Standardizing Samyak Netraprasadana Anjana Lakshana through Questionnaire in Shalakya Tantra

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Abstract:- The eyes have a special place among the sense organs because vision is essential for human social and intellectual development. As a result, Acharyas have mentioned several preventive and curative measures for the management of ophthalmic disorders. As Panchakarma is the foundation of Kayachikitsa, Kriyakalpa is the foundation of the treatment of ophthalmic disorders. When we refer to our classics for the therapeutic measures used in the management of eye diseases, we find that the management includes many topical treatments as well as systemic ones. Netra Kriyakalpa act quickly on the target tissues of the eye. Kriyakalpa includes various procedures like Netratarpana, Putapaka, Parisheka, Aschyotana, Anjana etc as local measures for the treatment of eye diseases. Anjana Karma refers to the process of combining herbo-mineral preparations (Gutika, Rasakriya and Churna) with water and applying them to the lower eyelid margin with the help of Shalaka. Its active principles can be transferred to the interior of the eye depending on their hydrophilic and lipophilic nature through the conjunctiva by paracellular and cornea by transcellular pathways. Anjana therapy is extremely beneficial for both anterior and posterior segment eye disorders. In present article, all the efforts has been made to review Anjana Karma, probable mode of action of Anjana Karma and standardizing Samyak Netraprasadana Anjana Lakshana with the help of questionnaire.

Keywords: Anjana Karma, Ayurved, Hydrophilic, Kriyakalpa, Lipophilic, Netraprasadana, Questionnaire.

1. Introduction

Our eyes are the most precious gift of the God to the living beings. According to Ayurveda, "sarvendriyanaam nayanam pradhanam" i.e. One of the most important sense organs is the eye." Acharya Vagbhata recommended that all efforts should be performed to protect the eyes throughout the life. So, for the maintenance of health, Ayurvedic classics prescribed various preventive and curative measures like Anjana Karma to protect the eyes. Almost all ancient Acharyas prescribed many treatment procedures for the management of ophthalmic disorders such as systemic, surgical, para-surgical and local or topical treatments. Among the several types of treatment modalities, local procedures are very specific, effective and unique to the eye diseases and called as "Netra Kriyakalpa". They are seven in number namely Netratarpana, Putapaka, Parisheka, Aschyotana, Anjana, Bidalaka and Pindi. Except Bidalaka and Pindi procedures, other 5 were mentioned in Sushruta Samhita and last two were prescribed only in Sharangdhar Samhita along with other 5 procedures.

In all *Netra Kriyakalpa*, *Anjana* has unique therapeutic efficacy for various types of ophthalmic diseases and it is also highly recommended to preserve the health of the eyes. *Anjana* is a local procedure in which medicine in the

form of *Gutika*, *Raskriya*, or *Churna* (powder) is applied to the inner side of the lower lid from the inner canthus to the outer canthus either by fingertip or by *Anjana shalaka*. Various ancient *Acharyas* mentioned *Anjana karma* as daily regimen especially *Sauvira Anjana* (Antimony sulphide) and *Rasanjana* (decoction of *Berberista aristata* – *Daruharidra*) mixed with honey as it helps in maintaining *Pitta Dosha* or *Teja Mahabhuta* for its normal functioning or clarity of vision.² *Anjana* is important procedure in healthy person as well as in diseased person.

2. Objectives

Standardizing Samyak Netraprasadana Anjana Lakshana with the help of questionnaire.

3. Methods

This is conceptual type of study. All kinds of references have been gathered and compiled from various *Ayurvedic* texts, including *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya*, *Bhavaprakash*, and *Yogratnakara*, as well as available commentaries. Various scientific papers and research articles are also found on various websites. Literature available regarding *Anjana Karma* (collyrium) from various journals and books are used as source materials to the topic. All matter is analysed and attempt has been made to draw some fruitful conclusion.

♣ Nirukti of the word Anjana

"Anakti anen iti Anjanam"

Anjana is so named because a *lepa* (ointment) is applied with a fingertip or Anjana Shalaka to the inner part of the lower eye lid from Kaneenika Sandhi to Apanga Sandhi during this procedure.

