chakshushya*, anti-inflammatory and antimicrobial properties. *Samana Oushadhi* selected was *Manjishtadi Kashaya* along with *Kaisora Guggulu* which is more of *Pithahara*, *Rakthaprasadhaka* and *Sophahara*. On the basis of these properties, it helped in relieving symptoms of Chalazion.

CONCLUSION

This case study reveals that patient with chalazion can gain significant results through *Ayurveda* management. *Sadyovirechana* helps in *Sroto Avarodha*, *Triphaladi Seka* helps to relieve congestion and itching sensation and Internal medications like *Manjishtadi Kashaya* and *Kaisora Guggulu* helps to subside reddish discoloration.

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How to cite this article: Dr. Syed Munawar Pasha. Ayurvedic management of chalazion - A Case Study. J Ayurveda Integr Med Sci 2021;1:316-318.

Source of Support: Nil, **Conflict of Interest:** None declared.
