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Netra Pratisarana - Effective result with a simple procedure

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ABSTRACT

Pratisarana (rubbing) has been explained as *Sthanika Chikitsa*. *Pratisarana* is done, where *Shashtra Karma* has a limitation to be used because of the sensitive surgical sight. "*Hastameva Pradana 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. In this area of presentation a brief overview on *Pratisarana*, its variants, Indications, clinical applications and rationality of the drugs used which are commonly available and probable mode of action will be convened to increase the confident level and make more ease to practice as an acute management to achieve success clinically.

Key words: *Pratisarana, Netra Rogas, Lekhana, Chronic Condition.*

INTRODUCTION

The reference of *Pratisarana Chikitsa* is explained in almost all *Samhitas*. *Pratisarana* is a "*Sthanika Chikitsa*" which means *Pratisaaryate Gharshyate Aneneti Pratisaaranam*,^[1] *Shanair Gharshanam Angulya Taduktam Pratisaaranam*,^{[2],[3]} *Angulya Gharshanam*,^[4] a gentle massage on the teeth, tongue or buccal cavity with *Choorna, Kalka, Avalehya* with the finger for a shorter duration is called *Pratisaaranam*.^[5]

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Pratisarana Chikitsa is a local treatment explained in the treatment principles of *Mukha-Roga*. The medicine is taken with the index finger and applied at the oral cavity.

Here the word "*Gharshana*" is used for rubbing of medicine so that it exerts its action well. But *Acharya Sushruta* has described it as one of the *Upakrama of Vrana*^[6] and also described in treatment of *Netraroga* as *Pashchath Karma* to remove the remnants of the lesion to clear the surface.

In modern ophthalmology there is vast use of anti-biotic eye drops, steroids, mitomycin ointment to treat the condition and to avoid the reoccurrences of the conditions. Where as in *Shalaky Tantra* with the help of simple drug selection and *Pratisarana* procedure we can attain the similar result.

Pratisarana is mainly carried out in *Kapha Pradana Vyadhi* with expected *Lekhana* effect, here with the help of *Dravya* there will be added effect of *Lekhana*. Hence this study is carried out to understand in depth regarding the procedure and its action.

Types of Pratisarana

Table 1: Showing Types of Pratisarana.

Types of Pratisarana	Su. ^[7]	A.H. ^[8]	A.S. ^[9]	B.P. ^[10]	Sha. ^[11]	YR. ^[12]
Kalka	+	+	+	+	+	+
Rasakriya	+	+	+	-	-	-
Kshaudra	+	-	-	-	-	-
Churna	+	+	+	+	+	+
Avaleha	-	-	-	+	+	+

Avaleha is a synonym of Rasakriya, Acharya Sushruta and Vagbhata have not mentioned Avaleha instead they have mentioned Rasakriya, where as Bhavaprakasha, Yogaratnakara and Sharangadhara have mentioned Avaleha but not Rasakriya.

Kalka being more Guru^[13] and most potent^[14] than Kashaya. Kalka can be used in severe condition as well in chronic conditions.

Though Churna is one among Panchavidha Kashaya Kalpana, it can be considered as Upakalpana of Kalka, as Churna is a dry form of the drug. Churna chemical reaction in atmospheric condition is less in comparison to Rasakriya.

Rasakriya can be considered as Upakalpana of Kashayaas, as 8 or 16 parts of water is boiled along with Dravya and reduced to one fourth of it. Kashaya being Laghu and least potent in comparison to Kwatha, Kalka, Swarasa, still we can extract all the water soluble principles of the drugs and preserve them for more days in comparison with Kashaya, Churna or any other primary preparations.

Rasakriya can be prepared by seasonal as well unseasonal drugs. And also by doing Pratisarana with Rasakriya the drug bioavailability can be maximized.

Kshaudra does Pitta Kapha Shamaka, Dipana, Medya, Srotoshodana, Rochana, Yogavahi Vibandha Hara, Daha Hara, Netramayahara. And also increases

general metabolism. This can be used in absence or unavailability of the above mentioned form of preparations.

Matra of Pratisarana

One Kola Matra is told in the context of Mukharoga, while in the treatment of Netra Roga we should use the required quantity depending upon the lesion.

Following are the references from the classics regarding Pratisarana in various Netra Rogas.

