

**CRITICAL REVIEW OF ANJANA KRIYA (APPLICATION OF COLLYRIUM) IN AYURVEDIC LITERATURE**

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ABSTRACT

Ayurveda is the oldest medical science, existing since or before the human creation. *Ayurveda* has two aims i.e. prevention and promotion of health and secondly cure from the disease. To achieve above mentioned aims, *Ayurveda* keenly described *Dinacharya* (daily routine) in detailed. Under this, *Anjana Kriya* (collyrium) is one of the *kriyakalpa* mentioned for prevention and treatment of various eye diseases. It is traditional therapy and it has unique efficacy for several types of ophthalmic disorders and highly recommended as preventive measure of eye diseases and it can act as single therapy for various eye disorders. Now a day's due to lack of time and poor hygiene, eye

hygiene is not properly maintained. In addition to this, habits like excessive work on computers and excessive use of mobile phones etc. have increased incidences of diseases of eyes. Peoples are suffering from eye problems because of lack of knowledge of "Anjana Kriya". Therefore in this review article an attempt has been made to describe *Anjana Kriya* in detail as mentioned in *Ayurvedic* classics and its importance and also explain its classical types, indications, contra-indication, procedure and which precautions should be taken during the time of *Anjana Kriya*.

KEYWORDS: *Ayurveda*, *Dinacharya*, *Netra*, *Netra Kriyakalpa*, *Anjana*, collyrium.

INTRODUCTION

Our eyes are the most precious gift of the God to the living beings. According to *Ayurveda*, “*sarvendriyanaam nayanam pradhanam*” i.e. eyes are the most important among all the sense organs. “Everyone should be dedicated enough to protect their vision, throughout the period of life because for an individual who is blind, day and night are the same and the beautiful world is useless to him even if he possess lot of wealth.^[1] Man without eyes this world is useless because day and night are same for them even if the other sensory organs are healthy. Thus *Acharya Vagbhata* recommended that all efforts should be performed to protect the eyes throughout the life. Hence for the maintenance of positive health, *Ayurvedic granthas* prescribed various preventive and curative measures like application of collyrium to protect the eyes.^[2] Almost all the *Acharyas* prescribed several treatment procedures for the management of ophthalmic disorders such as systemic, surgical, para-surgical and local or topical treatments. Among these several types of treatment modalities local treatments are very specific, effective and unique to the eye diseases and called as “*Netra Kriyakalpa*”. It is just similar as *Panchakarma* in *Kaya Chikitsa*. They are seven in number namely *Akshi Tarpana*, *Putapaka*, *Seka*, *Aschyotana*, *Anjana*, *Bidalaka* and *Pindi*. The first 5 procedures were mentioned in *Sushruta Samhita*^[3] and last two were prescribed only in *Sharangdhara Samhita*^[4] along with other 5 procedures.

In all *Kriyakalpas*, *Anjana* has unique therapeutic efficacy for various types of ophthalmic diseases and highly recommended as preventive measure of various eye disorders. *Anjana* is a procedure of applying medicine in the form of *Gutika*, *Raskriya* or *Churna* (powder) to the inner side of lower lid either by fingertip or by *Anjana shalaka*. Various ancient *Acharyas* described *Anjana* therapy as daily regimen especially *Sauvira Anjana* (Antimony sulphide) and *Rasanjana* (decoction of *Berberista aristata* – *Daruharidra*) mixed with bee honey as it eliminates excessive *Kapha Dosha* from the eye because eyes have predominance of *Pitta Dosha* or *Teja Mahabhuta* for its proper functioning or clarity of vision.^[5,6,7] *Anjana* has special importance in healthy person as well as in diseases person.

MATERIALS AND METHODS

This is conceptual type of study. All sorts of references have been collected and compiled from various available *Ayurvedic* texts like *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya*, *Bhavaprakash* and *Yogratnakara* with available commentaries. Various scientific papers, research articles are also searched from various websites. Literature

available regarding *Anjana Karma* (collyrium) from various journals and books are used as source materials to the topic. All matter is analyzed and attempt has been made to draw some fruitful conclusions.

