



ISSN 2456-3110

Vol 9 · Issue 1

January 2024

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**

# Bhedana Karma in the management of Chalazion: A Case Study

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## ABSTRACT

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 *Shalaky 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 proofed 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.<sup>[1]</sup> 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.<sup>[2]</sup>

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.<sup>[3]</sup>

Chalazion can be correlated with *Utsangini*. *Abhyanthara Mukhi*, *Bahya Utsanga*, *Pitaka* on *Varthma*, *Raktha Varna*, *Kandu* and *Kukkudanadavat Srava*<sup>[4]</sup> 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

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Submission Date: 14/11/2023 Accepted Date: 25/12/2023

Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.1.53

*Utsanga*<sup>[5]</sup>, *Tamra* (A copper coloured *Pidika*), *Kandu* (Itching), *Rakta* (Red colour), *Sthula*<sup>[6]</sup>, *Bahyaat Api Drushyate* (Visible from external surface), *Katina* (Hard), *Manda Vedna* (Dull pain), *Prabhinna Sravet Sravaa Kukutanda Rasopamam* (if bursting discharge thick pus resembling egg yolk).<sup>[7]</sup>

## 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 Shalaky 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

### General Examination

Pallor	: Negative
Oedema	: None

Cyanosis	: None
Tenderness	: None
Pulse	: 72/min
BP	: 122/84 mm of Hg

### Systemic Examination

Respiration	: Chest clear & Throat red
CVS	: S1, S2
Bowel sounds	: Positive
CNS	: Well oriented
Abdomen	: Soft

### Treatment History

In this study we selected the treatment of *Bhedana Karma*, *Pratisarana Karma* with the mixture of *Saindhava Lavana*, *Madhu* and *Ghritha*. 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 *Sushruta* and *Vagbhata*. It is a *Tridoshaja Sadhya Vyadhi* according to *Acharya Sushruta*. But whereas according to *Acharya Vagbhata* it is a *Raktaja Sadhya Vyadhi*. Both *Shashtra* and *Ashastra Chikitsa* are mentioned in the treatment of *Utsangini*.

### *Bhedhana Karma*

#### *Bhedyam Bhedaneeyam, Vidradyadi*

It means incision taken for opening a cavity or taping 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 Paako Pakva*).

*Acharya Sushruta* 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*, *Talupupputa*, *Danta Pupputa*, *Tundikeri*, *Gilayu*, *Ashmari* And *Medaja Roga* etc.<sup>[8]</sup>

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.<sup>[9]</sup> *Shastra's* and *Anushastra's* used for *Bhedana Karma* are *Vridhi 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 *Sthanika 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*.<sup>[10]</sup> All the contents have *Lekhana* property and *Kanchanara* has specially *Granthi Nashaka* property.<sup>[11]</sup> *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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**How to cite this article:** Varun TV, Chaitra TM, Akshitha P. Bhedana Karma in the management of Chalazion: A Case Study. J Ayurveda Integr Med Sci 2024;1:329-332. <http://dx.doi.org/10.21760/jaims.9.1.53>

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

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