

## A Clinical case study of 'Vayasthapan gana' in Tiritiya Chaturtha Patalgat Doshdushti with special reference (w.s.r.) to dry ARMD (Age Related Macular Degeneration).

### Case study

Amrut S. Salunke<sup>1</sup>, Hema R. Kolape<sup>2\*</sup>, Madhukar Lahankar<sup>3</sup>, Smita M. Lone<sup>4</sup>

1. Asistant Professor, 2. PG Scholar, 3. Associate Professor, 4. PG Scholar  
Dept. of Shalakyta tantra, Podar (Ayu) Medical College, Worli, Mumbai-18

### Abstract

Senile or age related macular degeneration (ARMD) is a degenerative disease occurs in elderly. This happens due to slow break down of light sensitive cells, meaning rods and cones specifically cones that are arranged in centre of macula in the retina of eye. It causes gradual blurring of vision. Even if there is gradual loss of vision one is not able to live their life in the way they are used to. Changes may forces somebody to quit their job or recreational activities, may change relationships to their loved ones and friends. The disease causes loss of feelings, lower self esteem, and isolation. They are always worried of being burden to loved ones. Here, a case study has been done to relieve the patient from this stigma and to provide better vision, prolong disease process, and give visual betterment so that pt can work independently.

**Key Words:** Senile degeneration, rods and cones, retina, macula, blurring of vision, ARMD

### Introduction:

Age related macular degeneration (ARMD) is the disease of old age which is the period of *vata dosha* dominancy. It is one of the leading causes of blindness in developed countries. It includes the facts such as heredity, nutrition, smoking, hypertension, and exposure to light which can worsen the condition leading to gradual visual loss. As there is gradual visual loss in central vision, detailed work is not possible. Present modern sciences having no satisfactory results in the condition. Here a

case study has been done to tackle the situation, with *vayasthapan gana* in the form of *nasya tarpana* and *basti*. *Nasya* is beneficial for *urdhwajatrugata vyadhis*, *tarpana* is first treatment in *netraroga*, *basti* is the main treatment of *vataosha*. *Sneha* used in all three processes is helpful in *maja* and *asthigata vatashamana*. So *vayasthapanana gana* in the combination of three ways will be beneficial for above said condition.

### Signs and Symptoms:

Two forms of two types of ARMD are found viz. dry and wet. These are not two separate entities but the stages of the disease and dry form can sudden change into wet form even during early stage. dry MD comprises about 90% of the cases of MD. Wet ARMD is the exudative form and causes fluid and hemorrhages in the retina, Sub retinal NeoVascular Membrane.

\*Corresponding Author:

**Hema R. Kolape**

PG Scholar

Dept. of Shalakyta tantra,

Podar (Ayu) Medical College,

Worli, Mumbai-18

E-mail: kolapehema@gmail.com

Ph.No: +91-9987558580

### Symptoms: "(1)"

- Blurred vision,
- Dull appearance of an object
- Unable to recognize the faces
- Need more light to read and to do other tasks

### Signs:"(1)"

Signs are divided into three stages

- Early AMD: May have small drusen or few medium sized drusens. No any symptom or visual loss.
- Intermediate AMD: Have medium sized drusens or one or more large drusens. May don't have visual loss but should not be neglected. Need more light to see and do other fine work.
- Advanced AMD: Drusens and blurred spot in centre of vision.

### Case history:

- Pt name: A.B.C.
- Age: 72 yrs Sex: Male
- Residence: Mumbai
- Occupation: Watchman
- C/O: Blurred vision since 1 yr  
Watering in eyes since 1 yr  
DOV since 2 yrs
- H/O: Reduced hearing with tympanic membrane perforation.  
No K/C/O DM/HTN/ BA/KOCHS/or any operative history.

### Investigations:

- Hb:11.5gm,
- CBC: WBC-7000, RBCs-4.4m/cumm
- ESR: 12 mm/hr
- LFT: SGOT-30, SGPT-10, Bil-0.6

- RFT: Sr. creat-1.2, urea-33, BUN-18
- Lipid profile: WNL
- BSL-F: 95gm/dl, PP: 113mg/dl
- Amsler grid test
- Colour vision
- Fundus photograph

### Treatment given:

*Charkokta vayasthapanana gana*"(3)" is used in the form of *Ghruta* (ghee) for *nasya* and *tarpana*.