Roga	Dravya used
Savrana Shukra - Shukra Roga Nashana	<ul style="list-style-type: none"> Shirisha Bija, Maricha, Pippali, Saindhava (Su. Ut, A. H. Ut., A.S.Ut., G.N.) Nimba along with above mentioned drugs (VS) Saindhava. (Su. Ut, Chakradatta, V.S.) Triphala Kwatha and Saindhava (A.H. Ut.) Dhatri, Phanjajkarasa, Kshara (A.H. Ut.)
Shukra Vaivarnya Nashana	<ul style="list-style-type: none"> Madhu (Su. Ut)
As Pashyath Karma in Lekana Roga Chikitsa	<ul style="list-style-type: none"> Manasheela, Kasisa, Trikatu, Saindava Lavana and Madhu (Su. Ut.)
Lagana	<ul style="list-style-type: none"> Gorochana, Yava Kshara, Tutta, Pippali, Madha (Su. Ut., B.R., Chakradatta, V.S., Y.R.) Manasheela, Ela, Saindhava, Tagara, Madhu (A. H. Ut) Gorochana, Kshara, Saindava, Pippali and Madhu (GN)
Anjananamika	<ul style="list-style-type: none"> Manasheela, Ela, Tagara, Saindava Lavana, Madhu (Su. Ut., A.S. Ut., Chakradatta, G.N., V.S., Y.R.) Rasanjana and Madhu (Su. Ut., Chakradatta, G.N., V.S., Y.R.) Manashila, Ela, Saindhava and Madhu (B.R.)

<i>Krimigranthi</i> <i>Janthugranthi</i> (Y.R.)	<ul style="list-style-type: none"> ▪ <i>Manasheela, Ela, Tagara, Saindava Lavana, Madhu (Su. Ut.)</i> ▪ <i>Rasanjana and Madha, (Su. Ut.)</i> ▪ <i>Triphaladyarasakriya (Su. Ut.)</i> ▪ <i>Triphala, Madhu, Kasisa, Saindhava (A.H. Ut)</i> ▪ <i>Kasisa, Saindhava, Triphala, Makshika (A.H. Ut.)</i> ▪ <i>Ela Churna (C.Ch.)</i> ▪ <i>Triphala, Tutta, Kasisa, Saindava and Rasanjana (B.R.)</i> ▪ <i>Triphala, Mutra, Kasisa, Saindhava and Rasanjana. (Chakradatta, G.N.)</i> ▪ <i>Triphala, Gomutra, Kasisa, Saindhava and Rasanjana.(V.S., Y.R.)</i>
<i>Kaphajanya Upanaha</i>	<ul style="list-style-type: none"> ▪ <i>Pippali, Madhu, Saindava Lavana (Su. Ut., A.S. Ut., B.R., Chakradatta)</i>
<i>Arma</i>	<ul style="list-style-type: none"> ▪ <i>Yavanala Churna, Trikatu, Lavana (Su. Ut.)</i> ▪ <i>Madhu, Vyosha, Saindhava (A.H. Ut.)</i> ▪ <i>Saindhava Churna (A.S. Ut)</i> ▪ <i>Yavanala Bhasma (A.S. Ut)</i> ▪ <i>Plotha Shuddha Madhu (A.S. Ut)</i>
<i>Sirajala</i>	<ul style="list-style-type: none"> ▪ <i>Lekana Anjana Dravya (Su. Ut.)</i> ▪ <i>Yavanala Churna, Trikatu, Lavana (Su. Ut.)</i>
<i>Sirapidaka</i>	<ul style="list-style-type: none"> ▪ <i>Yavanala Churna, Trikatu, Lavana (Su. Ut.)</i>
<i>Parvanika</i>	<ul style="list-style-type: none"> ▪ <i>Saindava Lavana and Madhu (Su. Ut., A.H.Ut., A. S. Ut)</i>
<i>Vartma Arsha</i>	<ul style="list-style-type: none"> ▪ <i>Saindava Lavana, Kasisa, Pippali and Khara (Su. Ut.)</i>
<i>Vartma Arbudha</i>	<ul style="list-style-type: none"> ▪ <i>Saindava Lavana, Kasisa, Pippali (Su. Ut.)</i> ▪ <i>Khara (Su. Ut.)</i> ▪ <i>Tambula, Bakhuchi and Haritaki</i>

