



## Review Article

### APPLICATION OF CHAKSHUSHYA DRAVYA IN ASHRUVAHA SROTAS: A REVIEW

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Article Received on: 05/06/19 Approved for publication: 12/07/19

**DOI: 10.7897/2230-8407.1007211**

#### ABSTRACT

Among the *Anukta srotas* (less or not explained) *Ashruvaha srotas* (Lacrimal apparatus channels) is very less highlighted and the herbs that are used for treating *ashruvaha sroto vikara* (disorders of Lacrimal apparatus channels) specifically not mentioned. In this regard the *Chakshushya* (improves vision health) and *netrya dravya* (Beneficial for eyes). Mentioned in the *Bhavaprakasha Nighantu* can be effectively used in treating this *Ashruvaha srotovikara* (disorders of Lacrimal apparatus channels). *Ashruvaha srotas* is compared with the lacrimal apparatus. In this article an effort is made to present the *Chakshushya* (improves vision health) and *Netrya dravya* (Beneficial for eyes). of *Bhavaprakasha nighantu* which can be used in the treatment of *Ashruvaha srotovikara* (disorders of Lacrimal apparatus channels).

**KEYWORDS:** *Chakshushya dravya, Ashruvaha srotas, Ashruvahasroto vikara, Netrya Dravya.*

#### INTRODUCTION

*Chakshurendriya* (eye) is considered as the *jnanendriya* (sensory organs) and is of prime importance in the living being, but still we find very limited information about the *chakshushya* (improves vision health) and *netrya dravya* (Beneficial for eyes). In case of *srotas* (channel) also *Ashruvaha srotas* (Lacrimal apparatus) is one of the areas which has been highlighted very less in the classics and is also limited.

*Ashruvaha srotas* (Lacrimal apparatus) plays an important role in maintenance and cleansing of the eye. With the increasing environmental pollution and to the continuous exposure of the eyes to the dust, pollution and other causative factors for prolonged duration results in the *Ashruvaha srotovikara* (Disorders of Lacrimal apparatus). Even there could be congenital problems also.

*Ashruvaha srotas* (Lacrimal apparatus) is one among the *anukta srotas* (less or not explained) as per the classics.<sup>1</sup> There is very less explanation and terms related to these *ashruvaha srotas* (Lacrimal apparatus) are still not clear.<sup>2</sup> The *dusti* (vitiation) of these can be understood and treated based on *sroto dusti lakshana* (symptoms of vitiation) mentioned by *Charaka*.

*Acharya Charaka* has mentioned the *sroto dusti laxanas* (symptoms of vitiation) as,

1. *Atipravrutti* (excess in both quality and quantity)
2. *Sanga* (obstruction)
3. *Siranam granthi* (vascular defect)
4. *Vimarga gamana* (movement in opposite direction)

These types of pathology are also applicable to *Ashruvaha srotas*. Hence the medicaments or the herbs that we intend to use in the

*Ashruvaha srotovikara* (Disorders of Lacrimal apparatus) can be effectively adopted in treatment based on the *Rasapanchaka* of these herbs acting on the type of the *srotodusti* (vitiation of channel).

There are many modern tools available to treat these conditions. But these conditions can be effectively treated when we give a combined approach with allopathic treatment and Ayurveda therapies in these conditions.

Even though our classical texts have not directly mentioned the herbs that act on *ashruvaha srotas* but they have mentioned many *chakshushya* (improves vision health) and *netrya dravyas* (Beneficial for eyes) which can be effectively adopted in treating the *ashruvaha sroto vikaras* (Disorders of Lacrimal apparatus), if we have the thorough knowledge of their *gunakarma* (properties).

Among the various classical texts *Bhavaprakasha Nighantu* of Medieval period is the one which has mentioned various medicinal plants based on the *Gunakarma* (properties) as *Chakshushya* improves vision health) or *netrya* (Beneficial for eyes) and *chakshushyarogahara* (cures eye disorders).

In this article an attempt is made to highlight the drugs mentioned in *Bhavaprakasha Nighantu* with respect to the *chakshushya* (improves vision health) and *netrya dravyas* (Beneficial for eyes) and that can be used in *ashruvaha srotovikara* (Disorders of Lacrimal apparatus).

The obtained data is presented as per the *chashushya/netrya* and *chakshushya rogahara* (cures eye disorders) action with respect to herbal, mineral and animal origin drugs which belong to the different *vargas* (chapter wise classification)

Table 1: *Chakshushya* (improves vision health) and *Netrya dravya* (Beneficial for eyes) of *Bhavaprakasha Nighantu* <sup>3</sup>