Nirukthi of the word Anjana

“*Anathi thi Anjanam*”

Anjana is called so because in this procedure a *lepa* (ointment) is applied to the inner part of the lower eye lid from *Kaneenika Sandhi to Apanga Sandhi* with the help of fingertip or with *anjana shalaka*.

Anjana Shalaka

Anjana Shalaka is a rod like applicator having both ends shaped like flower buds, i.e. thin in centre and thicker at the ends. Its size is eight *Angulas* in length and 1.5mm in diameter. If is the aim of treatment the *Shalaka* made of *Tamra* (copper) is the best option for and for *lekhana karma*. For *Ropana karma* one can prefer a *Shalaka* made of *kalalohaja* (iron). If *prasadana karma* is the ultimate aim of treatment then one can prefer a *Shalaka* made of *roopya* (silver) *Suvarna* (gold). On the other hand *anguli* (finger) is also mentioned for the application of *Anjana* in the eye.^[8]

Types of Anjana

According to *Acharya Sushruta*, *Anjana* are of 3 types according to their Karma (action).^[9]

1. ***Lekhana Anjana*** – The *Lekhana* (scraping) *Anjanas* are prepared by *pancharasatmaka dravya* except *Madhur rasa*. These *Anjanas* are used in *Kapha dosha* predominant conditions.

Action- Drain out *Doshas* from eye lids, vessels, *Srotas* and *Sringataka Marma* through mouth, nostrils and eyes.

2. ***Ropana Anjana*** – *Ropana* (healing) *Anjana* are prepared by *Kashaya* and *Tikta rasa dravyas* along with *sneha*. These *Anjanas* are used in *Pitta dosha* related diseases.

Action - Healing, improves the color and visual acuity

3. ***Prasadana Anjana*** – *Prasadana* (purifying) *Anjanas* are prepared from *Madhura rasa rasatmaka dravyas* along with *sneha*. These *Anjanas* are used in *Vataja dosha vikaras*.

Action - Pacify the *doshas* of vision.

According to *Acharya Sushruta*, on the basis *Swarupa* (form) *Anjana* are of 3 types.^[10]

1) *Gutika* (Pills) *Anjana* – Mention in strong *doshabala*.

2) *Raskriya* (Semi-solid) *Anjana* - Mention in medium *doshabala*.

3) *Churna* (Powder) *Anjana* - Mention in low *doshabala*.

Acharya Sushruta and *Vagbhata* mentioned that the strength of *Anjana* increases in preceding order as *Gutika*, *Rasakriya* and *Churna*. However *Acharya Bhavamishra* mentioned that order somewhat differently as *Rasakriya*, *Varti* and *Churna*. Hence can be used *Anjana* according to the severity of the disease as *Gutika*, *Rasakriya* and *Churna* for the most severe, moderate and mild disorders respectively.

Dose of *Anjanas*

Table No. 1 Showing Dose of *Anjanas*

Sr. No.	Type of <i>Anjana</i>	<i>Lekhana</i>	<i>Prasadana</i>	<i>Ropana</i>
1	<i>Gutika</i>	1 <i>Harenu</i>	1 1/2 <i>Harenu</i>	2 <i>Harenu</i>
2	<i>Raskriya</i>	1 <i>Harenu</i>	1 1/2 <i>Harenu</i>	2 <i>Harenu</i>
3	<i>Churna</i>	2 <i>Shalaka</i>	3 <i>Shalaka</i>	4 <i>Shalaka</i>

Anjana Matra (Dose of *Anjana*):

Anjana matra depends on the quality of the *Anjana Dravyas*. *Anjanas* are divided in to two types. 1. *Tikshna Anjana* and 2. *Mridu Anjana*.^[11] The dose of *Gutika Anjana* of *tikshna* variety is *Harenu Matra* (around 40mgm) and of *Mrudu* variety is double the dose of it. The dose of *Rasakriya* is *vella matra* (20mgm) for *tikshna* variety and in *mridu* variety it's twice the dose of above and the amount of *churna Anjana* to be applied in the eye is around two *Shalaka* in *tikshna* variety and three in the other.

