



## RESEARCH ARTICLE

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### BLEPHARITIS (KRIMIGRANTHI) AND ITS MANAGEMENT THROUGH AYURVEDA-A CASE STUDY

\*Dr. Vivek Shukla and Dr. Dhakate V.G.

India

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#### ABSTRACT

**Introduction:** Blepharitis (Krimigranthi) is one of the most common ocular conditions seen in optometric practice. Its cannot be cured but fortunately it can be controlled. Generally, the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. According to Sushrutkrimigranthi is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching in those part. These different forms of organism move along the junction of eyelid and penetrate into *shukalamandal* and even into the inner structure of the eye. **Aim:** To study role of *Ayurveda* in Blepharitis with special reference to krimigranthi. **Objective:** To study role of *Ayurveda* to reduce sign and symptoms of Blepharitis with special reference to krimigranthi in modern era.

**Methodology** 1) *Nidanparivarjana*  
2) *Aahara*  
3) *Vihar – Tratak, Yoga* etc  
4) *Ayurvedic* remedies  
5) Procedures like *Vidalaka and Pindi* etc.

**Results:** Pindi with Nimba, Shigru and Palashabeejachurna to reduced sign and symptoms of Blepharitis. **Conclusion:** *Ayurvedic* therapies and medicines can help in Blepharitis.

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#### INTRODUCTION

Krimigranthi (Blepharitis) is one of the most common ocular conditions seen in optometric practice. Its cannot be cured but fortunately it can be control. Generally, the diseases start slowly affecting both eyes and usually chronic with period of remission and relapse. Blepharitis affecting at any age. The Prevalence of blepharitis is 37% to 47% by recent survey conduct in United State of America (USA). In India some has been done in state like Haryana ,UP, and South India among school going children [International Journal of Development Research, 2015]. Blepharitis is a very common condition which is usually bilateral, symmetrical affects. It is (sub-acute or chronic disease) challenging problem for modern medical science, because of the poor correlation between signs and symptoms, the uncertain aetiology and mechanisms of the disease process conspire to make management difficult. Therefore it has high and frequent recurrence. Hence to find out the better management and to establish the correlation of this disease having maximum similarity i.e. Krimigranthi in Ayurvedic Ophthalmology [Susrutasmhitauttaratantra].

Lifelong treatment may be necessary and a permanent cure is unlikely but control of symptoms is usually possible. Although remission may be achieved, recurrence is common particularly if treatment is stopped [Brad Bowling, ?]. Thus the time for Ayurveda to work out on the disease, so topic had been selected for this study.

- Ayurvedic consideration of disease There are 76 types of disease mention in of *SushrutUttartantra Samhita*. *Krimigranthi* is *apakshvartamgata* disease. *Acharya sushrut* has described this disease as *kapha* dominating presentation and the prognosis of disease is *sadhya* and it treated with *bhedyā* (Susrutasmhitauttaratantra).
- According to *sushrutkrimigranthi* is a swelling in which organism get lodged in the junction of the eyelids and eyelashes to produce severe itching in those part. These different forms of organism move along the junction of eyelid and penetrete into *shukalamandal* and even into the inner structure of the eye (Susrutasmhitauttaratantra).

According to *Acharya Vagbhatakrimigranthi* is painful cystic swelling produce by pathogenic organism with pus discharge, itching ,burning and crack over the skin. can be seen even in

apangaandkaninika sandhi in addition in addition to the eye lid (Ashtanga Hridaya).

▪ **Rupa or symptoms and signs of Blepharitis-** All these symptoms are manifested in fledged condition as mentioned [Susrutasmhitauttaratantra]

- Kandukuryuh (Itching)
- Sandhijakrimiyah (eyelid swelling and foreign body sensation)
- Vartmashuklyasyasandhau(plugging of Meibomian)
- Nnarupa(Erythema)
- Charanteantarnyamdushyanti.(redness of eyelid and eye)

### Case Report

Name of patient- xyz

Age / sex- 46yrs /female

OPD No-33370 Place- Nagpur

Occupation- Housewife

Date of consultation- 10/12/2018

### Chief complains

Lid collarettes Itching since 15 days  
Eyelid swelling and F.B sensation since 15 days  
Redness of eyelid and eye since 10 days

**Present & past history:** H/o using antimicrobial eyedrops or ointments drops since 2month. No H/o DM, RA or any other major illness. No H/o any refractive surgery

### Ocular Examination

**Slit Lamp Examination** • Visual acuity of RE was 6/9 and of LE was 6/9.

### The slit lamp examination of both eyes revealed

- Eyelid – Erythema and sign of inflammation.
- Conjunctiva –mild congestion and conjunctival dryness.
- Cornea – Bright.
- Anterior chamber – Normal depth.
- Iris – Colour pattern normal.
- Pupil – Normal size, Reacting to Light
- Lens – Normal

### Systemic examination

- G.C. - Moderate, Afebrile
- R.S. – B/L Air entry equal, no added sound all lung field clear.
- C.V.S. - S1 , S2 Normal
- C.N.S – Conscious, well oriented to time,place and person

### Treatment

There are many ayurvedic procedures and treatment modules which can help patient to overcome symptoms of Blepharitis in this study I will demonstrate effect of Pindi on Blepharitis.

- Pindi with Nimba ,Shigru and Palashabeejchurna
- Dose – 2-3 grams once a day.
- Time of applying pindi –once a day( in morning).
- Duration of therapy-( 7 days)

**Poorva Karma Preparation of the patients:** Patient (Rogi) to be treated with Pindi should be placed in a comfortable position i.e. supine position and the part should be cleaned. Then mruduSweda will be given. Sterile Cotton dipped in lukewarm water after squeezing would be used for Swedana karma.

**Pradhan karma:** In this inspite of direct application of paste of above mentioned powders directly to the eyelids ,they are packed in thick cotton cloths and kept tightly over the eye lids

### Paschat karma

- Eyes should be cleared with cotton by removing the cotton gauze.
- Mruduswedana is done with sterile cotton dipped into luke warm water.

### RESULTS

Sr No	Lakshan or symptoms/Signs	Before treatment	After treatment
1	Lid collarettes Itching (Kandukuryuh)	Severe	Absent
2	a) Eyelid swelling b)F.B sensation (Sandhijatakrimayah)	Moderate	Mild
3	Plugging of MG orifices (Vartmashuklasyasandhau)	Plugging >2/3 to of orifices	Clear orifices in the middle part of lower lid
4	Erythema (Nana rupah)	Moderate	Mild
5	Redness of eyelid and eye. (Charanteantarnyamamdushyanti)	Moderate	Mild

### DISCUSSION

In the management of Blepharitis modern science don't have holistic approach, it only deals with antimicrobial drops and gels etc but in Ayurveda there are certain procedures which can help in holistic management of Blepharitis . That may be because well-known antimicrobial properties of Nimba ,Shigru and Palashabeejchurna And also anti-inflammatory properties of these drugs.

### Conclusion

- This study concluded that Pindi with Nimba, Shigru and Palashabeejchurna is effective and given symptomatic relief to the patient of Blepharitis.
- That may be because well-known antimicrobial properties of Nimba ,Shigru and Palashabeejchurna And also anti-inflammatory properties of these drugs

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