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# Conceptual study on the action of *Anjana Karma* to explore its preventive, local and systemic effects w.s.r. to *Anjana Karma* in *Shalaky Chikitsa*, *Kayachikitsa* and *Visha Chikitsa*

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## ABSTRACT

*Anjana Karma* the herbal collyrium is one of the effective and unique remedies among the *Kriyakalpa* which has been comprehensively used for preventive and curative eye care with immense success in *Ayurveda*, along with Ophthalmology, *Anajan Karma* is also indicated in the management of various systemic illness and also in some critical condition like in the management of *Visha* complication. So, here all efforts has been made to explain the probable mode of action of *Anjana* in eye disease, systemic diseases and acute therapeutical action in the *Visha* complication.

**Key words:** *Anjana*, *Collyrium*, *Kriyakalpa*, *Visha*.

## INTRODUCTION

*Anjana* is one of the *Netrakriyakalpa* that had a significant impact on both healthy persons (as a cosmetic preparation) and ophthalmic patients. There are also indication of *Anjana* explained in *Ayurvedic* treatise for therapeutically benefits in some systemic illness such as *Vishamajwara*, *Kaamala*, *Unmada*, *Apasmara*, *Moorcha*, *Grahabadha*,<sup>[1]</sup> *Sthanika Visha Chikitsa*, *Vishachaturvishati Upakrama* and even in Sixth and Seventh Vega of *Visha Chikitsa*.<sup>[2]</sup>

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*Anjana* is divided into two sorts based on its potency: *Mriduanjana* and *Teekshnaanjana*.<sup>[3]</sup> *Anjana* is divided into three categories based on *Doshika* predominance: *Lekhana*, *Ropana*, and *Prasadana*.<sup>[4]</sup> All medications except *Madhura Rasa* drugs are utilized to make *Lekhanaanjana*, which is used in *Kaphajavikaras*. *Ropanaanjana* is an oily *Anjana* with a *Tiktha* and *Kashaya Rasa* preponderance. *Madhura Rasa* drugs and oily medications are used to make *Prasadanaanjana*. It is used to bring clarity to the eyes and to smooth out rough eyesight. *Gutika* or *Varthi*, *Rasakriya*, and *Choorna* are the three types of *Anjana* based on their shape. *Mahabalarogas* require *Gutika*, *Madhyamabalarogas* require *Rasakriya*, and *Alpabalarogas* require *Choorna*.<sup>[5]</sup> A device called *Shalaka*, medicine is applied to the inside surface of the lid margin from *Kaneenaka Sandhi* to *Apanga Sandhi* in *Anjana Karma*.<sup>[6]</sup>

Among the *Kriyakalpa*, *Anjana* is the only *Kriyakalpa* which is mentioned to treat ocular disease as well as Systemic diseases and some critical clinical situations and although it is only *Kriyakalpa* mentioned in *Dinacharya*.<sup>[7]</sup> *Sauviranjanam/Srotanjanam* (Antimony

Sulphide) is considered good for the Eyes and hence can be used daily and *Rasanjanam* (Mercury Oxide) should be used weekly<sup>[8]</sup> but due to lack of critical analysis in treating systemic diseases, it is lagging behind in the usage of clinical practices at present time *Anjana Karma* is performed only as an Eye tonic. So a review study is performed in this article to evaluate the preventive, local and systemic action of *Anjana Karma*.

## MATERIALS AND METHODS

Literature review of *Charaka Samhita*, *Susruta Samhita*, *Ashtanga Samgraha*, *Ashtanga Hridaya*, *Comprehensive ophthalmology of A.K. Khurana*.

## DISCUSSION

### *Anjana* in *Shalaky Chikitsa*

“*Shalakyam* *tantram* *naam* *urdhvajatrugata* *naam* *roganaam*.....*shalaka yantra pranidhnantham cha*”.<sup>[9]</sup> Eye/*Chakshu Indriya* is *Urdhvajatrugata* sense organ<sup>[10]</sup> and “*Sarva Indriyanaam Nayanam Pradhanam*”.<sup>[11]</sup> *Anjana* is applied in eye with the help of *Shalaka* so, that's why *Anjana Karma* is mainly known as *Shalaky Chikitsa*. *Tarpana*, *Putapaka*, *Seka*, *Ashchyotana* and *Anjana* are known as *Kriyakalpa* (Ayurvedic ophthalmic therapeutical procedure).<sup>[12]</sup>