Sanskrit name	Botanical Name	Action
<i>Astisamharaka</i>	<i>Cissus quadrangularis</i> Linn	Akshirogajit (Treats all type of eye diseases)
<i>Aparajita</i>	<i>Clitoria ternatea</i> Linn	Sudrushtide (provides Clarity vision)
<i>Amaravela</i>	<i>Cuscuta reflexa</i> Roxb	Akshayamapaha (beneficial in diseases of eye)
<i>Ajamoda</i>	<i>Apium graveolens</i> Linn	Netramayahara (helps in eye diseases)
<i>Amra</i>	<i>Mangifera indica</i> Linn	Param Netrahitatwa (best for eyes)
<i>Agastyapushpa</i>	<i>Sesbania grandiflora</i> Linn	Naktandhyanashanam (Cures the night blindness)
<i>Abhaya(Haritaki Var.)</i>	<i>Terminalia chebula</i> Retz	Akshirogabahaya (Protects from all sorts of eye diseases)
<i>Bhadramunja</i>	<i>Saccharum munja</i>	Akshirogajit (Treats all type of eye diseases)
<i>Bringaraja</i>	<i>Eclipta alba</i> Hassle	Kusta netra akshi rogaartinuth (usefull for eye disorders)
<i>Bhibhitaki</i>	<i>Terminalia bellerica</i> Roxb	Netrahita (Good for eyes)
<i>Chandana</i>	<i>Santalum album</i> Linn	Netrahita (Good for eyes)
<i>Draksha</i>	<i>Vitis vinifera</i> Linn	Chakshushya (Beneficial for eye)
<i>Gunja</i>	<i>Abrus precatorius</i> Linn	Netramayaharam (Removes all pathogens related to eye)
<i>Gandhamarjara</i>	<i>Viverra zibetha</i> Linn	Netrya (Beneficial for eyes)
<i>Hemaketaki</i>	<i>Pandanus odoratissimus</i> Roxb	Chakshushya (improves vision health)
<i>Haritaki</i>	<i>Terminalia chebula</i> Retz	Chakshushya (improves vision health)
<i>Jirakatraya</i>	<i>Cuminum cyminum</i> Linn	Chakshushya (improves vision health)
<i>Jalapippali</i>	<i>Phylla nodiflora</i> (Linn) Greene	Chakshushya (improves vision health)
<i>Jivanti</i>	<i>Leptadenia reticulata</i> W & A	Chakshushya (improves vision health)
<i>Karpura</i>	<i>Cinnamomum camphora</i> Nees & Eberm	Chakshushya (improves vision health)
<i>Kankola</i>	<i>Piper cubeba</i>	Andhyahruta (beneficial in treatment of blurred vision or visual loss)
<i>Karavira</i>	<i>Nerium odorum</i> soland	Netrakopahara(subsides vitiated humours in eyes)
<i>Kokilaksha</i>	<i>Asteracantha longifolia</i> Nees	Drushtirogahara(treats the visual disorders)
<i>Kumari</i>	<i>Aloevera</i> Tourn ex.linn	Netrya (drugs used to treat eye disorders)
<i>Kakamachi</i>	<i>Solanum nigrum</i> linn	Netrahita(good for the eyes)
<i>Kadalipakwa phalam</i>	<i>Musa sapientum</i>	Netragadahrutam(eyes diseases usefull)
<i>Katakaphalam</i>	<i>Strychnos potatorum</i> linn	Netryam (Beneficial for eyes)
<i>Lavana (Saindhavam)</i>	<i>Sodii chloridum</i> (rock salt)	Netryam (Beneficial for eyes)
<i>Latakasturi</i>	<i>Hibiscus abelmoschus</i>	Chakshushya (improves vision health)
<i>Lavanga</i>	<i>Syzygium aromaticum</i> Linn	Netrahitam
<i>Manjista</i>	<i>Rubia cordifolia</i> Linn	Akshirukahara( painfull eyes)
<i>Mudgaparni</i>	<i>Phaseolus trilobus</i> Ait	Chakshushya (Beneficial for eye)
<i>Mahashatavari</i>	<i>Asperagus sarmentosus</i> Linn	Akshishulanuta (treats painfull eyes)
<i>Meshasringi</i>	<i>Gymnema sylvestre</i> R.Br	Akshishulanuta (treats painfull eyes)
<i>Mulaka</i>	<i>Raphanus sativus</i> Linn	Nayanamayashana(usefull in eye diseases)
<i>Nilika</i>	<i>Indigofera tinctoria</i> Linn	Chakshushya (Beneficial for eye)
<i>Nimbapatram</i>	<i>Azadirachta indica</i> a.juss	Netrya (Beneficial for eyes)
<i>Nirgundi</i>	<i>Vitex negundo</i>	Netrahita(good for eyes)
<i>Prapoundarika</i>	<i>Hedychium flavescens</i> carey	Chakshushya (improves vision health)
<i>Rasanjana</i>	Extractum berberis (extract of Indian berberis- <i>Berberis aristata</i> )	Netrayo param hitam (Superior for treatment of eyes)
<i>Rasona</i>	<i>Allium sativum</i> Linn	Netrya (Beneficial for eyes)
<i>Samudraphena</i>	<i>Sepia officinalis</i>	Chakshushya (improves vision health)
<i>Shobhanjana</i>	<i>Moringa pterygosperma</i> Gaertn	Chakshushya (improves vision health)
<i>Shatavari</i>	<i>Asparagus racemosus</i>	Akshishulahara( reduces pain in the eyes)
<i>Triphala (Haritaki, Vibhitaki)</i>	<i>Terminalia chebula</i> <i>Terminalia bellerica</i>	Netrya, chakshushya (Beneficial for eye)
<i>Amalaki</i>	<i>Emblica officinalis</i>	
<i>Tumburuphala</i>	<i>Zanthoxylum acanthopodium</i> D.C	Akshirukhara(Cures pain in eye)
<i>Yastimadhu</i>	<i>Glycyrrhiza glabra</i> Linn	Chakshushya (improves vision health)

