

AASCHYOTANA: A LITERATURE REVIEW

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ABSTRACT

The word “Kriya” stands for *chikitsa* and “Kalpa” stands for *vidhi*. *Kriya Kalpa* includes adopting various therapeutic procedures for *Netra roga chikitsartha* like *Tarpana*, *Putapaka*, *Seka*, *Aaschyotana*, *Anjana*, *Pindi*, *Bidalaka*. *Aaschyotana* one among the *Netra Kriyakalpa* has a wide variety of uses and is considered as an aadya upakrama. In present era due to lifestyle modifications and occupation there are various ocular diseases emerging which have to be corrected in their earliest stages by doing this kriyakalpa only. *Ayurveda* the science of life has satisfactory remedies for such diseases through *Kriyakalpas*. *Aaschyotana* mentioned by our Acharyas plays vital role in managing eye diseases caused due to lifestyle modification and occupational changes. Here at the outset an attempt is made to throw light over aachyotana mentioned in our ayurvedic classics.

KEYWORDS: Chikitsa, vidhi Netra, Kriyakalpa, Aaschyotana.

INTRODUCTION

Netra roga vignana in *ayurvedic* literature comprises a major part of *shalakya tantra*, branch of *ashtanga ayurveda*. Main aim of *Ayurveda* is *Swasthasya Swastya Rakshana* and *Aturasya Vikara Prashamana*.

Kriyakalpas mentioned in our classics comes under both which keeps eyes in healthy state and even relieves diseases. The present era of science and technology has led to the excess usage of gadgets like computers, laptops, TV, mobiles, tablets etc. Which in turn leads to ocular infestations and even pollution in the atmosphere affects the health of eyes and leads the ocular infections.

Acharya Vagbhata described *Aschyotan* in *Sutrasthana* in *Aschyotan- Anjan-Vidhi Adhyaya* as first line of treatment in all ocular conditions. *Vagbhatacharya* says, all efforts should be made by a person to protect the eyes, throughout the period of life; for the person who is blind this world is useless, the day and night are the same even though he may have wealth. *Acharya Sushruta* differentiated *Aschyotan* in three types in context to *Prakupit Dosha*. *Shnehana*, *Lekhana* and *Ropana invaat*, *kapha and pitta* accordingly. *Aaschyotana* – The procedure where medicine is applied drop by drop in the eye is helpful in initial stages of *Netra rogas* where *doshabala* is less. *Swarasa*, *Kashaya*, *Ksheera*, *Hima*, *Phanta* or *Ghritha* used for *Aaschyotanartha* are having more bioavailability relieving the symptoms of *Purvarupavastha*. Hence in this article the *Aaschyotana kalpa* has been elaborated keeping in mind its importance in this present era.

Types of *Kriyakalpas* mentioned in our classics.

<i>Kriya kalpa</i>	<i>S.D</i>	<i>S.S</i>	<i>A. H.</i>	<i>C. S.</i>	<i>B.P</i>
<i>Aaschyotana</i>	+	+	+	+	+
<i>Bidalaka</i>	+	-	—	+	+
<i>Seka</i>	+	+	+	-	+
<i>Anjana</i>	+	+	+	+	+
<i>Tarpana</i>	+	+	+	-	+
<i>Putapaka</i>	+	+	+	-	+
<i>Pindi</i>	+	-	—	-	+

Martials and Methods

The detailed literature review was done. Data was collected from authentic *Ayurvedic* samhitas and journals about *Aaschyotana* in ocular diseases. Exploring detail about *Aaschyotana* from antique *Ayurved* text as well as recent data.

Aaschyotana

सर्वेषामअक्षिरोगाणामादाश्रोतनम् हितम् ।

रक्तोदकंङ्घर्षश्रुदाहरागविबर्हणम्॥ (वा. सू २३/१)

Etymology

Vyutpatti: Aa + Shchyu + Ta + Lyu Pratyaya

It denotes as *Samyak Ksharana Sheela* property of *Aschhotan*. *Ksharana* word implies two meanings.

- 1) The capacity of *Aschhotan* to eliminate *Dosha*.
- 2) Trickling/ dropping/ flowing.

