**A B S T R A C T**

A chalazion, the most common inflammatory lesions of the eyelid. They are typically slowly enlarging, non-tender eyelid nodules, benign and self-limiting, though they can develop as a bump on eyelid. In Ayurveda it can be correlated with Utsangini, Tridoshaja Vartmagata Roga. In this study a 20 year old female patient approached to the Shalakya Tantra OPD of Rajeev Institute of Ayurvedic Medical Science and Research Centre, Hassan with a history of swelling on upper eyelid of right eye since 2 months. The growth was large in size and the inner part of eyelid is red in colour and painless. On examination the patient was diagnosed with chalazion. The patient was treated with Bhedana Karma followed Pratisarana Karma and systemically administered Shamana Chikitsa. Remarkable result was observed in all the aspects of the disease. Hence, Bhedana and Pratisarana Karma are proved to be effective in the management of chalazion.

**Key words:** Chalazion, Utsangini, Bhedana Karma, Pratisarana Karma.

**INTRODUCTION**

A chalazion is a chronic sterile lipo-granuloma. They are typically slowly enlarging, non-tender eyelid nodules. Chalazion are typically benign and self-limiting, though they can develop is a red bump on eyelid and also they can develop chronic complications. It is sometimes called an eyelid cyst or a meibomian cyst. A chalazion is caused by inflammation of a meibomian gland. Recurrent chalazia should be evaluated for malignancy.

It is a common condition, though the exact incidence in worldwide is not documented. It appears to affect males and females equally, but exact numbers are not available.

It is more common in children and young adults and the patients having eye strain due to refractive errors. The main predisposing factors of chalazion are habitual rubbing of eyes or fingering of the lids and nose, excessive intake of carbohydrate or alcohol.

Chalazion can be correlated with Utsangini. Abhyanthara Mukhi, Bahya Utsanga, Pitaka on Varthma, Raktha Varna, Kandu and Kukkudanadavat Srava are the symptoms of Utsangini which are similar to that of chalazion. Utsangini is one of the Vartmagata Roga and according to Acharya Sushruta Utsangini is Tridoshaja Vyadi. According to Acharya Vagbhata Utsangini is Rakta Doshaj Vyadi. Which is characterised by Abyantaramukhi (Opening in the inner side), Bahya Utsanga (Nodular swelling in the external surface of the eye lid), Adho Vrtmana (In lower lid) Tadrupa Pidika (similar blisters around the main
**AIMS AND OBJECTIVES**

To evaluate the effect of Bhedana Karma and Pratisarana Karma in the management of chalazion.

**MATERIALS AND METHODS**

**Case history**

A 20 year old female patient came to out-patient department of Shalakya Tantra, Rajeev Institute of Ayurvedic Medical Science and Research Centre, Hassan in September 2023. She had swelling on upper eyelid of right eye since 2 months. The growth was large in size and the inner part of eyelid is red in colour and painless. On examination sclera, cornea, iris, pupil and lens were found to be normal. Visual acuity of both the eyes was 6/6. On the basis of clinical signs and symptoms the patient was diagnosed with chalazion.

**Past history:** Nothing significant.

**Family history:** No one in her family is having similar complaints.

**Personal history:**

- Bowel: Regular
- Appetite: Good
- Micturition: 2 to 3 times/day
- Sleep: Sound
- Hypertension: No
- Diabetes: No
- Smoking: No
- Alcohol: No

**Treatment History**

In this study we selected the treatment of Bhedana Karma, Pratisarana Karma with the mixture of Saindhava Lavana, Madhu and Ghrita. And as a Shamana Chikitsa, 2 tablets of Kancahanara Guggulu for internal administration twice in a day for 5 days.

**DISCUSSION**

Chalazion is non-infective lipo-granulomatous 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 Sushrutha and Vagbhata. It is a Tridoshaja Sadhya Vyadhi according to Acharya Sushrutha. But whereas according to Acharya Vagbhata it is a Raktaja Sadhya Vyadhi. Both Shastra and Ashastra Chikitsa are mentioned in the treatment of Utsangini.

