



Research Article

THE EFFICACY OF *TRIPHALA RASAKRIYA VARTI* IN THE MANAGEMENT OF *PRAKLINNAVARTMA W.S.R. TO BLEPHARITIS*

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ABSTRACT

Ayurveda, the science of healthy living, is the most rational and scientific among the ancient systems of medicine. Among the Samhitas, which are available now, *Sushruta samhita* gives a wide description of the diseases of Shalakyatantra. Sushruta has given more importance to *Netrarog*, has mentioned 21 types of '*Vartmagata vyadhis*' (eyelid diseases). '*Praklinna Vartma*' is one of them and can be compared with 'Blepharitis'. Blepharitis is an extremely common disease. Blepharitis is poorly defined so far. There is a poor correlation between signs and symptoms of it. It has uncertain etiology and mechanism, and its high-frequent recurrence makes management difficult. So the study had been carried out to find out a better management of it.

In *Ayurveda* there are some preparations, which can be used as local, external applications on the eyelid. '*Triphala rasakriya varti*' is one of the preparations among them. *Triphala* is more useful than conventional line of treatment in *Netragata vyadhis*. *Triphala* is *Chakshusy*; it is easily available and more economical than conventional medicines to patients. By *Triphala Rasakriya Varti Anjana* it is proved that *Praklinnavartma* can be managed as a conservative line of treatment in the initial stages. Overall relief provided by *Triphala Rasakriya Varti* in *Praklinnavartma* is also better than that by Ciprofloxacin eye ointment. The study shows that symptoms of *Praklinna Vartma* are reduced significantly by application (*Anjana*) of *Triphala Rasakriya Varti*.

KEYWORDS: *Vartmagata Netra Roga, Praklinna Vartma, Blepharitis, Anjana, Triphala, Rasakriya Varti.*

INTRODUCTION

Ayurveda, the science of healthy living, is the most rational and scientific among the ancient systems of medicine.

Shalakyatantra, one among the 8 branches of Ayurveda, deals with the precious sense organs. Among the Samhitas, which are available now, *Sushruta samhita* gives a wide description of the diseases of Shalakyatantra. The Uttarantra starts from eye diseases, and out of 26 chapters of Shalakyatantra 20 are devoted to eye disease only. The eyes are said to be the most important of all Indriyas.¹

In *Sushruta samhita*, *Sushrutacharya* has mentioned 21 types of '*Vartmagata vyadhis*' (eyelid diseases).² '*Praklinna Vartma*' is one of them and can be compared with 'Blepharitis'. Blepharitis is a generalised term that refers to inflammation of the eyelid margin and the associated eyelash follicles and meibomian glands.³ It may be asymptomatic or present with red itchy eyes; the itching is characteristically around the eyelid margin. It is associated with burning, irritation, matting of eyelashes, which are typically worse in the morning and accompanied with watering and photophobia.⁴ The poor correlation between

symptoms and signs, the uncertain etiology and mechanisms of the disease process, conspire to make management difficult.⁵

In *Ayurveda* there are some preparations, which can be used as local, external applications on the eyelids. '*Triphala rasakriya varti*' is one of the preparations among them. *Triphala* is more useful in *Netragata vyadhis*. *Triphala* is *Chakshusya*, easily available and more economical than conventional medicines to patients. This study proposes to evaluate the effect of *Triphala rasakriya varti* in the management of *Praklinna vartma*.⁶

OBJECTIVE

To study the efficacy of "*Triphala rasakriya varti*" in the management of *Praklinna vartma*.

MATERIAL AND METHODS

Source of the data

Daily O.P.D. and I.P.D. patients of Shalakyatantra Department, Bharati Ayurved Hospital, Pune. Patients having Sign and Symptoms of *Praklinna Vartma*.

Inclusion criteria

- Patients of all occupations.
- Patient age group above 10 year.
- Irrespective of Sex and religion.
- Patients having signs and symptoms of *Praklinna vartma*.

Exclusion criteria

- Recently operated patients.
- All active infectious diseases of eye.
- One eyed patients.
- Patients' age group below 10yrs.