	(A.S. Ut)
<i>Pakshma Kopa or Upapakshmamala</i>	<ul style="list-style-type: none"> ▪ <i>Agni or Kshara if not treated then Patya Phala (Su. Ut.)</i> ▪ <i>Thovarakena (Su. Ut.)</i>
<i>Kumbhika</i>	<ul style="list-style-type: none"> ▪ <i>Saindava Lavana (A.H. Ut., A.S. Ut.)</i>
<i>Vartma Lekahana</i>	<ul style="list-style-type: none"> ▪ <i>Manasheela, Kasisa, Trikatu, Rasanjana, Saindava and Madhu (A.H.Ut.)</i>
<i>Pothaki</i>	<ul style="list-style-type: none"> ▪ <i>Shunti and Saindhava (A.H.Ut.)</i> ▪ <i>Shunti, Saindhava and Magadhi (Pippali). (A.S.Ut.)</i>
<i>Kaphotklista</i>	<ul style="list-style-type: none"> ▪ <i>Sukshma Saindava, Kasisa, Manasheela, Pippali, Rasanjana, Madhu (A.H. Ut., A.S. Ut.)</i>
<i>Utsangini</i>	<ul style="list-style-type: none"> ▪ <i>Tagara, Ela, Saindhava, Utpala (Manashila) and Madhu (A.S.Ut.)</i>
<i>Bisavartma</i>	<ul style="list-style-type: none"> ▪ <i>Saindhava (A.S.Ut.)</i>
<i>Kukunaka</i>	<ul style="list-style-type: none"> ▪ <i>Madhu, Saindhava and Rasanjana. (A.S.Ut.)</i>
<i>Pakshmauparodha</i>	<ul style="list-style-type: none"> ▪ <i>Tambula, Bakhuchi and Haritaki (A.S.Ut.)</i>
<i>Sira shukla</i>	<ul style="list-style-type: none"> ▪ <i>Manahashila and Rasanjana (A.S.Ut.)</i>
<i>Pillaroga</i>	<ul style="list-style-type: none"> ▪ <i>Haritala, Vaca, Devadaru and Tulsi Swarasa (Chakradatta)</i> ▪ <i>Tagara and Haritaki Kwatha (Chakradatta)</i> ▪ <i>Devadaru, Basti Mutra and Sasneha. (Chakradatta)</i>
<i>Ajaka</i>	<ul style="list-style-type: none"> ▪ <i>Gavasthi Twacya, Ushnodhaka (Y.R.)</i>

Characters of Samyakyoga

Irrigation of *Srava, Roga Haratwa* (eliminating disease/ suppressing disease), *Prakruta Stiti* (re-obtaining its natural texture), *Laghutwa* (lightness), *Sukha Prapti* (feels comfortable).

Characters of Hinayoga

Kaphotklishta (increase *Kapha Dosha*), stickiness of lid margin, heaviness of lid.

Characters of Atiyoga

Varthma Sushkata (dryness of lids), *Klama* (fatigue), *Daha* (burning sensation) *Shoola* (pain) *Rakta Srava* (bleeds), difficulty in *Varthma Kriya*.

Mode of action of Pratisaarana

The word meaning of *Pratisarana* is *Garshana* which means rubbing gentle. Rubbing of the eye lid and lid margin with very fine powder of the medicinal drugs promotes:-

- **Local raise in temperature:** Initiates function of brajaka pitta, influence twak prasadana.
- **Vilayana of Dosha's (liquefying the vitiated impurities):** Clears *Kapha Dosha* due to *Garshana*.
- **Increase in blood circulation:** Blood vessels gets dilate which increases blood circulation and promotes healing.
- **Srothomukha Vishodhana i.e., opening up the vessels:** Does evacuation and cleansing of the secretary passages.
- **Increase in the rate of absorption:** By this procedure where the drugs come in contact with ocular tissue enters *Srotomukha* (like in *Vartma Arbudha*, *Arshas*, *Utsangini*) and *Romakupa* (*Krimigranti*, *Pakshma Kopa*) further gets absorbed through *Swedavaha Srotas* (*Kumbika*, *Pilla Roga*).
- Hence this therapy removes the eyelid debris, which can be colonized by bacteria, reduces the bacterial load mechanically and stabilizes the tear film by releasing oily secretions from the meibomian glands.

Ointment are of two types, i.e., Water soluble and fat soluble, this is as similar as Water soluble - *Kalka*, *Rasakriya*, *Kshaudra* and *Churna* and fat soluble as *Avaleha*.

An ointment is a preparation of a medication for topical use that contains an oil base - essentially a preparation of water in oil. This is a semi-solid preparation.

- Site specific action.
- Occlusive effect enhances penetration of active drug and improves efficacy (especially in thickened, lichenified skin).

CONCLUSION

Even though in spite of using Antibiotic, Steroid and surgical procedure like excision, the recurrences rate of some ocular diseases is more. So patients are diverting towards alternative treatment. In Ayurveda, *Pratisarana* is type of procedure indicated in those diseases where there is need to use *Anushatra's* at sensitive structures like eyes. This is one of the methods of achieving therapeutic drug concentration on the eye and surrounding structures. The affected tissue is targeted directly than from the systemic absorption and always give quick results. As the tissue contact time and bio availability of the drugs is more, *Pratisarana* with appropriate drugs based on *Dosha's* involved in the disease, can help in scraping off the morbid cells from the site so that the reoccurrence can be avoided. Also is cost effective and avoid the anxiousness of the patient for surgical intervention.

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