Nirukti: *Netra Sechana or Chakshu Poorana*.

It means trickled, dripped, and sprinkling application to the lids.

In all the diseases of the eyes, *Aaschyotanaa* is beneficial. It is the first line of treatment. (can be performed before the actual manifestation of the diseases).

Aschotana can be defined as Instillation of *kwatha*, *ksheera*, *dravadravya*, or any *sneha dravyas* from two *angulas* of height into the opened eyes is known as *Aaschyotana*.

Type of Aaschyotana according to different Acharyas

TYPES / AUTHORS	S.S	S.D	M.N	B.P	Y.R
Lekhana	+	+	-	+	+
Snehana	+	+	-	+	+
Ropana	+	+	-	+	+

Type of Aaschyotana and Kala

Type of Aaschyotana	Dosha dominance	Time
Lekhana	Kaphaj	Purvahna
Snehana	Vataj	Aparahna
Ropana	Pittaj	Madhyana

It should not to be done during night time.

During emergency Aaschyotana should done immediately.

Type of Aaschyotana and its Matra

Type of Aaschyotana	Matra	Dharankaal
Lekhana	Eight Bindu	200 ank
Snehana	Ten Bindu	100 ank
Ropana	Twelve Bindu	300 ank

Aaschyotana Dravyas

The temperature of the liquid medicines is decided on the basis of *dosha dushti*.

It should not be more *teekshna* or *ushna* or *sheeta*. It should not be instilled in more quantity. The formulation should be well filtered.

The medicines should be

Quality of the medicine	Doshadushti
Ushna	Vataja rogas
Koshna	Kaphaja rogas
Sheeta	Pitta and raktaja rogas.

Aaschyotanaa guna and dosha dushti

Aaschyotanaa guna	Doshadushti
Tikta rasa, snigdha guna.	Vataja rogas
Tikta asa, ushna ruksha guna.	Kaphaja rogas
Madhura rasa, sheeta guna.	Pitta and raktaja rogas.

Aaschyotana Vidhi:

निवातस्थस्य वामेन पाणिनोन्मील्य लोचनम् ॥

शुक्त्या प्रलंबया न्येन पिचुवर्त्या कनीनिके ।

दश द्वादश वा बिन्दुन दव्यंगुलादवसेचयेत् ॥

ततः प्रमृज्य मृदुना चैलेन कफवातयोः ।

अन्येन कोष्णपानीयप्लुतेन स्वेदयेन्मृदु ॥(वा.सु.२३-२/४)

बिन्दवो अष्टौ लेखनेषु स्नेहने दश बिन्दवः ॥१३॥

रोपणे द्वादश प्रोक्तास्ते शोते कोष्णरूपिणः ।

उष्णे च शीतरूपाः स्युः सर्वत्रवैष निश्चयः ॥१४॥(शा.स.१३-१४)

Aaschyotana Vidhi: It can be explained under *Trividha karmas*.

1. *Poorvakarma*
2. *Pradhankarma*
3. *Paschyatkarma*

Poorva Karma

- Information of procedure should be given to patient.
- Patient should be comfortably lying down in supine position, in *kriyakalpa* theatre.

Pradhana karma

- Eyes of the patient should be opened with left hand.
- *Aaschyotana Dravya* is taken in a dropper, small bowl holding in the right hand of physician is instilled in the eye near *Kaninika sandhi (inner canthus)* from a height of 2 *angulas*.
- 10 to 12 drops of *Aaschyotana dravyas* are put in the eye.

Paschyat karma

- The fluid flowing out of the eye should be wiped out with a piece of cotton and *mrudhu sweda* was given by a *pichu* (cotton swab) dipped in *sukoshna jala*.

Indications

It is advised in the early stage (*Purvarupa*) of all the eye diseases. *Abhishyanda* is the initial pathological change in the development of eye diseases and *pitta* is the initiating factor. Hence *Aaschyotana* can be applied effectively in the diseases of *pitta* vitiation. It is also used in eye conditions like Pain, Itching, Foreign body sensation, Lacrimation, Burning, Redness, Inflammation and Oedema.