RESEARCH DESIGN

It is randomized comparative clinical trial. 60 patients were selected as per inclusion criteria and randomly divided in two groups.

INTERVENTION

1. **Trial Group:** 30 patients treated with *Triphala raskriya varti*.

Dose: local application over lid margin once in the morning for 7 days.

2. **Control Group:** 30 patients treated with Ciplox eye ointment.

Dose: local application over lid margin once in the evening for 7 days.

ASSESSMENT CRITERIA

- 1) *Vartma kandu*
- 2) *Vartma shotha*
- 3) *Todavat shula*

RESULTS

Table 1: Comparison of Efficacy of *Vartma Kandu* in Trial & Control group

<i>Vartma Kandu</i>	Day-0		Day-7		Wilcoxon Signed Ranks Test Z	P	Mann Whitney U test Z	P
	Mean score	Sd	Mean score	Sd				
Trial Group	2.10	0.481	0.53	0.507	4.939	<0.001 HS	2.177	0.029
Control Group	2.00	0.371	0.70	0.466	5.031	<0.001 HS		Sig

Table 2: Comparison of Efficacy of *Vartma Shotha* in Trial & Control group

<i>Vartma Shotha</i>	Day-0		Day-7		Wilcoxon Signed Ranks Test Z	P	Mann Whitney U test Z	P
	Mean score	Sd	Mean score	Sd				
Trial Group	1.73	0.45	0.47	0.507	4.802	<0.001 HS	0.136	0.892 NS
Control Group	1.63	0.490	0.33	0.479	4.686	<0.001 HS		

Table 3: Comparison of Efficacy of *Toda* in Trial & Control group

<i>Toda</i>	Day-0		Day-7		Wilcoxon Signed Ranks Test Z	P	Mann Whitney U test Z	P
	Mean score	Sd	Mean score	Sd				
Trial Group	1.47	0.507	0.40	0.498	4.590	<0.001 HS	0.236	0.813 NS
Control Group	1.30	0.466	0.27	0.450	4.767	<0.001 HS		

Table 4: Comparison of Efficacy of *Araktata* in Trial & Control group

<i>Araktata</i>	Day-0		Day-7		Wilcoxon Signed Ranks Test Z	P	Mann Whitney U test Z	P
	Mean score	Sd	Mean score	Sd				
Trial Group	1.20	0.407	0.17	0.379	4.916	<0.001 HS	1.441	0.149 NS
Control Group	1.33	0.479	0.10	0.305	4.710	<0.001 HS		

4) *Araktata*

5) *Klinnatva*

The assessment was done before and after treatment and the result was analysed statistically as per the assessment chart.

1) Subjective criteria

The Standard Gradations of signs and symptoms.

0 : Normal

+ : Mild

++ : Moderate

+++ : Severe

2) Objective criteria

Diagnosis is usually by slit lamp examination.

METHOD OF PREPERTTAION^{7,8}

- *Triphala churna* and water in the ratio of 1:16 were taken. This mixture was boiled on a low flame to turn it into *Kwath*. After that the *Kwath* was reheated in a copper vessel till the complete evaporation of water to make the *Kwath avaleha*. Then the *Avaleha* was turned into *Varti* with the thumb & the first finger. The *Varti* was made approximately of the size of *Harenuka bija*.
- Prepared *Varti* was stored in clean container. *Triphala churna* 1 part (180gm) + water 16 part (2.880 lit) Δ → *Kwath* 360ml → reheat decoction in copper vessel till the complete evaporation of water → *Rasakriya* (210gm) → *Varti* (2mg).

