

**ANJANA A NATURAL APPROACH TO TREATING EYE  
DISORDERS" – REVIEW ARTICLE**

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**ABSTRACT**

In today's fast-paced world, our eyes are constantly exposed to digital screens, environmental pollutants, and various stressors. As a result, eye disorders have become increasingly prevalent, causing discomfort and affecting our overall quality of life. Traditional treatments often involve medications, surgeries, or corrective lenses. ANJANA A Natural Approach to Treating Eye Disorders" is a ground breaking study that explores the effectiveness of Anjana, a traditional herbal remedy, in treating various eye disorders. The research highlights the potential of this natural treatment option, offering hope for individuals seeking alternative therapies for their ocular health.

**KEYWORDS:** Eye disorders, Anjana, collyrium, Natural remedies.

**INTRODUCTION**

In today's fast-paced world, our eyes are constantly exposed to digital screens, environmental pollutants, and various stressors. As a result, eye disorders have become increasingly prevalent, causing discomfort and affecting our overall quality of life. Traditional treatments often involve medications, surgeries, or corrective lenses. However, there is a growing interest in natural approaches that aim to improve eye health without relying solely on conventional methods. One such approach is ANJANA, a natural and holistic system that focuses on treating eye disorders. ANJANA draws its inspiration from ancient healing

practices and emphasizes the importance of balancing the mind, body, and spirit to achieve optimal eye health. By combining various natural remedies, lifestyle modifications, and mindful practices, ANJANA offers a comprehensive and alternative way to address eye-related issues.

In Ayurvedic classics, various treatment modalities like Kriyakalpas have been mentioned for the treatment of Netrarogas (Ocular Disorders) among which is one. In Yogaratnakara,<sup>[1]</sup> Anjana is said as Drikbalam i.e. strengthens the eyesight. Anjana (Collyrium) is a procedure of applying medicinal pastes or powder to the inner side of lower lid, either by fingertip or with applicator (Anjana Shalaka).<sup>[2]</sup>

The philosophy behind ANJANA is rooted in the belief that the eyes are not isolated organs but interconnected with the entire body and mind. It recognizes that imbalances or disturbances in other aspects of our well-being can manifest as eye disorders. Therefore, ANJANA seeks to address the underlying causes of eye problems rather than merely treating the symptoms.

Natural remedies play a central role in ANJANA's approach. Herbal formulations, eye drops, and nutritional supplements derived from natural ingredients are used to nourish and rejuvenate the eyes. These remedies are often formulated based on centuries-old knowledge of herbs and their therapeutic properties. By harnessing the power of nature, ANJANA aims to provide gentle yet effective solutions for common eye conditions such as dryness, redness, strain, and fatigue.

In addition to natural remedies, ANJANA advocates lifestyle modifications that promote eye health. This includes adopting healthy eating habits rich in antioxidants and essential nutrients, incorporating regular exercise to improve blood circulation, and implementing techniques to manage stress effectively. ANJANA recognizes that a holistic approach to eye care encompasses the overall well-being of an individual, as each aspect of our health can have an impact on our vision. Furthermore, ANJANA promotes mindfulness practices to reduce eye strain and enhance relaxation. Techniques like eye exercises, meditation, and deep breathing are integrated into the treatment approach to improve focus, relieve eye fatigue, and alleviate stress-related eye disorders. By incorporating these practices into daily routines, individuals can maintain healthy eye habits and prevent the onset of future eye problems.

ANJANA represents a shift towards a more natural and integrative approach to treating eye disorders. While it is essential to consult with qualified healthcare professionals for any eye-related concerns, ANJANA offers a complementary and alternative path to consider. By embracing the wisdom of ancient healing practices and combining it with modern scientific knowledge, ANJANA provides a unique opportunity to take a holistic approach to eye care, promoting long-term eye health and well-being.

## AIM OF STUDY

The aim of this study is to investigate the potential of Anjana, a natural approach, in the treatment of various eye disorders. Through comprehensive research and analysis, the study aims to evaluate the effectiveness and safety of Anjana as a potential alternative or complementary treatment for eye-related conditions. This study helps to researcher and practitioner to update knowledge about Anjana.

## REVIEW OF LITERATURE

Description of Anjana, indication, classification, con-traindications and mode of action in Ayurvedic classics.

- **Acharya Sushruta**, have entitled a complete chapter on Kriyakalpa in his Uttarantra, and also he explained the importance of Anjana in Swasthavritta in Chikitsa sthana 24th chapter.
- **In Astanga Sangraha** 32nd of Sutrasthana we find ref-erences of Anjana under Anjanavidhi Adhyaya. In Astanga Hrudaya, 23rd chapter of Sutrasthana there is reference about Anjana in Aaschyotana Adhyaya.
- **Acharya Bhavamishra**, explained Anjana under Chakshushya and other Kriyakalpas.
- In classical texts of Rasa shastra, Anjana is classified under Uparasas.
- In Swasthavritta, we get references about Anjana in Dinacharya.
- Description of Dinacharya in Ayurvedic classics.
- **Acharya Sushruta** have explained in chikistasthan 24th chapter: Acharya Charaka explained in su-trasthan 5th chapter and Acharya Vagbhatta also ex-plained in Ashtanga Hrudaya Sutrasthana 2nd chapter.