## DISCUSSION

Out of 426 drugs mentioned in *Bhavaprakasha nighantu* it was observed that 50 drugs have been mentioned as beneficial to the eyes and *Chakshushya roghara* (cures eye disorders). It is notable that no drug has been specifically mentioned as effective against *ashruvaha sroto vikara* (Disorders of Lacrimal apparatus). But as *Ashruvaha srotas* (lacrimal apparatus) is a part of *Netra* (eye), these *chakshushya* (improves vision health) and *netrya dravya* (can also be considered to be suitable to be used in *Ashruvaha sroto vikara* (Disorders of Lacrimal apparatus) and moreover these *chakshushya dravya* (improves vision health) are known for their multifaceted therapeutic action.

The *chakshushya* (improves vision health) and *netrya dravya* (Beneficial for eyes) mentioned in *Bhavaprakasha nighantu* can

be used in the treatment of *ashruvaha sroto vikara* (Disorders of Lacrimal apparatus) by incorporating these herbs in the formulations or as single drug in the *netra kriyakalpa* (ophthalmic procedures), according to the condition. To use these drugs in *Ashruvaha sroto vikara*, (Disorders of Lacrimal apparatus) understanding the pathology occurring in *Ashruvaha srotas* is important. The pathology occurs in *Ashruvaha srotas* (lacrimal apparatus) by either of the following

**1. Atipravrutti (excess in both quality and quantity)** – there will be increased amount of *ashrusrava* from the *akshi* (eyes). In this condition the *kriyakalpa* like *seka* can be done with the *sheeta guna* (Cold property) *dravya*. *Seka* (poring of medicated liquid over the closed eyes) is indicated in the inflammatory condition like *pitta*, one among *tridosha* (humours) and *rakta dosha* vitiation. *Vidalaka* (application of herbal paste over eyelids) can

also be adopted in this condition. Whereas in the excessive lacrimation condition *Shrangadhara samhitha* mentions use of *Nichula* (*Barringtonia acutangula* Gaertn). The fruits of *Nichula* (*Barringtonia acutangula* Gaertn) is rubbed in water and applied as collyrium. It is an excellent remedy for checking lacrimation<sup>4</sup>.

## 2. Apravrutti /ishad pravrutti (less in both quality and quantity)

It could be due to *Bhashpavegavarodha* (obstruction in tears flow channel) there could be *Pratishyaya* (rhinitis), *Akshiroga*, *Aruchi* (anorexia), and *Brama* (giddiness) etc. It can also be due to *Dosha sanga* (obstruction by the humours) and *Ama* (metabolic toxins). In this condition, the *seka* (poring of medicated liquid over the closed eyes), *Vidalaka* (application of herbal paste over eyelids), *aschyotana* (eye drops) as well as internal administration of the medicaments prepared with the Ushna and teekshna dravya can be done.

3. **Siranam Granthi (vascular defect)** - Formation of the *arbuda* (tumour) and obstruction in the granthi (any swelling) of Ashruvaha srotas. Here surgical invasion is required

4. **Vimargagamana (movement in opposite direction)** - Change in the normal path of the *ashrugati* (tears flow) in *ashruvaha srotas* (Lacrimal apparatus) is called as *vimarga gamana* (movement in opposite direction). Here *Kriyakalpa* (ophthalmic procedures) with internal medication of *chakshushya dravya* (improves vision health) can be adopted<sup>5,6</sup>. The recent researches on these drugs have highlighted the pharmacological properties such as Anti inflammatory, Antioxidant, antibacterial, antifungal, rejuvenate, anti-ageing properties<sup>7,8,9</sup>.

## CONCLUSION

In *Bhavaprakasha nighantu* we find the drugs acting on eyes being classified on the basis of action and properties under two main category/heading such as *Chakshushya /netrya* (Beneficial for eye) and *chakshushya rogahara* (cures eye disorders). dravya. On looking into the properties and pharmacological properties of these drugs we find that they are having multifaceted action and thus can be effectively adopted in the formulation or as single

drug either in the *Kriyakalpa* (ophthalmic eye procedures) or as internal medicine in the treatment of the eye disorders and lacrymal apparatus.

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## Cite this article as:

Gururaj Jahagirdar et al. Application of *chakshushya dravya* in *ashruvaha srotas*: A review. Int. Res. J. Pharm. 2019;10(7):21-23 <http://dx.doi.org/10.7897/2230-8407.1007211>

Source of support: Nil, Conflict of interest: None Declared

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