Though *Acharyas* advise the above mentioned dosage for application of *Anjana*, practically the individual response of eye and patient may vary which depends on various factors like the tolerance capacity of the patient, the *Prakriti* of patient, type of *Anjana* used, the amount applied etc, so it is better to apply least quantity of *Anjana* when it is applied for the first time, especially *tikshna Anjana* and gradually the amount can be increased to a maximum for e.g. of *Gutika Anjana*.

Indications of *Anjana Kriya*

Anjana should be performed when symptoms of *doshas* are manifested and located only in the eyes and after the purification of body. Body should be purified by *Panchakarma* procedures i.e. *Nasya*, *Virechana*, *Vasti* and *Raktamokshana*. In addition to above indications *Sharangdhar samhita*^[12] and *Bhavaprakash*^[13] recommended that the time of *Aanjana*

procedure according to the seasons. In afternoon – *Hemanta* and *Shishira* In morning – *Grishma* In evening – *Sarath* Any time – *Vasanta* In rainy season *Aanjana* should not be too much of cold or too much of hot. Not only the seasonal recommendations; ancient *Acharyas* mentioned the time of *Anjana* application within the day also. Almost all of them recommended *Aanjana* therapy only in the morning, evening and night neither in day time.^[14] Preferably in the morning *Lekhana* type of *Anjana* for *Kaphaja* diseases, in evening *Snehana* type for *Vataja* diseases and in the night *Prasadana* type for *Pittaja* diseases.

Indications for *Anjana Kriya*^[15]

According to *Acharyas*, *Anjana* should be applied only after the *shodhana* therapy (*Sharir shudhi*) and when *doshas* localize only in eye and the *Aamavastha* is totally eliminated from the eyes. *Anjana* is applied only after eye starts to exhibit *Paka lakshanas* like complete absence of itching sensation, swelling, redness or congestion and lack of discharge etc.

Anjana Kal (Time of Application of *Anjana*)

There is different opinion regarding the timing of *Anjana*. During night due to sleep and in the day time because of the hot rays of sun the eye becomes weak, so it is advised to do *Anjana* both morning and evening. While applying in the morning, *Anjana* should be *kapha dosha Shamaka* in nature as there is chance of vitiation of the *Kapha dosha* in the morning time. On the other hand *Anjana* should be *Pitta dosha Shamaka* in nature while applying in the evening time as it may make the eye fresh and cool which became weak due to the direct exposure to hot sun.

The *theekshna anjana* contains *katu, lavana, amla dravyas* which is combination of *Agni* and *Vayu Mahabhuta*. So application of *theekshna anjana*, in day time will again harm the eye as there is hot outside, but during night the coolness of the moon helps the eye to recover easily from the ill effects of *theekshna anjana*. *Tikshna Anjana* should be applied at night. As both *Netra* and night are *Sheet* and *Saumya*, so it is the best period for *Tikshna Anjana*.

But according to *Acharya Vagbhata*, application of *anjana* in night should strictly avoid due to the *sheet* in night it will cause *stambhana* so the drug can't act properly. *Acharya Sushruta* advises to do *anjana* for *Kapha dosha* predominant eye diseases in morning time, for *Vata dosha* predominant eye diseases during evening and in *Rakta Pitta Janya* diseases in night time.

According to *Sharangdhar*, In *Hemanta* and *Shishira ritu* - afternoon, *Grishma ritu* - morning time *Sarat ritu* - evening time, *Varsha ritu* - time when it is neither too cold nor too hot.

When to Advise *Anjana*^[16]

The appropriate time for application of *Anjana*, according to *Acharya* is after the administration of *shodhana* therapy and when the *doshas* localize only in the eye and the *Amavastha* is totally eliminated from the eye and the eye starts to exhibit *pakwa lakshana* like reduced oedema, severe itching and lack of discharge etc.