🖊 Anjana Shalaka

Anjana Shalaka is a rod-like applicator with both ends shaped like flower buds, that is, thin in the centre and thicker at the ends and eight *Angulas* long.³

 $Tamra\ (copper)\ Shalaka \longrightarrow lekhana\ karma$ $Kalalohaja\ (iron) \longrightarrow Ropana\ karma$ $roopya\ (silver)\ and\ Suvarna\ (gold) \longrightarrow Prasadana\ karma$

Anguli (finger) is also mentioned for the application of Anjana dravya to the eye.

Table 1: Anjana Patra as per type of Anjana⁴

SN	Anjana	Patra
1	Madhuranjana	Swarna
2	Amlanjana	Meshashrunga
3	Lavanajana	Rajata
4	Katukanjana	Vaidurya
5	Tiktanjana	Kamsya
6	Kashayanjana	Tamra,Loha

4 Types of Anjana:⁵

According to Acharya Sushruta, Anjana are classified into three types based on their Karma (action).

- 1. Lekhana Anjana –
- Prepared by Pancharasatmaka dravya except Madhur rasa.

• These *Anjanas* are used when the *Kapha dosha* is dominant.

Action- Drain out *Doshas* from eye lids, vessels, *Srotas* and *Sringataka Marma* through mouth, nostrils and eyes.

2. Ropana Anjana –

- Prepared by *Kashaya* and *Tikta rasa dravyas* along with *Sneha*.
- These *Anjanas* are used to treat *Pitta dosha*-related ailments.
- Action Heals, enhances colour and visual acuity.

3. Prasadana Anjana -

- Made from *Madhura rasatmaka dravyas* and *Sneha*.
- This type of *Anjanas* are used in *Vataja dosha vikaras*.
- Action Pacify the *Doshas* of vision.

According to Acharya Sushruta, Anjana are classified into three types based on their form:6

- 1) Anjana Gutika (Pills) Mention in strong Doshabala.
- 2) Anjana Raskriya (Semi-solid) Mention in medium Doshabala.
- 3) Anjana Churna (Powder) Mention in low Doshabala.
 - According to *Acharya Sushruta* and *Vagbhata*, the strength of *Anjana* increases in the preceding order as *Gutika*, *Rasakriya*, and *Churna*.
 - However, Acharya Bhavamishra described the order as Rasakriya, Varti, and Churna.
 - **Dose of** *Anjana:*

Table. 2 Showing Dose of Anjana

Sr. No.	Type of Anjana	Lekhana	Prasadana	Ropana
1	Gutika	1 Harenu	1.5 Harenu	2 Harenu
2	Raskriya	1 Harenu	1.5 Harenu	2 Harenu
3	Churna	2 Shalaka	3 Shalaka	4 Shalaka

♣ Anjana Matra (Dose of Anjana):

- Anjana matra is determined by the quality of Anjana Dravyas.
- Anjanas are classified into two types:⁷
 - 1) Tikshna Anjana
 - 2) Mridu Anjana

↓ Indications of *Anjana Kriya*⁸

- Anjana should be performed when dosha manifest and are only found in the eyes, as well as after the Shodhana of the body. Panchakarma procedures, such as Nasya, Virechana, Vasti, and Raktamokshana, should be used for Shodhana of the body.
- According to Acharyas, Anjana is used only after the eye begins to exhibit Paka lakshanas such as complete absence of itching sensation, swelling, redness, or congestion, and lack of discharge.

♣ Anjana Kal (Time of Application of Anjana)

Table 3: Time of application as per season⁹

Season	Timing
Shishira, Hemanta	Madyana
Grishma	Purvanha
Sharat	Aparanh
Vasant	Any Time
Varsha	Sudina

Table 4: Time of application within day¹⁰

Timing for Anjana	Indications
Purvahna (morning)	Sleshma Rogi
Sayaanha (evening)	Vataja Rogi
Raatri (night)	Pittaja, Raktaja Rogi

