

REVIEW ON SHUSHKAKSHIPAKA WSR TO DRY EYE SYNDROME

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ABSTRACT

Dry eye syndrome or Keratoconjunctivitis sicca is a common disorder of the tear film caused by decreased tear production or increased evaporation and manifests as a variety of signs and symptoms. Dry eye syndrome is the new nomenclature to the visual, ocular and systemic symptoms arising due to the long time and improper working on the computer and is emerging as a pandemic in the 21st century. It is a multifactorial disorder due to the inflammation of ocular surface, neurotrophic deficiency and meibomian gland dysfunction. It can be compared to as Shushkakshipaka, which is one among the Sarvakshiroga Rogas.

Keywords: Dry Eye Syndrome, Keratoconjunctivitis sicca, Shushkakshipaka, Sarvakshiroga

INTRODUCTION

Eye holds a special status among all the sense organs. Today, in this 21st century, where we are living in a sophisticated environment, computer is one of the most developed technologies which are used by the children, the young and the old. Moreover sitting in front of the computers is highly a vision demanding task. Research has found that around 75% of the population

working in front of a screen for 6-9 hours daily complains of ocular discomfort. Ocular discomfort associated with prolonged computer use, but the time spent using screens, especially hand held devices, is increasing inexorably in our day-to-day activities, and avoiding screen use is not a possibility for many people. Indeed, it is estimated that children and young adults now spend around

six hours a day using screens, including the use of multiple mobile devices.

Dry eye disease is a common yet frequently unrecognized clinical condition in which the etiology and management is challenging.¹ It is a multifactorial disorder due to the inflammation of ocular surface, neurotrophic deficiency and meibomian gland dysfunction.² The treatment has relied predominantly on artificial tears and lubricants that require frequent instillation as they have short duration of action.³

Dry eye- Modern perspective

Dry eye disorder is a disorder of the precocular tear film⁴ that results in damage to the ocular surface and is associated with symptoms of ocular discomfort. It is characterized by instability of the tear film that can be due to insufficient amount of tear production which results in increased evaporation of the tears.⁵ The International Dry Eye Workshop defined dry eye as a multifactorial disease of the tears and ocular surface that results in symptoms like ocular discomfort, visual disturbance and tear film instability with potential damage to the ocular surface.⁶

Prevalence of dry eye increases with age⁷. It is a common disorder of the eyes affecting a significant percentage of the population, especially those older than 50 years of age.⁸ Around 75% of the population working in front of a screen for 6-9 hours daily complains of ocular discomfort associated with prolonged computer use, but the time spent using screens, especially hand held devices. Causes for DES include decreased tear production, excessive tear evaporation and abnormality in the production of mucus or lipids of tear layer.⁹ Dysfunction of the lacrimal functional unit also causes changes in the composition of tear fluid or tears film stability leading to inflammation of ocular surface.

The main symptom of dry eye is dry and gritty feeling in the eyes associated with burning or itching sensation, foreign body sensation, excess tearing, pain and redness of the eyes.¹⁰

Ayurvedic perspective

The ayurvedic diagnosis of dry eye depends on the complaints of the patient. It can be compared to as Shushkakshipaka. Acharya Sushruta considers Sushkakshipaka as a Vata

predominant disease whereas Acharya Vagbhata considers it to be a Vatapitta predominant condition.^{11,12} The doshik attribution can be assumed to be the different stages of the disease, i.e in the initial stage there is involvement of Vata Dosha and later on Pitta is involved.

NIDANA

Dry eye syndrome is caused by Vata vitiating factors, later on Pitta vitiating factors also contribute to the disease pathology.

Samanya Nidana

Nidanas which cause vitiation of Vata and Pitta are-

- Veganigraha- suppression of Adhovata, Mala, Mutra and Nidravega causes Vata vitiation ^{13,14}
- Dhoomanishevana- direct exposure to smoke caused vitiation of Pitta Dosha by its Ushna Teekshna Guna. Vata Dosha is aggravated by its Ruksha, Laghu Sookshma Guna.¹⁵
- Rajodhooma Nishevana- exposure to dust and smoke¹⁶
- Atisheeghrayana- travelling in jerky vehicles¹⁷
- Atisheeta Sevana- exposure to cold condition causes vitiation of Vata Dosha.¹⁸

- Intake of food items predominant in Katu, Kashaya and Tikta Rasa lead to Pittakopa.¹⁹

Vishesa Nidana-

Nidanas responsible for Netrarogas are mentioned by Sushruta Acharya. Amongst these, those that lead to dry eye are-

- Doorekshana- looking at distant objects for long time causes infrequent blinking leading to decreased secretion from the meibomian glands.²⁰
- Swapna viparyaya- altered sleep patterns causes Vata Pitta Prakopa.²¹
- Prasakta Samrodhana- continuous weeping leads to Vata Prokopa causing less tear production.²²
- Kopa and Shoka- excessive anger and grief lead to Pitta and Vata Prakopa which affects the tear secretion.²³
- Intake of food items like Shukta, Aranala, Amla, Aranala which have alcoholic properties cause Vatapitta Prakopa.²⁴
- Asatmya-Indriyarth Samyoga mainly Atiyoga and Mithyayoga of Chakshurindriya.²⁵

SAMPRAPTI

Nidanas mainly Viharas and environmental factors causes increase of Ruksha guna in Netra. This Rukshata causes Vatachaya.²⁶ Since

the tear film is directly exposed to the outer environment, Vatachaya occurs over the ocular surface which in turn causes reduction of tear components and affects the normal movement of the lids. As the condition progresses, deeper tissues like conjunctiva and cornea are also affected causing inflammatory changes.

LAKSHANA

Shushkakshipaka is a Vatapitta predominant disease according to Acharya Vagbhata and Vatika according to Acharya Sushruta.^{27, 28} In the initial stage pain, due to vitiation of Vata Dosha, difficulty in moving lids after waking from sleep, gritty sensation inside the eyes, difficult in opening the eyes, watering of eyes is found. And in the later stages due to involvement of Pitta Dosha, grittiness, pricking and cutting pain, pain, inflammation, stiff and dry lids, difficulty in opening the lids, blurred vision is seen.²⁹

CHIKITSA

Chikitsa is aimed at Samprapti Vighatana. Vata and Vata Pittahara Chikitsa can be adopted. Hetupratyanika Chikitsa in the form of lifestyle modifications can also be done.

Doshahara Chikitsa includes-^{30, 31}

- Purana Ghrita along with Draksha Kalka or Sita
 - Snigdha type of Nasya, Dhoomapana and Anjana
 - Ghritapana and Tarpana with Jeevaneeya Gana Dravyas
 - Anutaila Nasya
 - Seka with Kosha Ksheera mixed with Saindhava, Haridra or Devadaru
 - Anjana with Shunti Bhavita Stanya
- Hetupratyanka Chikitsa includes-
- Avoiding exposure to air, wind sun etc.
 - Avoiding hot and dry atmosphere.
 - Taking frequent breaks while watching TV, reading and using computer.

SADHYASADHYATA

Sushkakshipaka is a curable disease. But if not treated properly can lead to chronic conditions like Pilla Rogas.³²

CONCLUSION

The overarching complexity of the dry eye disease makes it challenging to diagnose and manage accurately. Dry eye can be concluded to be a Vata-Pitta aggravated and Kapha depleted ocular cum systemic problem. The initial stage is caused by Vatachaya in the tear film leading to Rukshata. Later, Pitta is involved leading to be a Sarvakshi Roga. Development of new potential drugs and different types of

drug delivery systems definitely provides a ray of hope for more effective treatment of this widely prevalent and debilitating disease.

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