Aaschyotana is used in following netrarogas

Abhishyanda

Sirotpata

Shusk-akshipaka

Sashof-akshipaka

Upnaha

Pothki

Arjun

Savran-sukla

Avran-sukla

Samyak Yoga Heena Yoga and Atiyoga of Aaschyotana

The *lakshanas* are similar to *Tarpana Samyak Yoga Heena Yoga and Atiyoga of Aaschyotana*

Samyak Yoga of Aaschyotana

Sukhswapna avabodhana

Vaishadyam

Varna patavan
Prakash kshamata
Netravimalya,
Vedana upashamana,
Vyadhi nivritti,
Netra laghuta.

Heena Yoga of Aaschyotana

Avila netrata,
Ashru adhyam
Aasha rupa darshana
Gourava,
Roga vriddi.

Atiyoga of Aaschyotana

Guru
Avila
Atisnighda
Netra raga,
Dosha vriddi and
Netra srava.

Dharana kala

As per *Yoga ratnakara, Bhavaprakasha* and *Sharangadhara* – 100 *vaakmatra* (Time duration for pronunciation of one alphabetic letter).

Mode of Action of Aaschyotana Based on Ocular Pharmacology

गत्वा संधिशिरोघ्राण्मुखस्तोतांसि भेषजम् ।

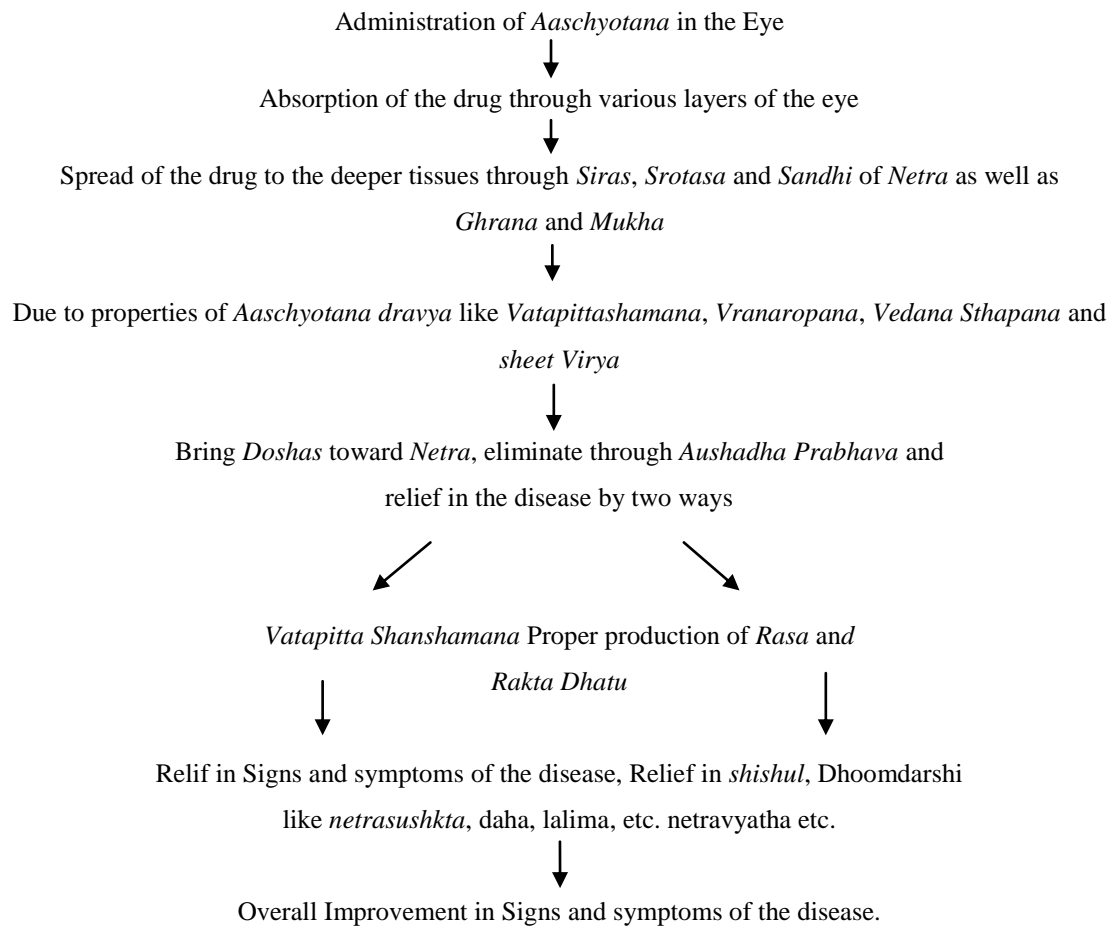
ऊर्ध्वं गान्त्रयने न्यस्त्यवर्तयते मलान् ॥