- Different people have different opinion about timing of *Anjana* application. Because the eye weakens during the night due to sleep and during the day due to the hot rays of the sun, *Anjana* should be done both morning and evening.
- Anjana should be kapha dosha Shamaka in nature when applied in the morning because Kapha dosha can become vitiated in the morning.
- Anjana, on the other hand, should be *Pitta dosha Shamaka* in nature when applied in the evening as it may refresh and cool the eye that has become weak due to direct exposure to hot sun.
- Theekshna Anjana is made up of katu, lavana, and amla dravyas, which are a combination of Agni and Vayu Mahabhuta. So application of theekshna anjana, in day time will again harm the eye as there is hot outside, but during night the coolness of the moon helps the eye to recover easily from the ill effects of theekshna anjana. Tikshna Anjana should be applied at night. Because Netra and night are both Sheet and Saumya, this is the best time for Tikshna Anjana.

However, according to *Acharya Vagbhata*, applying *Anjana* at night should be avoided because the *sheet* will cause *stambhana*, preventing the drug from acting properly.

Acharya Sushruta recommends doing Anjana in the morning for Kapha dosha predominant eye diseases, evening for Vata dosha predominant eye diseases, and night for Rakta Pitta Janya diseases.

♣ Anjana Nishedha (Contraindications for Anjana application)^{11,12,13}

- Anjana vidhi is contraindicated in following conditions or diseases like those who are suffering from
 - o *Shrama* (fatigue)
 - o vegavarodha (always use to suppress his natural urges)
 - Udavarta
 - o Rodhana (excessive lacrimation)
 - o Madhyapana (intoxicated with alcoholic drinks)
 - o Krodha (anger)
 - o Jwara (early stage of fever)

 Shirodosha (head disorders) because it causes redness and discomfort-vision deterioration-discharge-eye pain

Also it should not be done during,

- o the period of less sleep (causes incapability in function)
- o in windy days (damage the visual acuity)
- o on exposure to dust and smoke (causes redness of eyes)
- o in the presence of eye discharge
- o Adhimantha defective vision with pain (produces congestion and pain)
- o just after the Nasya, Vamana and Virechana procedures
- o in headache (causes disorders in the head),
- o after a head bath
- o in excessive cold days and before sunrise (due to firmness of *Doshas*)
- o during indigestion (obstructs the channels-Srotas)
- o beginning of impulse of Dosha
- These contraindications are especially important for *Lekhana Anjana*.

Apart from above contraindications, *Acharya Bhavmishra* advised that it should not be performed in excessively cold-hot-breezy days. If *Anjana* has applied in above mentioned conditions or diseases it will causes *netra roga*, *srava* (exudation), *shoola* (pain), *shotha* (oedema), *timira* and difficulty in opening and closing the eye lids.

♣ Method of application of *Anjana*¹⁴

Poorva Karma

- To reduce the patient's anxiety, the procedure should be explained to them.
- Anjana can be used in either a supine or a sitting position.
- After deciding the type and dose of *Anjana*, the desired amount of it can be applied inside to the eyelid using the different applicator mentioned for particular purpose.

Pradhana Karma

- Eyelids are retracted with the left hand, while *Anjana* is applied with *Shalaka* from the inner canthus to the outer canthus with the right hand.
- After applying the *Anjana*, the patient is instructed to gently close the eyelids and rotate the eyeball, which aids in the spread of medicine in the eye. During the procedure, blinking, rubbing the lids and washing the eyes are all prohibited.
- The dissolved *Doshas* come out through lacrimation.

Paschat Karma

- When lacrimation stops after *Anjana Karma*, *Netra Prakshalana* (Eye wash) is performed with a suitable decoction based on *Dosha*, *Roga*, and *Rutu*.
- Following *Prakshalana*, the eye is wiped clean with a clean cloth, and *Pratyanjana* of the opposite quality of *Anjana* is applied.
- Prakshalana Vyapada
- There is a fear of disease recurrence if *Prakshalana* is performed prior to Dosha elimination. Inertness occurs as a result of improper *Prakshalana* symptoms such as itching. In that condition *Tikshnaanjana* or *Tikshna Dhuma* is indicated.
- ♣ Samyak yoga-Ati yoga-Hina yoga lakshana: 15
 - 1. Samyak Yoga Lakshanas of Anjana

It was considered when the eyes became clear or *nirmala*, feeling of lightness, *srava* was reduced and visual acuity improved.

