

# Ayurvedic Management in Blepharitis

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## ABSTRACT

Blepharitis is chronic inflammation of lid margin. It is characterized by a variety of clinical manifestations which often includes alteration of ocular surface. The concept of blepharitis present in Ayurveda. The clinical features of Shyava vartma, klinna vartma, and Krimigrahthi is described by the Sushruta, Vagbhata, Yogratnakar, Madhav nidan resembled with clinical features of blepharitis. Numerous use of drugs and attempt have been tried to treat this disease, but it still having recurrence is also major fact regarding the disease. Hence I took Rason Swaras to treat Blepharitis. It shows better result on itching, burning sensation, irritation and watering. It is safe and cost effective treatment for management of Blepharitis.

**Keywords:** Blepharitis, Rason swarasa, Shyava vartma, Klinna vartma, Krimigranthi.

## INTRODUCTION

Blepharitis is sub acute or chronic inflammation of the lid margins, it is extremely common disease.

Chronic blepharitis is very common cause of ocular discomfort and irritation. Involvement is usually bilateral and symmetrical. Blepharitis may be subdivided into anterior and posterior although there is often considerable overlap in symptoms<sup>1</sup>. Features of both are often present the poor correlation between symptoms and signs, the uncertain etiology and mechanism of disease process, conspire to make management difficult. Blepharitis affects the area surrounding bases of lashes, staphylococcal or seborrheic). Seborrheic

blepharitis is often associated with generalized seborrhea that may involve the scalp.

### Etiology:

- A) Predisposing factor
  - Age- Above 10 years.
  - Patient with seborrheic as well as blepharo-conjunctivitis.
- B) Causative organism
  - Staphylococcal

### Signs & Symptoms

1. Burning sensation, itching, irritation, grittiness
2. Photophobia
3. Redness of lid margin and conjunctival hyperaemia
4. Watering.
5. Crusting
6. Redness
7. Madarosis
8. Oily tear film

**AIM:** To study the role of rason swarasa local application in Blepharitis.

## METHODS AND MATERIALS

Review regarding blepharitis was done from ayurvedic and modern text books, journals, Internet sources. Collected data compiled and classified as mention in text.

## DISCUSSION

The drug rason swarasa local application available for treatment of Blepharitis.

### RASON

- LATIN NAME - Allium sativum linn
- LOCAL NAME- Lashuna
- FAMILY- Liliaceae

- Gun- Snigdha, Tikshna, Pichilla, Guru, Sara
- Rasa- Madhura, Lavana, Katu, Tikta, Kashaya.
- Vipak- Katu
- Virya- Ushna
- Karma- Chakshushya, Shulprashaman, Shothhara, Vedanasthapana
- Prayojyaanga- Kanda

## CONCLUSION

Application of Rason swaras with maintenance of hygiene relives various symptoms of blepharitis, i.e. burning sensation, itching, grittiness, photophobia, redness and watering.

A Rason is chakshushya, vedanasthapana, Shothhara properties which reduce signs and symptoms of Blepharitis. The study concludes that by using ayurvedic drug we can overcome from Blepharitis.

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