Contents:

- *Shatavari root- Asparagus racemosus*
- *Amalaki fruit - Emblica officinalis*
- *Haritaki fruit - Terminalia chebula*
- *Poonarnava root - Boerhavia diffusa*
- *Guduchi bark - Tinospora cordifolia*
- *Rasna root - Pluchea lanceolata*
- *Shaliparni patra - Desmodium gangeticum*
- *Mandukparni panchanga - Centella asiatica*
- *Jivanti root - Leptadenia reticulata*
- *Aparajita bark - Clitoria ternatea*

*Basti* is prepared in the form of *yapana basti* taking all drugs in same quantity of 250 ml *vayasthapanana quath* (decoction).

Three cycles of each containing 7 days *nasya*, 7 days *tarpana* and 14 days of *basti* were given.

1. *Vayasthapanana gana siddha ghruta nasya* 8 drops in each nostril for 7 days.

2. *Vayasthapanana gana siddha ghruta tarpana*, starting from 200 *matras*(1 second) and increasing with 50 *matras* daily for 7 days.

3. *Vayasthapanana gana basti* 250 ml for 14 days.

**Table 1:**

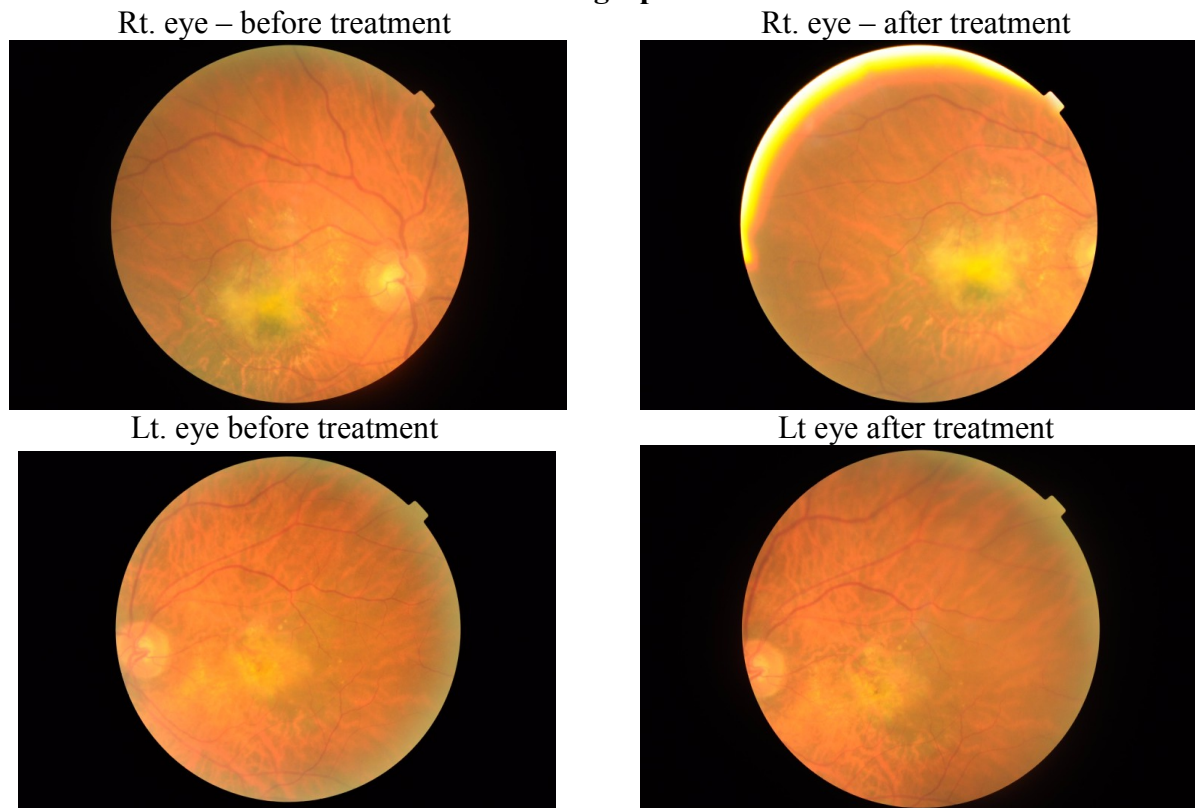
Process	Content	Dose	Duration	Cycles		
<b>Basti</b>	<i>Vayasthapan gana yapan basti</i>	250ml	14 days	1st	2nd	3rd
<b>Nasya</b>	<i>Vayasthapan gana ghurut</i>	8 drops in each nostril( <i>ardha shukti matra</i> )	7 days	1st	2nd	3rd
<b>Tarpan</b>	<i>Vayasthapan gana ghurut</i>	Starting with 200 <i>matra</i> , increasing 50 <i>matra</i> /day	7 days	1st	2nd	3rd