2. Ati Yoga Lakshanas of Anjana

The eyes become Kathina (hard). The colour of the eyes becomes Vikrutha and the eyes become Shithila.

3. Hina Yoga Lakshanas of Anjana

If *Anjana* is used in small amounts, the *doshas* will become vitiated, resulting in symptoms such as *kandu* and foreign body sensation. According to the *Lakshanas* observed, the dosage and time of retention of *Anjana* were slightly altered.

Probable mode of action

According to *Acharyas*, because of its *Tikshna* property, *lekhana anjana* eliminates the *Doshas* from the *Siras* related to *Vartma* & eye and from the tissue, from pertained *Srotas* and also from the *Sringataka Marma* through mouth, nose and eyes. ¹⁶

- A medicine which is applied to eye as *Anjana*, spreads to *Netra Sandhi* and enters the nose through nasolacrimal duct and then reaches the *Nasa Siras*, and also to *Shrungataka Marma* and it takes away the *Doshas* and expels them out.¹⁷
- *Gutika* and *Churna Anjana* both composed by micro particles which may be deposited in the cul-de-sac, increasing bioavailability and thus enhancing ocular absorption.
- The ocular absorption of *Anjana dravya* initiates through the conjunctiva and cornea. Mainly lipophilic active ingredients of *Anjana dravya* may get absorbed through the cornea by transcellular pathway and hydrophilic ingredients of *Anjana dravya* from the conjunctiva by paracellular pathway.
- Most importantly the molecular size of *Anjana dravya* and molecular weight of the active ingredients play an important role in the absorption process.
- Once it passes through the conjunctiva (which is mostly hydrophilic), the sclera becomes more permeable, allowing active ingredients to penetrate the other interior structures of the eye, such as the ciliary body, iris, aqueous humour, lens, vitreous humour, etc.
- The drug passes though the corneal epithelium (mainly lipophilic) directly goes to the aqueous humour and then after get distributed to the other ocular tissues. However, some of the drugs coming to the aqueous humour either through cornea or conjunctiva are undergo to metabolization by the enzymes present in the aqueous humour. Considering all these factors it can be said that *Anjana* therapy is very beneficial and effective in ocular diseases.¹⁸
- **4** Anjana Vyapada: Anjana applied in case of 19
 - Disturbed sleep causes → lethargy to blink.

 - Exposure to dust and smoke causes → redness, secretion and glaucoma
 - After *Nasya karma* it causes → sneezing
 - In headache → it aggravates the headache
 - After head bath and before sunrise \rightarrow stagnation of *Doshas*.
 - In indigestion causes → redness, swelling

So, *Anjana karma* should be planned as per *Desha* (location), *Kala* (time) and *Roga Avastha* (stage of the disease).

4 Prasadana Anjana:

Prasadana Anjana is that which bestows crystal clear vision and improves the visual capacity of the eye.

♣ Preparation of *Prasadana Anjana*:²⁰

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It is prepared from the drugs of sweet taste and cool potency mixed with plenty of fats. By virtue of its properties and lubricating effect, it mitigates the visual defects caused by exposure to sun rays, thunderbolt, lightening, evil spirits, horrifying scenes and also due to *Abhishyanda*. Healthy people are also benefited by this *Anjana*.

♣ Samyak yoga of Prasadana Anjana:²¹

Eyes become well unctuous, attains normal colour, strength and functions like movements, visual perception and strength, looks cheerful and becomes free from vitiated dosha.

♣ Ati yoga of Prasadana Anjana:²²

They are slightly milder but similar to those of excessive *Tarpana*. Both are managed by using drugs which are mild and *Ruksha* i.e. without fat and which alleviate the *Kapha* dosha.

Inadequately administered soothing and healing collyrium are useless. Hence the physician desirous of good and successful results should administer both the collyriums in proper dosages.

4 Assessment of *Prasadana Anjana*:

Assessment of *Prasadana Anjana* can be done with the help of questionnaire prepared on the basis of *Samyak yoga* of *Prasadana Anjana* for healthy volunteers. An attempt has been made and we have developed the questionnaire and discussed with the stalwarts of *Shalakya tantra* to standardize it.

