



ISSN 2456-3110

Vol 7 · Issue 1

Jan-Feb 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

A case study on effect of *Vasakadhi Kvatha* and *Katakadhi Anjana* in the management of Diabetic Retinopathy

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ABSTRACT

Background: A known case of diabetic male subject aged 61 years for the past 15 years presented with complaints of blurriness of both distant and near vision of both eyes. **Methodology:** Patient was administered with 50 ml of *Vasakadi Kvatha* given internally and *Katakadhi Anjana* drops was administered in each eye twice daily **Conclusion:** Treatment is done based upon medicines which have *Madhumehahara* properties, *Shothagana* properties, *Shonita Sthapana*, *Ropana*, *Kaphanisaraka*, *Rakta Prasadana*, *Sroto Dushti Nirharana*, *Chaukshya* and *Balya* properties.

Key words: Diabetic Retinopathy, Katakadhi Anjana, Vasakadhi Kvatha

INTRODUCTION

Diabetic Retinopathy (DR) is the most common eye disease occurring in Diabetic patients. It is a common cause of legal blindness in individuals between the age of 20 to 65 years.^[1] It is stated to increase with the projected prevalence of diabetes mellitus predicted to increase to 700 million in 2045.^[2] One-third of an estimated 285 million diabetics are afflicted with vision-threatening DR (VTDR).^[3] Proliferative diabetic retinopathy (PDR) is the most common vision-threatening lesion among type 1 diabetes, and it presents with macular oedema in type-2 diabetes.^[4] In

Ayurveda, for eye diseases, a few daily regimens like *Aschyotana* (eye drops), *Anjana* (Collyrium), *Padabhyanga* (Foot massage with oil) has been enumerated which are promotive and preventive measures for the Diabetic retinopathy which in turns helps for maintenance of eye health.^[5]

CASE REPORT

A male patient of 61 years who was teacher by profession, came with the complaints of blurriness of both distant and near vision since 15years.

History of present illness

Patient was apparently healthy 20 years back. Gradually he developed with blurriness of vision while seeing distant objects since 15 years. After 1 month he felt difficulty for the near objects also. He consulted an ophthalmologist, who prescribed Endo-LASER, and silicone oil implantation, which was done in 2019. He experienced mild clarity of vision after surgery, The same symptoms reappeared soon, later he consulted for the same complaints and got admitted for further management.

History of past illness

Known case of diabetes mellitus type 2 since 20 years

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Submission Date: 15/01/2022 Accepted Date: 19/02/2022

Access this article online

Quick Response Code



Website: www.jaims.in

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Under allopathic medication for the same

Treatment history

Endo-laser was done for both eyes in 2019.

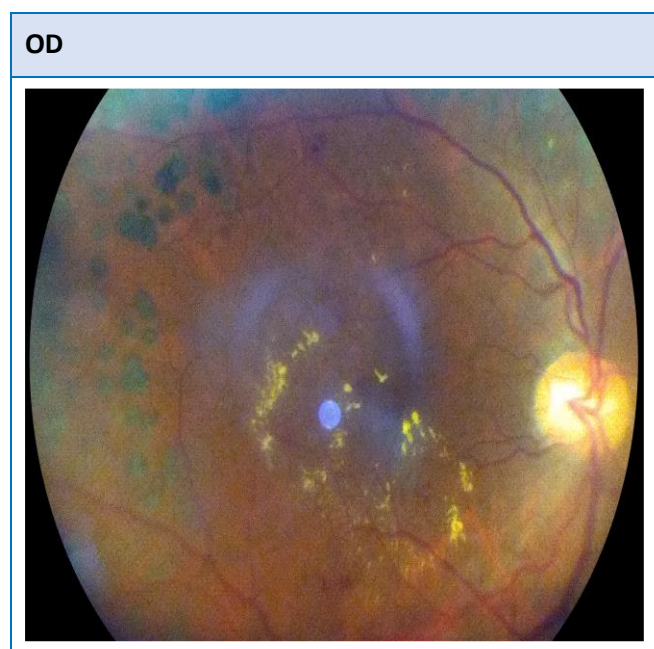
Cataract surgery was done for both eyes in 2014.

