



AYURVEDIC CONCEPT AND TREATMENT APPROACH ON NAKTANDHYA

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ABSTRACT

Background: *Sleshma vidagda drishti* is one among the *drishtigata vikaras*, where in the sight is defective in night, caused due to accumulation of *kapha* in the 3rd *patala*. Night blindness also called nyctalopia, failure of the eye to adapt promptly from light to darkness and reduced ability to see in dim light or at night. *Naktandya* is considered as a *sadhya drishti vikara* and treatment comprises of removal of *kapha* from the *patalas* which is the cause for obstruction of night vision. **Material and Methods:** Ayurvedic literature, modern texts as well as the data web-based search engines, journal, were used to search for relevant literature and information. **Result:** The cause of *Naktandhya* is *Shleshmala ahara*. So in the case of *Naktandhya*, *Nidana Parivarjana* is the foremost and most important treatment. Due to *Kapha vidagdha dushti*, *Kaphabhisyandhahara chikitsa* should be followed. **Conclusion:** *Naktandya* (Nyctalopia) is *kapha-Pitta Pradhana Drustigataroga* included in *sadhya Vyadhi*. The local treatments *Nasya*, *Anjana* and *Shamana* are the fundamental principles of *Ayurveda* should applied for achieving regain of the normalcy function of rods.

Keywords: *Drishtigata vikaras*, *Naktandya*, Night blindness, Nyctalopia, *Sleshma vidagda drishti*

1. INTRODUCTION

Eyes are the best gift of nature to the mankind. One is not aware of their importance as long as vision is perfect. It is only when one's sight begins to fail that one realizes its importance. Protection of sight is one of the priorities of *Shalakyā Tantra* and it explores disorders of eye with minute details. Loss of vision both partial and complete is vividly described under *Drishtigata rogas*.

Sleshma vidagda drishti is one among the 12 *drishtigata vikaras*, where in the sight is defective in night or in poor illumination and is good in day or good illumination. It is caused due to accumulation of *kapha* in the 3rd *patala* which gets liquefied in day time by the heat of the sun there by clearing the *drishti* as a result of which the person is able to see in day time. But in night, due to lack of sun rays the *kapha* does not get liquefied and obstructs the vision, hence the person is not able to see in night¹.

Night blindness also called nyctalopia, failure of the eye to adapt promptly from light to darkness and reduced ability to see in dim light or at night. It occurs as a symptom of numerous diseases that cause degeneration of the rods of the retina, as an inherited deficiency in visual purple or rhodopsin or as a result of Vitamin A deficiency².

In our classics, *Sleshma vidagda drishti* or *naktandya* is considered as a *sadhya drishti vikara* and treatment comprises of removal of *kapha* from the *patalas* which is the cause for obstruction of night vision³. Hence, in this study an attempt is made to collect the available data information and review Ayurvedic concept and treatment approach on *Naktandhya*.

2. AIM AND OBJECTIVE

To review Ayurvedic concept and treatment approach on *Naktandhya*.

3. MATERIAL AND METHODS

Descriptions related to *Sleshma vidagda drishti* or *Naktandhya* were collected from different Ayurvedic literature, modern texts as well as the data bases Google scholar, PubMed, AYUSH Research Portal, DHARA, studies available on Research Gate web-based search engines, journal, were used to searched and presented in an organized manner.

4. RESULT

Ayurvedic Review

Drishti is made up of *Panchamahabhuta*, but *Teja mahabhuta* is predominant in the form of *Alochaka Pitta*. *Drishti* is an important part of eye and in classics it is interpreted in various aspects.

Nidana (Etiological factors)

Bheejopaghata and Precipitating factors *Shleshmala ahara - Dadhi, Masha ati sevana. Vihara -* Not at all applying oil to the *shiras, Divaswapna*⁴. These factors may lead to the possible grave consequences in the form of *Dosha Prakopa* and *Vikruta Dhatu* formation corresponding to biochemical abnormalities/functional abnormalities and structural defects.

Rupa (Signs and Symptoms)

The clinical features of the disease are as follows:

“*Dosho naktandhyan apadayati, diva sa suryanugrahita chakshurikshate, Rupani Kapha alpabhavat*”, When dosha is of mild nature and affects all the three *Patalas*, the patient is sure to get night blindness. During the day the eyes are favoured by the sun and the patient can see objects on account of the *Kapha* getting less⁵.

Samprapti (Pathogenesis)

The process of appearance of disease by the provoked *Doshas* which are circulating all over the body is *Samprapti*. *Samprapti* is the process, which takes place in the body in between *Nidana Sevana* and the stage of *Rupa* of the particular disease (Fig.1).

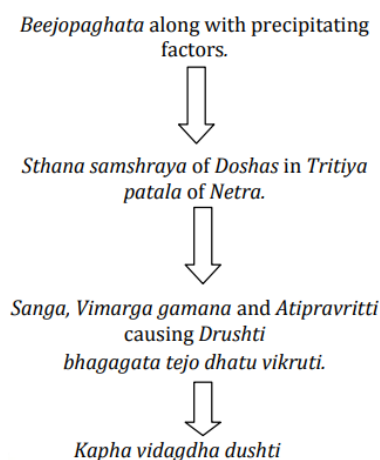


Fig.1: Flow chart showing *Samprapti* of the disease *Naktandhya*

Samprapti Ghataka of Naktandhya

Dosha, Dushya, Srotasa, Agni, Ama etc. involved are of great importance and are known as *Samprapti Ghataka* (Table 1).