Questionnaire before *Anjana karma*

	v
1.	After how much near work your eyes gets tired?
	\Box 0 – After more than 6 hrs
	\Box 1 – After 4-6 hrs
	\Box 2 – After 2-4 hrs
	\Box 3 – Before 2 hrs
2.	Do you blink your eyes comfortably?
	□ Yes
	\square No
3.	Do your eyes look and feel cheerful and relaxed after all day work?
	\Box Yes
	\Box No
4.	Do you have the feeling of the eye strain after work continuously about more than 20 min?
	□ Yes
	\square No
5.	Do the colour of sclera (white part of the eye) of the volunteers appears other than white?
	□ Yes
	\square No
6.	Do the iris (coloured part of the eye) of the volunteers appear uniform and free from any spot or
	pigmentation?
	□ Yes
	\square No
7.	Do you feel difficulty in seeing bright objects?
	□ Yes
	\square No
8.	Do the eyes of the volunteers have proper alignment and move together while tracking objects?
	□ Yes
	\square No
9.	Do the cornea and lens of the volunteer allows light to pass through easily?

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	\Box Yes
	\Box No
10.	Do the pupils of the volunteer reacts to the light?
	\square Yes
	\square No
11.	Do the eyes of the volunteer look fresh and lustrous in texture?
	□ Yes
	□ No
12.	Can you see the objects from near and far without distortions and blurriness?
	□ Yes
	□ No
# Assess	sment of questionnaire:
Yes - 01	
No – 00	
	Questionnaire after Anjana karma
1.	After how much near work your eyes gets tired?
	□ 0 - After more than 6 hrs
	\Box 1 – After 4-6 hrs
	\Box 2 – After 2-4 hrs
	\Box 3 – Before 2 hrs
2.	Do you blink your eyes comfortably?
	□ Yes
	\square No
3.	Do your eyes look and feel cheerful and relaxed after all day work?
	□ Yes
	\square No
4.	Do you have the feeling of the eye strain after work continuously about more than 20 min?
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	\Box Yes
	\square No
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	□ Yes
	\Box No
10.	Do the pupils of the volunteer reacts to the light?

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A

Yes - 01

No - 00

Reference for questionnaire:

• Sushruta Samhita, Uttar tantra -18/79

4. Discussion

- Anjana karma (collyrium) is a procedure in which medicinal pastes/powders are applied to the inner part of the lower eyelid, either from Kaneenika Sandhi (inner canthus) to Apanga Sandhi (outer canthus) or vice versa, using Anguli or Anjana Shalaka (applicator).
- Anjana is performed when the Dosha reaches Pakwavasta, which includes symptoms such as Alpashopha (reduced orbital swelling), Na Atikandu (slight itching), Na Ati Paichilya (slight slimy discharge), and signs of slight watering, redness, foreign body sensation, Vyaktarupa, Netrashraya Mala, after Samshodana, Manda Raga, Ashru (lacrimation), Garsha (foreign body sensation).
- Performing Anjana in Amavastha worsens the disease and may result in Netra Vikara.

5. Conclusion

- Kriyakalpas are well-designed procedures for treating ocular disorders, but Anjana is used for both ocular and systemic diseases, as outlined by our ancient medical scholars who were aware of the mechanism of Blood Aqueous Barriers and Blood Brain Barriers. As a result, Anjana is mentioned in Netra Vikaras as well as in some of the Systemic disorders.
- Anjana is the simple therapeutic procedure among the Kriyakalpas for the daily usage which will acts as Chakshushya i.e., helps in maintaining good visual acuity. It has protective and curative effect on the
- After application of Anjana, person is asked to rotate the eyeball by closing the lids allowing spread of medicine over the eye by limiting nasolacrimal drainage there by increasing the bioavailability of medicine.
- Anjana is a good, simple, easy and effective treatment modality for treating both the anterior and posterior segment disorders of the eye which is being practiced more than 5000 years. Finally, it can be concluded that Anjana is an excellent remedy for a variety of ophthalmic disorders, both preventive and curative.

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