**Observations:**

**Table 2: Visual Improvement with spectacles-**

	Before T/T	Right eye	Left eye
First cycle		6/36 N/- , Ph: 6/-	6/fc2 ft N/- , Ph:6/fc 4ft
	After T/T	6/36 N/- , Ph: 6/-	6/fc2 ft N/- , Ph:6/fc 4ft
Second cycle	After T/T	6/24 N/- , Ph:6/fc 2tft	6/fc 6 ft N/- Ph: 6/60
	After T/T	6/18 N/- , Ph: 6/fc 2tft	6/60 N/36 Ph: 6/60

**Photographs**



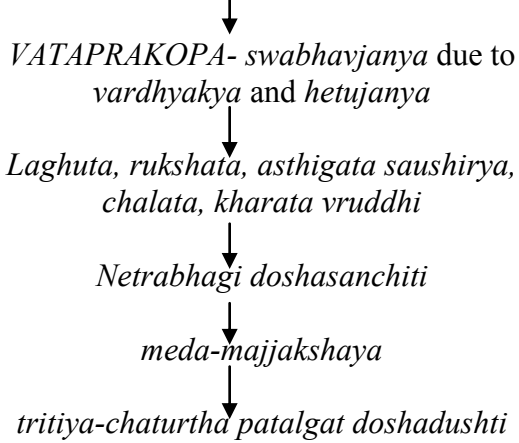
**Results:**

Patient is having good visual improvement with combined treatment of *nasya, tarpana* and *basti*.

**Discussions:**

**Probable *samprapti* (pathology)**

*HETUSEVAN- ratrou jagaran, adhyashan*



***Sampraptibhanga:-***

*Vayasthapan gana* is having *balya, bruhana, vayasthapana, snigdha, sukshma* and rejuvenation properties. This *gana* causes *majja dhatuposhan* and *vardhana* also *vatshamana* leads to *asthigata majjaposhana*. It acts as *rasayana* can reach upto microchannels and remodulates them.

*Kriyakalpa- nasya* acts on *urdhwajatrugata vyadhis* as "*nasa hi shiraso dwaram*." There is similarity in the structure of nasal and ocular mucosa, so drug pored over nasal mucosa can act on eye disorder. *Krushna mandala* is *pitruj* and *shukla mandala* is *pitruj* organ but *drushti mandala* is *matruj-pitruj organ*"(2)". *netra* is *snehomay* and *basti, nasya* and *tarpana* are made up of *sneha*. *basti* acts on *vata*, works at *pakwshyay* which is *purishdharakala* and so as *asthidharakala* and *chaturtha patal* is also *asthyashrit*. These all provide supports for

the role of *vayasthapana gana* and its mode of action.

**Conclusion:**

*Vayasthapana gana* is having power of rejuvenation. This *gana* contains drugs which have *rasayana* properties that help to inhibit tissue degeneration and stop progress of disease. It does not help to regenerate damaged photo sensitive cells, but can prevent further damage and increase power of other healthy cells so that they should work effectively. The observations show that here is no as such improvement in patient's pin hole vision but clarity of vision and distortion has been reduced and overall visual improvement is observed.

**Abbreviations:**

- ARMD - age related macular degeneration
- MD- macular degeneration
- DOV- dimness of vision
- DM- diabetes mellitus
- HTN- hypertension
- BA- bronchial asthma
- Ph- pin hole
- N- near vision
- FC- finger count
- t/t- treatment
- Rt- right
- Lt- left

**References:**

1. The International Age Related Maculopathy Epidemiological Study Group (IARMESG) published guidance 1995.
2. Ravidatta Tripathi, *Ashtanga Sangraha Sharirsthan adhyay 5, Chaukhamba prakashan 1996.*
3. Ravidatta Tripathi, *Carak Sutrasthan Adhyay 2, Chaukhamba prakashan 2008.*

\*\*\*\*\*