Table 1: *Samprapti Ghataka of Naktandhya*

Nidana	<i>Kapha pitta Prakopaka Nidan</i>
Dosha	<i>Kapha, Vata and Alochaka pitta</i>
Dushya	<i>Rasa, Rakta, Mamsa, Meda</i>
Srotasa	<i>Rasa, Rakta, Mamsa, Medovaha srotas</i>
Srotodushiti	<i>Sanga, Vimarga gamana, Atipravritti</i>
Agni	<i>Jataragni mandya and Dhatwagni mandya</i>
Roga Marga	<i>Madhyama</i>
Udbhava Sthana	<i>Beeja bhaga</i>
Sanchara sthana	<i>Roopavaha siras</i>
Adhithana	<i>Tritiya patala</i>
Vyaktisthana	<i>Netra</i>
Sadhyasadhyata	<i>Sadhya</i>

Chikitsa⁶

Chikitsa can be defined as the measures, which bring about the homeostasis of imbalanced *Doshas, Dhatus and Malas*. The cause of *Naktandhya* is *Shleshmala ahara - Dadhi, Masha ati Sevana*. If the disease is detected at a very early stage, cessation of the cause is sufficient. So in the case of *Naktandhya*, *Nidana Parivarjana* is the foremost and most important treatment.

Due to *Kapha vidagdha dushti*, *Kaphabhisyandhahara chikitsa* should be followed. Drinking of *trivrutadi ghrta* should be consumed. If *ghrita* not available than *purana ghrta* should be consumed. Four varieties of *Gairikadi Anjana* should adopted consist of as follow:

- ✓ *Gairika, Saindhava lavana, Pippali and Go-danti bhasma.*
- ✓ *Go-mamsa, Sveta & Krishna Maricha, Shirisha seed and Manashila*
- ✓ *Churna of kapitha leaves*
- ✓ *Fruits of Svangagupta churnajana with honey should be apply.*

Other formulation according to *Acharya Susruta* as follow:

- ✓ *Manashiladi Anjana*
- ✓ *Ajameda Anjana*
- ✓ *Harenyadi Anajana*

- ✓ *Godhakrita Anjana*
- ✓ *Ajakrita Anjana*

According to *Yogratnakara* following formulation can be advised as follow:

- ✓ *Kanadi Gutika*
- ✓ *Karanjadi Vati*
- ✓ *Dadi Maricha Yoga*

Modern Review

Nyctalopia vision is a function of rods. Therefore the conditions in which functioning of these nerve endings is deranged will result in night blindness. It is a condition in which there is inability to see in low light. It is a symptom of several eye diseases. Night blindness may exist from birth or may be due to injury or malnutrition, mostly due to deficiency of Vitamin A. It may be explained as insufficient dark-adaptation⁷.

Etiological factors-

- ✓ Vitamin A deficiency
- ✓ Congenital night blindness
- ✓ Pathological myopia
- ✓ Retinitis pigmentosa
- ✓ Pheripheral cortical cataract
- ✓ Delay dark adaptation in case of primary open angle galucoma

DISCUSSION

Sleshma vidagda drishti or *naktandya* is considered as a *sadhya drishti vikara* and treatment comprises of removal of *kapha* from the *patalas* which is the cause for obstruction of night vision. *Acharyas* mentioned *shodana*, *shamana* and *kriyakalpa* treatment. The *Doshas* which are pacified by *Shodhana* treatment will never recur. Hence, as a protocol before any *Kriyakalpas*, to achieve maximum benefits, *shodhana* in the form of *virechana* and *Nasya* should be adopted.

It is also said that all types of eye diseases originate from the *Abhishyandha*. Therefore, the wise doctor should first treat the disease *Abhishyandha*. *Triphala* are having *Chakshushya guna* which further adds for getting good results. *Trivrit lehya* being *Kapha pitta hara*,

Virecheka properties should be given. *Nasya karma* which is specifically mentioned as *Sadhya drushti prasadaka* should be done.

Kana being a *Katu rasa Pradhana dravya* has *netra Virechaka guna* further which helped to remove the accumulated *Doshas* from the *Netra*. *Aja yakrut* is having *Gunas* like *Na ati sheeta*, *Balya* and *Anabhishtyandi* helps to increase the *Chakshurendriya shakti* along with this it is a good source of Vitamin A thereby enhancing the rods function⁸.

CONCLUSION

Naktandya (Nyctalopia) is *kapha-Pitta Pradhana Drustigataroga* included in *sadhya Vyadhi*. The local treatments *Nasya*, *Anjana* and *Shamana* are having utmost importance in *Naktandya roga*. Hence, fundamental principles of *Ayurveda* should applied for achieving regain of the normalcy function of rods and restoring the normal function by its preventive and curative approach.

COMPETING INTEREST

Authors have declared that no competing interest exist.

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