Examination of the patient

Visual acuity	Distant vision without glasses	Distant vision with glasses	Near vision without glasses	Near vision with glasses
Right Eye (OD)	6/12	6/9	N9	N6
Left Eye (OS)	6/12	6/9	N9	N6
Both Eyes (OU)	6/12	6/9	N9	N6

- In both eyes rubeosis iridis was absent
- Lens showed pseudophakia with posterior-segment intra-ocular lens (IOL) implantation OU and both direct and consensual pupillary reactions were within normal limits OU.
- The other structures of anterior segment were within normal limits in both eyes.
- Posterior segment examination showed retinal haemorrhages and hard exudates OU.

Colour Fundal photography



OS



Vitals

Pulse - 78bpm, regular

BP - 130/90mmhg

Temperature - Afebrile, 98.4⁰ F

Respiratory rate - 18/min

Investigations

On 11-08-2021

FBS - 163.5mg/dl

PPBS - 295.4mg/dl

HbA1C - 9.6%

Treatment given

1. *Vasakadhi Kvatha*^[6] 50ml twice daily 30 mins before food
2. One drop of *Katakadhi Anjana*^[7] was administered in each eye twice daily.

Duration: 60 days

RESULT

The changes noted after administration of *Vasakadhi Kvatha* along with *Katakadhi Anjana* for a period of 60 days is mentioned below

After treatment

On 11-10-2021

FBS - 124.5mg/dl

PPBS - 225.1mg/dl

HbA1C - 8.5%

Visual acuity

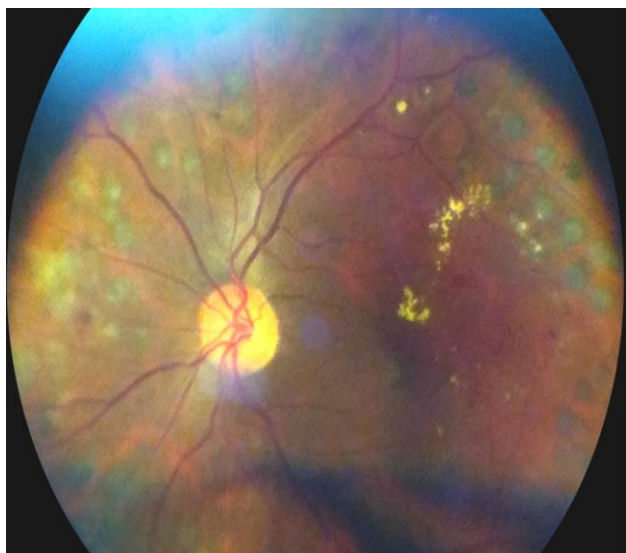
Visual acuity	Distant vision without glasses	Distant vision with glasses	Near vision without glasses	Near vision with glasses
Right Eye (OD)	6/9	6/9	N6	N6
Left Eye (OS)	6/9	6/9	N6	N6
Both Eyes (OU)	6/9	6/9	N6	N6

Colour fundal photography

OD



OS

**DISCUSSION**

The ingredients of the *Vasakadhi Kwatha* not only have effect on eye but also have overall systemic effect like, hypoglycemic, lipid lowering, hypotensive, vasodilator and anti-oxidant properties.^[8] Maximum number of drugs were having *Tikta-Kashaya Rasa* and *Laghu-Ruksha Gunas*, which acts as *Pramehagna*, *Medohara* and *Pitta-Rakta Shamana*.

In *Katakadhi Anjana*, *Kathaka Phala* seeds, *Karpoora* and *Madhu* having *Vatakaphahara*, *Chakshushya*, *Vranashotapachana*, *Tridosahara*, *Mehahara* properties and also act as anti- hyperglycemic, antioxidant, anti-inflammatory.^[9] Inturn it prevents the oxidative stress damage to the retinal vasculature endothelium.^[10]

There is a classical reference *Prameha* can produce *Netra Rogas*.^[11] After a proper analysis of clinical feature, pathogenesis and stages of DR, the disease can be correlated to *Timira* with different *Doshas* predominance in different stages. *Vasakadhi Kwatha* does *Prameha Samprapthi Vigatana*, also augments the absorption of intra retinal haemorrhages and exudates.

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How to cite this article: S Vidyasagar Badisa, Ashwini M J, Deeksha R, Sneha P K. A case study on effect of Vasakadhi Kvatha and Katakadhi Anjana in the management of Diabetic Retinopathy. *J Ayurveda Integr Med Sci* 2022;1:416-419.

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