Relevance of Anjana Karma in Visha Chikitsa

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Abstract: Good vision is inevitable for all human beings. Our vision allows us to see the surroundings and we try to understand everything mainly through our eyes. Anjana is a topical ocular procedure mentioned in the specialized branch of Ayurveda which deals with eye diseases is Shalakya Tantra. There are certain toxicological conditions in which eyesight of a person is affected. In this article, an attempt has been made to describe the importance of Anjana when a person is poisoned, to protect and cure the ailments of eyes.

Keywords: Visha Chikitsa, Anjana, Vishavega, Chathurvimshathipakrama

1. Introduction

Kriyakalpa is a unique branch of medicine which deals with the specialized topical ocular procedures. Anjana is one among the kriyakalpa which medicine is applied to the eyes with an instrument. Visha Chikitsa is another branch of medicine which deals with different types of poisons, its diagnosis and treatment. Anjana is a treatment procedure mentioned in Visha Chikitsa. Various Anjanayogas are also mentioned in Visha Chikitsa. Anjana is the application of medicine to internal surface of lid margin from kaneena sandhi to ophtha sandhi with an instrument called Shalaka. According to doshik predominance Anjana is classified into Lekhana, Ropana and Prasadana. Lekhanaanjana is used in kaphajavikaras and all the drugs except sweet drugs are used for the preparation of Lekhanaanjana. Ropanaanjana is the anjana which is oily with the predominance of tiktha, kashaya rasa. Prasadhanaanjana is prepared with sweet and oily drugs. It is used to produce clarity to the eyes and to remove roughness of the vision. On the basis of shape, Anjana is classified into Gutikaar Varthi, Rasakriya and Choorna. Gutika is used in mahabalalarogas, Rasakriya for madhyamalarobagas and Choorna for alpabalarogas. On the basis of potency, Anjana is of two types, Mriduanjana and Teekshnaanjana.

Anjana is one among the twenty four treatment modalities of acharya Charaka in the Ayurveda. If the poisoned patient is suffering from swelling of orbit, excess sleep, discoloration of eyes, accumulation of dirt in the eyes, then the physician should go for anjana karma. If there is obstruction to the vision, then collyrium prepared of devadara, shunti, pippali, maricha, haridra, karaveera, karanja, nimbhi and tulasi by triturating with goat’s urine should be used for Anjana. If the poison is situated in eyes, then anjana should be done with pippali, maricha, kshara, vacha, saindhava and shigra which is made into paste by triturating with rohitha type of fish. Shweta maricha is impregnated in the juice of flowers of shirisha for seven days; administration of this in the form of anjana cures all Visha.

Vishavega is the phenomenon by which Visha moves from one dhatva to another dhatva penetrating the Kala. In the first samanya Vishavega, eyes are affected by the poison and the person have blue or dark vision. For this, anjana with the juice of eggs of crow and shirisha are done. In the third Vishavega of Darveekara and Rajila sarpa, anjana is indicated. In the seventh Vishavega of Darveekara and Mandali sarpa, Teekshnaanjana is indicated. Teekshnaanjana is also indicated in the sixth Vishavega of Rajila.

Trikatu is made into choorna, triturated in cowdung juice when used for anjana cures rat poisoning. Anjana is one among the tenfold treatment modalities of Spider poisoning. Paramo Agada, Mahasagandhi agada, Vamshatwakadi agada, Bilwadi galika are the agada’s which are used in the form of anjana to cure all Visha. Hinguvachadigulika is an agada which is specifically used for the treatment of scorpion poisoning.

Anjana act as a foreign body to the ocular surface, eyes get reflex secretion in response to foreign particles in cornea and conjunctiva. Considerable quantity of drugs washes out from the eye through tear, another major portion gets drained into the nasolacrimal duct, which can be absorbed into the systemic circulation by nasolaryngeal and oral mucosa, some portion gets metabolized by tear enzyme.

Gutika and choorna are more beneficial to do anjana, because these contain nanoparticles which are deposited in cul-de-sac and there by increases the bioavailability to enhance the ocular absorption. The ocular absorption of anjana may initiate through the conjunctiva and cornea. Once it crosses the conjunctiva, the sclera is more permeable and it allows the drug to penetrate other interior structure of eye i.e. ciliary body, iris, aqueous humor, lens, vitreous humor. But due to increased vascularization of conjunctiva, ciliary body and iris, considerable amount of drug enters into the systemic circulation again.

In Visha Chikitsa, anjana used are mostly Teekshnaanjana or Lekhanaanjana. Bilwadigulika is one of the widely accepted agada which is used for anjana in Visha Chikitsa. On top of that gutika is used in mahabalavadyadi and Visha is indeed a mahabalavadyadi, as it has the ability to spread very fast and kill the patient. Occular absorption of gutikaanjana ismome when compared to other form of anjana and this is due to the nanoparticles in gutika. While explaining the preparation of Bilwadigulika, acharya Vagbhata used the word ‘sudhoskmapishtham’ i.e. all drugs should be made into fine paste and this is for the easy absorption of the drugs. Teekshnatwa of the drugs will leads to lacrimation of eyes which helps in the eye decontamination as well.

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So, it can be concluded that Anjana can produce preventive, local and systemic action. When it drains out the poison through lacrimation before the systemic absorption, it is a preventive action. When it cures itching, swelling and discoloration of eye, it is a local action and when it cures loss of vision and unconsciousness, it is a systemic action. Anjana is one among the Chathurvimshathiupakrama, these twenty fourfold of treatment modalities by acharya Charaka is a general line of treatment for all poisoning irrespective of whether it is inanimate, animate or artificial poison. Hence, it is the duty of a physician to select the treatment judiciously, depending upon the poisoning. Further researches on this will definitely open up a list of diseases that can be cured by Anjana karma.

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