Anjana Vidhi (Procedure)

After deciding the type and dose of *Anjana* the desired amount of it can be applied in the eye using the different *shalakas* mentioned for particular purpose. To avoid the anxiety of the patient the procedure should be explained to them. *Anjana* should be applied in the morning and evening. *Anjana* can be applied in supine or sitting position. Eyelids are retracted with left hand, while with the help of right hand *Shalaka* is moved from inner canthus to outer canthus. The *Anjana* is applied as per need. Use *Anguli* whenever *Anjana* is to be use on eyelids. After applying the *Anjana*, the patient is asked to close the eyelids gently and to rotate the eyeballs. Due to this, medicine perfectly spreads in the eyes. The dosha's dissolves and comes out in the state of lacrimation. Whenever lacrimation stops, the netra *prakshalana* (Eye wash) should be the performed with suitable decoction or with pure water. While preparing the decoction the factors like disease, *dosha* and season always should be considered. After washing the eye, it should be cleaned with a piece of clean cloth. In conditions like severe vitiation of *kapha dhoomapana* can be advised after *Anjana*^[17] *Tikshna Anjanas* are contraindicated for prolonged use, and *praty Anjanas* are advised for correcting the complications if developed during application of *tikshna Anjanas*.^[18]

While doing this procedure opening and closing of the eye spontaneously, rubbing of the lid forcefully and washing of eye should be avoided just after the application of *Anjana karma*.

Samyak Yoga Lakshanas of Anjana

It was considered when the eyes became clear or *nirmala*, feeling of lightness, *srava* was reduced and visual acuity improved.

Ati Yoga Lakshanas of Anjana

It was noticed when the eyes became *kathina* (hard). The color of the eyes becomes *vikrutha* and the eyes become *shithila*. There were signs of dryness and pricking sensation.

Hina Yoga Lakshanas of Anjana

In case *anjana* is applied in less quantity, then the *doshas* will be vitiated in excess with the symptoms of *kandu* and foreign body sensation.

Dosage and time of retention of *anjana* was a little bit altered according to *lakshanas* seen.

Anjana nisheda (Contraindications for Anjana application)^[19,20,21]

Aanjana vidhi is contraindicated in following conditions or diseases like those who are suffering from *Shrama* (fatigue), *vegavarodha* (always use to suppress his natural urges) *Udavarta*, *rodhana* (excessive lacrimation), *Madhyapana* (intoxicated with alcoholic drinks), *Krodha* (anger), *Jwara* (early stage of fever) and *Shirodosha* (disorders of head) as it causes redness, discomfort-diminish of vision-discharge-pain in eyes. Also it should not be applied during the period of less sleep (causes incapability in function), in windy days (damage the visual acuity), on exposure to dust and smoke (causes redness of eyes), in the presence of eye discharge and *Adhimantha* defective vision with pain (produces congestion and pain), just after the *Nasya*, *Vamana* and *Virechana* procedures (produces congestion and pain), in headache (causes disorders in the head), after a head bath, in excessive cold days and before sunrise (due to firmness of *Doshas*), during indigestion (obstructs the channels-*Srotas*) and beginning of impulse of *Dosha*. Especially these contraindications are recommended for *Lekhana Anjana*.

Apart from above contraindications, *Acharya Bhavmishra* advised that it should not be performed in excessively cold-hot-breezy days. If *Anjana* has given in above states conditions or diseases it will causes *netra roga*, *netra srava* (exudation), *netra shoola* (pain), *netra shotha* (oedema), *timira* and difficulty in opening and closing the eye lids.

CONCLUSION

Aanjana Kriya is traditional therapy for eye and it has unique efficacy for several types of ophthalmic disorders. It has promotive, protective and curative effect on the body. Its regular and judicious use is having a prime role in maintains of the eye health. Because of easy administration, availability and affordable price, *Aanjana* is the best option especially when a

long term therapy is needed. In the end we can say that *anjana* is an ideal remedy for various types of ophthalmic disorders; which can be used as preventive as well as curative measure.

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