

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 ie Shalaky 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, Chaturvimshathiupakrama

1. Introduction

Kriyakalpa is a unique branch of medicine which deals with the specialized topical ocular procedures. *Anjana* is one among the *kriyakalpain* 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 treatment¹. *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 *apanga 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. *Prasadanaanjana* 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 *Gutika* or *Varthi*, *Rasakriya* and *Choorna*. *Gutika* is used in *mahabalarogas*, *Rasakriya* for *madhyamabalarogas* and *Choorna* for *alpabalarogas*. On the basis of potency, *Anjana* is of two types, *Mriduanjana* and *Teekshnaanjana*².

Anjana is one among the twenty four treatment modalities of *acharya Charaka*³. If the poisoned patient is suffering from swelling of orbit, excess sleep, discolouration of eyes, accumulation of dirt in the eyes, then the physician should go for *anjana* karma⁴. If there is obstruction to the vision, then collyrium prepared of *devadaru*, *shunti*, *pippali*, *maricha*, *haridra*, *karaveera*, *karanja*, *nimbi* and *tulasi* by triturating with goat's urine should be used for *Anjana*⁵. If the poison is situated in eyes, then *anjana* should be done with *pippali*, *maricha*, *kshara*, *vacha*, *saindhava* and *shigru* which is made into paste by triturating with rohitha type of fish⁶. *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*⁷.

Vishavega is the phenomenon by which *Visha* moves from one *dhathu* to another *dhathu* penetrating the *Kala*⁸. In the first *samana* *Vishavega*, eyes are affected by the poison and the person have blue or dark vision⁹. For this, *anjana* with the juice of eggs of crow and *shirisha* are done¹⁰. In the third *Vishavega* of *Darveekara*¹¹ and *Rajila sarpa*¹², *anjana* is indicated. In the seventh *Vishavega* of *Darveekara*¹³ and

*Mandali sarpa*¹⁴, *teekshnaanjana* is indicated. *Teekshnaanjana* is also indicated in the sixth *Vishavega* of *Rajila*¹⁵.

Trikatu is made into *choorna*, triturated in cowdung juice when used for *anjana* cures rat poisoning¹⁶. *Anjana* is one among the tenfold treatment modalities of Spider poisoning¹⁷. *Paramo Agada*¹⁸, *Mahasugandhi agada*¹⁹, *Vamshatwakadi agada*²⁰, *Bilwadi gulika*²¹ 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 poisoning²².

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 again²³.

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 *mahabalavyadhi* and *Visha* is indeed a *mahabalavyadhi*, as it has the ability to spread very fast and kill the patient. Ocular absorption of *gutika* is more 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 '*susookshmapishtam*' 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.

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 Chaturvimshathiupakrama, 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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