वा. सू. 23 /7

नेत्रे च प्रणिहितम् औषधम् कोशसंधिसिराश्रुंगाटकघ्राणास्थस्तोतांसि गत्वोर्ध्वम् प्रवृत्तम् पवर्तयति दोषम् ॥

अ.स.सू.32 - 5

Mechanism of action of aaschyotana dravaya (Ayurvedic view)



Modern view

Medicated drugs instilled in form of water-soluble and fat-soluble form gets in contact with the cornea. Cornea has five layers namely Epithelium, Bowmans membrane, Corneal stroma, Descement membrane and Endothelium. Different layers of the cornea has drugs and epithelial layer is permeable for Lipid- soluble drugs. The drugs used in *Aaschyotana* possess variable properties Hydrophilic, hydrophobic and both. Thus the drug gets absorbed by the layers of cornea and the excess of the drug is diluted with the tears and passed in the NLD. As the tissue contact time and exposure to ocular surface of drug is quite more as compared to modern eye drops. As in *Aaschyotana* drug is repeatedly poured from safe height of two *Angul* and due to cold and warm nature of the drug it gets absorbed effectively hence desired effect is gained.

COMPLICATIONS OF AASCHYOTANA

If the medicine is	Complications
Tikshna or Ushna	A risk of burning, redness, and vision loss
Very cold	Immobility of eye, excessive tears, foreign body sensation, pricking pain.
Excessive quantity	Complete closure of eye lids, involuntary lid movements, foreign body sensation and inability to open lids and with stand blowing wind.
Insufficient quantity	Disease will not respond to the treatment
Not wiped properly	Induce discomforts like tears, foreign body sensation and pain.

Aaschyotana therapy should be done very precautiosely to prevent above complications.

Mode of Action of Aaschyotana

In *Aaschyotana* medicine is applied in the *Kaninika sandhi*, which is highly vascularized area via which medicine is absorbed through the vessels and via circulatory system reaches the vessels of the head region. The medicine instilled in the form of *Swarasa*, *Kashaya*, *Hima*, *Phanta* (water-soluble) and *Ksheera*, *Ghrita* (fat-soluble) comes in contact with the conjunctiva and the cornea. As different layers of the conjunctiva and cornea has different permeability property, medicine is absorbed based on hydrophilic and lipophilic properties. In cornea, the epithelial layer is permeable for Lipid- soluble drugs and the stromal layer is permeable to water-soluble drugs. *Aaschyotana dravyas* possess hydrophilic property, hydrophobic property and both depending upon the dravyas used. Thus, the dravya gets absorbed by the layers of the conjunctiva and cornea and the excess of the medicine is diluted with the tears and passed into the NLD. Here the tissue contact time and exposure to ocular surface of medicine is quite more and even the mode of application, cold and warm helps in obtaining the desired effects.

Aaschyotana yogas mentioned for netrarogas

Charak Samhita has mentioned following yogas for Aaschyotana on the basis of dosh dushti.

- 1) Vataja Netra roga - Erandamula, jayanthi, bruhati, madhushigru, and bilwadi panchmula are boiled in water and used as Aaschyotana.
- 2) Pittaj Netra Rogas - pritivika, darvi, manjishta, laksha and madhuka are boiled in water along with sugar and used as Aaschyotana.
- 3) Kaphaja Netra roga – shunthi, triphala, musta, nimba and vasa are boiled in water and used as aaschyotana some other yogas mentioned by aacharyas.

