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# Management of *Krimigranthi* (Ulcerative blepharitis) through Ayurveda : A Case Study

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## ABSTRACT

*Ayurveda*, science of life which signifies the maintenance of health of a healthy person and to cure the diseased person who enables them to lead joyful life. *Shalaky Tantra*, a branch of *Ayurveda* which deals with disease of *Urdwajatrugata Rogas* in which the importance to healthy eye comes first as *Acharya Vagbhata* says *Chakshu Rakshaya Sarvakaalam Yavadiccha* means a person who want to live for a long life also should give importance to health of eye because for blind person even if he have enough wealth he is considered as insect, for him day and night remains the same. *Krimi Granthi* (ulcerative blepharitis), disease classified under *Sandhigata Roga* where there will be a cyst like swelling produced by *Krimis* (bacteria) in eye lids and eye lashes, a case of ulcerative blepharitis having symptoms of swelling over eye lid with mild pain which was reoccurring in nature was treated with *Daru Haridra Seka* and *Triphala Rasakriya Netra Pratisarana* along with internal medications.

**Key words:** *Krimigranthi*, ulcerative blepharitis, *Seka*, *Pratisarana*.

## INTRODUCTION

In ophthalmic practice, blepharitis is one of the most common complaint for which patient rush to the OPD, ulcerative blepharitis is a type of blepharitis in which we will find symptoms of both seborrheic and bacterial blepharitis, symptoms include seborrhea of scalp along with chronic staphylococcal infection of the lid margin, which causes irritation, itching, mild lacrimation, gluing of cilia, photophobia.<sup>[1]</sup> Some constitutional and metabolic factors are the cause of

this disease. In *Ayurveda* it can be incorporated under *Krimighranti*. *Krimigranthi* is the *Sandhigatha Roga* caused by *Krimi* in *Netra Pakshma* and *Vartma* associated with *Kandu* if not treated at proper time leading the *Krimi* to invade the inner structure of eyes.<sup>[2]</sup> Hence the proper treatment with treating root cause comes in first line.

## CASE REPORT

An 8-year-old female patient approached *Shalaky* OPD of SKAMCH and RC with her parent, complaining of swelling in left lower and upper eye lid and whitish scaly wrinkled lid margins which bleeds now and then. Associated complaints are pain, itching sensation, mild lacrimation and photophobia since 1 year. patient had already consulted nearby allopathic clinic and ophthalmologist many times for the same and was suggested with few antibiotics and ointments (details unknown), patient used to get relief with the medicines but once when the medications were discontinued the condition reoccurred, as it was the hindering factor for her studies, patient and her parent approached SKAMC for Ayurvedic treatment.

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**On examination****Visual acuity**

Both eyes: 6/6

Right eye: 6/6

Left eye: 6/6(p)

**Slit lamp examination**

	Right eye	Left eye
Eye lid	Normal	Gluing of cilia Yellow scales in upper eyelids. Small Ulcer seen at the lateral part, near the inner cantus of lower eye lid with bleeding. Swelling of lower eye lid.
Conjunctiva	Normal	Mild congestion
Cornea	Clear	Clear
Anterior Chamber Depth	Normal depth	Normal
Iris	Normal	Normal
Pupil	Round reactive	Round reactive
Lens	Normal	Normal

**Systemic examination**

GC : Moderate, afebrile

R/S : RR: 22 /min , air ways normal, no added sound

CVS : S1, S2 heard.

CNS : Conscious, oriented to time place and person.

**Treatment given**

1. *Daruharidra Seka* <sup>[3]</sup> for 10 days.
2. *Triphala Rasanjana Pratisarana* <sup>[4]</sup> 10days.
3. Liv 52 DS 1 TID.

4. *Vidanga Churna* <sup>[5]</sup> internally with honey at bed time.

**RESULTS**

8/2/2021 to 9/2/2021	<i>Daruharidra Seka</i> <i>Triphala Rasakriya Pratisarana</i> (10 min) Liv 52 ds 1TSP TID <i>Vidanga Churna</i> with honey at bed time	Itching present Eye lid swelling present Scales present Gluing of eye lids present Pain present Congestion present
10/2/2021 to 11/2/2021	<i>Daruharidra Seka</i> <i>Triphala Rasakriya Pratisarana</i> (10 min) Live 52 ds 1TSP TID <i>Vidanga churna</i> with honey at bed time	Mild itching present Eye lid swelling reduced Scales present Gluing of eye lid reduced Mild pain present No congestion
12/2/2021 to 13/2/2021	<i>Daruharidra Seka</i> <i>Triphala Rasakriya Pratisarana</i> (10 min) Live 52 DS 1TSP TID <i>Vidanga Churna</i> with honey at bed time	Itching absent Eyelid swelling mild in nature Scales reduced Gluing of eye lid absent Pain absent
14/2/2021 to 15/2/2021	<i>Daruharidra Seka</i> <i>Triphala Rasakriya Pratisarana</i> (10 min) Liv 52 ds 1TSP TID <i>Vidanga Churna</i> with honey at bed time	All symptoms reduced significantly
16/2/2021 to 17/2/2021	<i>Daruharidra Seka</i> <i>Triphala Rasakriya Pratisarana</i> (10 min) Live 52 ds 1TSP TID <i>Vidanga Churna</i> with honey at bed time	All symptoms reduced significantly

## DISCUSSION

The Management of blepharitis is a challenging task because of its recurrence nature the specific root cause must be tackled to achieve better result. *Ayurvedic* treatment protocol is a holistic approach where physicians plan to treat disease by analyzing the *Dosha Avastha*. According to *Sushruta Samhita* *Krimigranthi* is a *Kaphaja Sadya Vyadhi*.<sup>[6]</sup> The treatment protocol adapted here is to reduce the accumulated *Kapha Dosha*. The drug *Daru Haridra* used for *Seka*, is mentioned is having *Lekhaniya* and *Kandugna* property, and is *Kapha Pitta Shamaka* in nature. The treatment *Triphala Rasanjana Pratisarana* act as *Lekhana*. *Vidanga Choorna* advised in this condition act as *Krimighna* and Liv. 52 help to increase the metabolism.

## CONCLUSION

*Krimigranthi* is caused by accumulated *Kapha* and *Krimi* in the eyelid which is well managed with the *Pratisarana, Seka*. One of the causes of this disease is metabolic factor, which are corrected with *Deepana Paachana* and *Krimighna* drugs. All the symptoms have subsided within the duration of treatment course and no recurrence was observed at the follow up. Same treatment protocol for large sample with long duration of follow up will be beneficial.

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