Table 4: Comparison of Efficacy of *Klinnatva* in Trial & Control group

<i>Klinnatva</i>	Day-0		Day-7		Wilcoxon Signed Ranks Test Z	P	Mann Whitney U test Z	P
	Mean score	Sd	Mean score	Sd				
Trial Group	1.63	0.490	0.40	0.498	4.507	<0.001 HS	1.049	0.294 NS
Control Group	1.67	0.479	0.23	0.430	4.768	<0.001 HS		

Table 5: Percentage of relief in the symptoms of trial and control group

Symptoms	Trial		Control	
	7 th	15 th	7 th	15 th
Itching	46.66%	40%	30%	26.66%
Lid edema	53.33%	53.33%	66.66%	66.66%
F.B.	60%	60%	73.33%	73.33%
Redness	83.33%	83.33%	90%	90%
Stickiness	60%	50%	76.66%	66.66%

- In 7 days clinically signs and symptoms of *Praklinnavartma* are significantly reduced in both groups.
- In both groups recurrence was seen in itching and stickiness on 15th day.
- It was observed that the effect of *Triphala Rasakriya Varti* was significant in all symptoms.
- Since p-value of every Sign & symptoms of *Abhishyanda* was found to be less than 0.05. Hence we can say that significant relief in both trial and control group.
- No any side effect was observed in patients during study.

• *Raktaprasadak*

The drugs of *Triphala Rasakriya Varti*- *Haritaki* is having *Pancharasa (Lavanvarjit)*, *Madhura vipak* and *Ushna virya*. *Amalaki* is having *Pancharasa (Lavanvarjit)*, *Madhura vipak* and *Sheet virya*. *Bibhitaki* having *Kashaya, Katu, Tikta rasa, Madhura vipak, and Ushna virya*.

The components of *Triphala Rasakriya Varti* have action like *Tridosha Shamaka, Shleshmahara, Bhagnasandhan, Rasayan*, antibacterial antiinflammatory (constituents include Vit. C and quercetin) specially the *Pitta-Kaphahara, Krimighna, Lekhana, Shodhana Ropana, Shothahara, Raktaprasadaka, Raktastambhaka, Netra Doshahara* and *Twakadoshahara*.

The pharmacological actions of *Triphala* are like antiinflammatory, anti-bacterial, blood purifier action, immunomodulator action etc. By keeping all these facts in mind *Triphala Rasakriya Varti Anjana* was selected for the present study. *Triphala* is cheap & easily available throughout year. Manufacturing cost of *Triphala Rasakriya Vari* is low.

Final Product

CONCLUSION

- The entire review of Ayurvedic as well as modern literature on *Praklinnavartma* and Blepharitis revealed that the disease *Praklinnavartama* is can be correlate to that of Blepharitis.
- By *Triphala Rasakriya Varti Anjana* it is proved that *Praklinnavartma* can be managed with conservative line of treatment in the initial stages.
- Overall relief provided by *Triphala Rasakriya Varti* was also better in *Praklinnavartma* in comparison with Ciprofloxacin eye ointment.
- At the end of the treatment it is observed that Trail group drug is as effective as Control group and not much difference was observed on the basis of statistical analysis.
- No untoward adverse effect was found after application of *Anjana*.

DISCUSSION

According to their potency and ease of the application three forms have been described such as *Gutikanjana, Rasakriyanjana* and *Churnanjana*.

As *Praklinnavartma* is a *Kapha Pradhana* disease, *Lekhana Yoga* are advised for *Anjana*. *Triphala Raskriya Varti Anjana* which is mentioned in *Netra Roga Chikitsa* is a *Lekhana* type of *Anjana*. It is a herbal composition containing 3 drugs. This is more potent as it is herbal combination and has high bioavailability and efficacy due to thick *Gutika (Varti)* like consistency.⁹

Probable Mode of Action of Drugs

Triphala Rasakriya Varti was selected in present study because of its unique formulae as these are having properties as follows:

Rasa: *Kashaypradhana pancharasa (Lavanvarjit)*

Veerya: *Anushna*

Vipaka: *Madhur*

Guna: *Laghu, Ruksha, Anushna, Sara*

Action of Drug

- *Twakdosahara*
- *Shrotoshodhan*
- *Shothahara*
- *Chakshushya*
- *Kandughna*
- *Tridosahara*

- So *Anjana* can be used as an effective treatment in the management of *Praklinna Vartma*.
- In future this work may be valuable clue for further study.

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