**Bhedhana Karma**

**Bhedyam Bhideaneyam, Vidradyadi**

It means incision taken for opening a cavity or tapping of cavity to drain out pus, Rakta, removing calculus etc. features of ideal Incision Aayata (Deergha - adequate length), Vishala (Vistheerna - extensibility), Sama (uniform cut edges), Suvibhakta (Heena and Atidosha Mukta), Nirashraya (Away from Jihwa, Danti, Asthi, Marma), Should have knowledge of Aama and Pakvaavastha (Asama Pakva Pakva).

Acharya Sushrutha has indicated Bhedana Karma (Bhedana Sadhya Vyadhi) in the following diseases - All...
Vidradhi except Sannipatika, Vataja Granthi, Pittaja Granthi, Kaphaja Granthi, three types of Visarpa, Vridhi Roga, Vidarika, Prameha Pidika, Vrana Shopha, Stana Vidradhi, Avamanthaka, Utsangini, Kumbhika, Anusayi, Nadi Vrana, Vrinda Roga, Pushkarika, Alaji, Kshudraroga, Talupuppata, Danta Puppata, Tundikeri, Gilayu, Ashmari And Medaja Roga etc.

In conditions which having pus inside, but not having an opening, even having sinuses inside or pus pocket are ideal to Bhedana or splitting and draining the accumulated pus. Shastra’s and Anushastra’s used for Bhedana Karma are Vriddhi Patra, Nakha Sastra, Mudrika, Utpala Patra and Ardha Dhara. Anushastra’s are Twak Sara, Sphatika, Kaca (glass pieces), Kuruvinda, Nakha.

Pratisarana or rubbing has been explained as Sthaniaka Chikitsa. Pratisarana is done, where Shastra Karma has a limitation to be used because of the sensitive surgical sight and for proper healing process of surgical sight.

Hastameva Pradhana Yantra

Hasta (hand) has been used to carry out the procedure with various Lekhana Dravyas on such a delicate and sensitive structure with the expectation to cease the deep rooted / recurring / stubborn conditions. The importance of Pratisarana in Netra Roga as local ocular therapeutic/ surgery and its measures is immense into the present day in any chronic conditions as acute management due to its vast advantages, cost effect, availability of the drugs and procedure.

Ghee can help moisturize the delicate skin around your eyes, cleansing and wound healing properties, reduce dark circles and wrinkles, and promote relaxation and restful sleep. But that’s not all. Ghee can also be used to make Netra Tarpana an Ayurvedic eye treatment. This treatment is a powerful ally for your health and beauty, especially for eyes

In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant and antibacterial agent. People commonly use honey orally to treat coughs and topically to treat burns and promote wound healing.

Saindhava Lavana: Light, Unctuous, effect on Tridosha - We have already know that salt taste usually increases Pitta, but Saindhava Lavana, being cold in potency helps to balance Pitta. And it also helps to relieves Kapha.

Kanchanara Guggulu consist bark of Kachanara, Triphala, Trikatu, bark of Varuna, Ela, Tvaka, Dalachini and Guggulu. All the contents have Lekhana property and Kanchanara has specially Granthi Nashaka property. Anupana is Kanchanara Kashaya which enhanced the activity of Kanchanara Guggulu. On the basis of these properties, it helped in the healing of the site where Shastra Karma performed, as well as relieving the symptoms of chalazion.

RESULT

After performing Bhedana Karma and Pratisarana Karma for three days, there was a marked relief in the complaints, like swelling of the lid and foreign body sensation in eyes. No complications are observed during the procedure and after the procedure. No complaints from patient were not there during the procedure of Bhedana and after the completion of the treatment.

CONCLUSION

This case study reveals the patient with large single chalazion can get significant result through Bhedana Karma followed by Pratisarana Karma and Ayurveda management.

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