Yoga	Dravyas	Reference
AMALAKA SWARASA PRAYOGA	The <i>swarasa</i> extracted by crushing fresh fruit of <i>amalaki</i> .	<i>Chakradatta</i> 59/6.
SHIGRU PALLAVA SWARASA	<i>Shigru pallava swarasa</i> with <i>madhu</i> .	<i>Yoga ratnakara</i> , <i>Netraroghadhikara</i> .
YASHTIMADHU KWATHA	Thick <i>swarasa</i> of <i>daruharidra</i> with <i>madhu</i> .	<i>Yoga ratnakara</i> , <i>Netraroghadhikara</i> .
STREE DUGHDA PRAYOGA	After birth, for upto 4/5/6 th months <i>stree dugdha</i> can be used for any <i>netra roga</i> .	<i>Kashyapa samhita kalpa-4</i> .
SWARNA PRAYOGA	<i>Ksheera</i> , <i>madhu</i> , <i>shankhanabhi</i> with <i>swarna</i> is trichurated in copper vessel and that is used for <i>Aaschyotana</i> .	<i>Kashyapa samhita kalpa-4</i> .

IMPORTANCE

Aaschyotana as a treatment regime being a local procedure make itself very special. As eye is the only organ which receives separate treatment for its deprivation. In *netraroga* the *doshas* are aggravated and sets in the *netra* as to eradicate the aggravated *dosha*. Systemic medication will not help to treat *roga* because the *dosha dusti* has occurred locally. Local treatment (*Aaschyotana*) will give the desired effect quickly.

DISCUSSION

Acharya Sushruta has dedicated nineteen chapters in *Uttaratantra* for *Netra roga* and their management. As in *Ayurveda*, we are applying ocular therapeutic either in the form of local therapy i.e. *kriyakalpa* or in the form of systemic use i.e. oral *chaksusya dravyas*. *Kriyakalpas* mentioned are the centre of attraction for ocular therapies in *Ayurveda* because of their outstanding effects.

The main aim of any pharmaco therapeutics is the attainment of an effective concentration at the site of action for a sufficient period of time. To elicit the response in practice, therapeutic effect is found in *kriyakalpa* (*Aaschyotana*). *Aaschyotana* is one of the therapeutic procedure which is promptly used shows objective evidences of excellent responses. *Aaschyotana* (continuous pouring) application of decoctions of herbal raw drugs and medicated lipids for some duration of time as its tissue contact time is less and it gets diluted with tears and it gets drained in the NLD. *Aaschyotana* acts in both preventive and curative aspects which can be easily administrate in the eyes. *Dravyas* which are used judiciously in *Aaschyotana* based on dosha involved acts accordingly helps in the *samprapti* vighatana thus relieving the disease.

CONCLUSION

Ayurveda in turn helps to maintain the same through various ocular therapeutics mentioned not only in diseased condition but also in *swastha*, where *Aaschyotana* is one such modality which can be implemented in this time constraint Urbanized era. As *Kriyakalpas* have several benefits than the oral medications which directly targets the affected tissue and gives quick results, this can be effectively employed in the *Amavastha* of *Netra roga*. The drugs given orally will undergo digestion under the influence of *pachaka pitta*. The drugs administered through *kriyakalpa* are not digested by its influence but helps to identify the locally accumulated *doshas*. The oral drugs find difficult to cross blood-aqueous, blood vitreous and blood-retinal barriers to reach target tissues of the eye. The topical drugs can reach there and achieve higher bio-availability. The tissue contact time of the drugs can be controlled in *kriyakalpa* and they are selected depending upon the stage and severity of the disease. The medications can be judiciously selected i.e. to increase *ushna* or *sheeta*, *snigdha* or *ruksha* as required by the ocular tissue. Intra ocular penetration of topically instilled drugs is determined by corneal epithelium. Stroma allows rapid passage of the drug through endothelium into the anterior chamber. Thus by topical application of the proper drugs in the form of *Aaschyotanaa* based on the condition of the *doshic* involvement good results can be achieved for the betterment of the patients.

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