### *Anjana* in *Kayachikitsa*

*Anjana* is a popular remedy for eye treatment but it is widely indicated in many systemic illness like *Vishamajwara*, *Kaamala*, *Unmada*, *Apasmara*, *Moorcha*, *Grahabadha*.<sup>[13]</sup>

### *Anjana* in *Visha Chikitsa*

*Anjana* is one of *Acharya Charaka's* twenty-four therapy procedures. If the poisoned patient has enlargement of the orbit, excessive sleep, discoloration of the eyes, or dirt collection in the eyes, the physician should consider *Anjana Karma*.<sup>[14]</sup> Collyrium made from *Devadaru*, *Shunti*, *Pippali*, *Maricha*, *Haridra*, *Karaveera*, *Karanja*, *Nimbi*, and *Tulasi* triturated with goat's urine should be used for *Anjana* if vision is obstructed.<sup>[15]</sup> If the poison is in the eyes, *Anjana* should be performed using *Pippali*, *Maricha*, *Kshara*,

*Vacha*, *Saindhava*, and *Shigru*, which should be triturated with *Rohitha* type of fish.<sup>[16]</sup> For seven days, *Shweta Maricha* is impregnated in the juice of *Shirisha* flowers; administration of this in the form of *Anjana* cures all *Visha*.<sup>[17]</sup>

### Preventive, Local and Systemic Mode of Action of *Anjana*

*Anjana* acts as a foreign body on the ocular surface, and in response to foreign particles in the cornea and conjunctiva, the eyes produce reflex secretion. A large amount of pharmaceuticals is washed out of the eye by tear, another large percentage is drained into the nasolacrimal duct, where it can be absorbed into the systemic circulation by the nasolaryngeal and oral mucosa, and a small amount is digested by tear enzyme.

*Gutika* and *Choorna* are more beneficial to do *Anjana*, because these contain nanoparticles which are deposited in cul-de-sac and there by increases the bioavailability to enhance the ocular absorption. The ocular absorption of *Anjana* may initiate through the conjunctiva and cornea. Once it crosses the conjunctiva, the sclera is more permeable and it allows the drug to penetrate other interior structure of eye i.e., ciliary body, iris, aqueous humor, lens, vitreous humor. But due to increased vascularization of conjunctiva, ciliary body and iris, considerable amount of drug enters into the systemic circulation again<sup>[18]</sup>

### *Anjana* in critical clinical situation like *Visha Chikitsa* and management of *Vishavega*

*Visha Vega* is the occurrence in which *Visha* traverses the *Kala* from one *Dhatu* to the next.<sup>[19]</sup> The toxin affects the eyes in the first *Samanya Vishavega*, causing the sufferer to have blue or dark vision.<sup>[20]</sup> *Anjana* with crow's egg juice and *Shirisha* are used for this. *Anjana* is mentioned in the third *Vishavega* of *Darveekara*<sup>[21]</sup> and *Rajila Sarpa*.<sup>[22]</sup> *Teekshnaanajana* is mentioned in the eighth *Vishavega* of *Darveekara* and *Mandali Sarpa*. *Teekshnaanajana* is also mentioned in *Rajila's* sixth *Vishavega* and *Mandali Sarpa*, *Teekshnaanajana* is indicated. *Teekshnaanajana* is also indicated in the sixth *Vishavega* of *Rajila*.<sup>[23]</sup>

**CONCLUSION**

*Anjana* is a paste applied to the inner part of the eye lid and it is used to protect eye and maintain good eye health and vision. It is an effective remedy for many eye disorders as well as systemic disorders. It is used in the form of Tablet, Juice, powder, Wick and many other forms<sup>[24]</sup> its serves one or more of the benefits including scrapping, Healing and soothing effect.<sup>[25]</sup> So, it can be concluded that *Anjana* can produce preventive, local and systemic action as well as to maintain some critical clinical situation. When it drains out the poison through lacrimation before the systemic absorption, it is a preventive action. When it cures itching, swelling and discoloration of eye, it is a local action and when it cures loss of vision unconsciousness and restores the general physical and mental health, it is a systemic action.

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