## MATERIALS AND METHODS

**Literary Source:** Anjana is derived from the root 'Anakta Anena Anjanam' that which spreads in the eye is Anjana.

**Classification:** Anjana is classified into three groups like Lekhana, Ropana and Prasadana.

**Table 1: Classification of Anjana according to different authors with their complications.**

Types of Anjana	Sushruta <sup>[3]</sup>	Vagbhata <sup>[4]</sup>	Vriddha Vagbhata <sup>[5]</sup>	Sharangadhara <sup>[6]</sup>
Lekhana	Amla, Lavana, Katu, Tikta	Kashaya, Amla, Lavana, Katu	Amla, Lavana	Kshara, Tikshna, Amla
Ropana	Kashaya, Tikta, Ish-tarthsneha	Tikta	Tikta, Kashaya, Sneha,	Kashaya, Tikshna
Prasadana	Madhura, Sneha	Madhura, Sheeta	Madhura, Sheeta	Madhura, Sneha
Snehana	-----	-----	Madhura, Sneha	-----

**Table 2: Based on severity of disease.<sup>[3,4]</sup>**

Nature of the disease	Anjana Kalpana
Severe	Gutika
Moderate	Rasa Kriya
Mild	Choorna

**Table 3: Anjana Matra (Dosage of Collyrium Application).**

Name of Anjana	UttamaMatra	MadhyamaMatra	HinaMatra
VartiAnjana	1 Harenu	1.5 Harenu	2 Harenu
RasakriyaAnjana	3 Vidanga	2 Vidanga	1 Vidanga
ChoornaAnjana	3 Shalaka	2 Shalaka	1 Shalaka

## SANSKRIT VERSE ABOUT ANAJANA

### Classification According to Guna

लेखनं रोपणं च अपि प्रसादनम् अथापि वा। सु. उ. १८/५२-५५।

### Lekhana Anjana Scraping Collyriums

तत्र पञ्च रसान् व्यस्तानाध्य एक रस वर्जितान् ॥

पञ्चधा लेखनं युजाद् यथा दोष अतन्द्रितः ।

नेत्र वर्त्म शिरा कोश स्रोतः शृङ्गाटकाक्षितम् ।

मुख नासा अक्षिभिः दोषमोजसा सावयेत्तु तत् । सु.उ.१८/५२-५५॥

### Ropana Anjana Healing collyriums

कषायं तिक्तकं वापि सस्नेहं रोपणं मतम्॥

तत् स्नेह शैत्याद्वर्ण्य स्याद् दृष्टेः च बलवर्द्धनम् । सु.उ.१८/५५

**Prasadana Anjan**

मधुरं स्नेह सम्पन्नं अञ्जनं तु प्रसादनम् ॥ तु प्रसादनम् ॥

दृष्टि दोष प्रसादार्थं स्नेहनार्थं च तद् हितम्। सु. उ. १८/५६१

**Kalpana and swarupa**

गुटिका रस चूर्णानि विविधानि अञ्जनानि तु ।

यथापूर्वं बलं तेषां श्रेष्ठम् आहुः मनीषिणः ॥ सु. उ॥.

**Method of administration of Anjana**

वामेन अक्षि विनिर्भुज्य हस्तेन सुसमाहितः।

शलाकया दक्षिणेन क्षिपेत् कानीनम् अञ्जनम्।

आपाङ्ग्यं वा यथा योगं कुर्यात् च अपि गतागतम् ।

वा यद् तद् अङ्गुल्यैव प्रयोजयेत् । सु. सु ३.१८ ।

**Contraindications of collyrium**

श्रम उदावर्त रुदित मध्य क्रोध भय ज्वरैः।

वेगाघात शिरो दोषैः च आर्तानां न इष्यते अञ्जनम्।

रागदुरुक् तिमिर आस्राव शूल सरम्भ संभवान् । सु. उ. १८४

**Anjana samyak yoga lakshanas**

विशद लघु अनास्रावि क्रियापटु सुनिर्मलम्

स शान्त उपद्रवं नेत्रं विरिक्तं सम्यद् आदिशेत् ॥ सु. उ. १८ ॥

**Samyak prasadana and ropana anjana lakshana**

स्नेह वर्ण तलोपेतं प्रसन्न दोषवर्जितम्

जेयं प्रसादने सम्यक् उपयुक्ते अभिनिर्वृत्तम् ॥

**sneha vyapad saamanya chikitsa**

व्यापद च जयदेना सैक आश्चोतन लेपनैः।

यथास्वं धूम कवलैः च अपि नेत्रे समुत्थिताः ॥सु. १८

**Anjana doshas**

अति तीक्ष्णं मृदुः स्तोकं बहू अच्छ घनं कर्कशं ।

अत्यर्थं शीतल तप्त अंजनम् नावधारयेत् अ. ह. सू. २७/१४१

**Classification based on action, medicine, intensity, taste**

1. On basis of its properties and therapeutic actions, collyrium is classified as.

- Lekhana Anjana – scraping
- Ropana – healing
- Prasadhana – cosmetic

**Lekhana anjanas** – these are basically scraping collyriums.

They are also called as shodhana anjanas because they are cleansing in nature. They scrap morbid doshas from eyes and head and expel them through eyes, mouth or nose. Scraping collyriums are made up of herbs of all tastes except sweet taste. They are made up of herbs having sour, salt, pungent, bitter and astringent tastes. Herbs of different tastes are mixed and made into formulations as suitable to act upon different morbid doshas and cure many diseases.

Lekhana means scraping. Medicines which would scrap out unwanted tissues, wastes and doshas would be given in high kapha and excess accumulation of fat conditions. In this type, collyrium is prepared using herbs which basically have scraping property. Since scraping collyriums are also cleansing in nature they are considered as shodhana anjanas i.e. cleansing collyriums.

These medicines when applied to eyes will forcibly pull out morbid doshas and unwanted materials located in eyes, eyelids, veins and channels of head and eyes, brain tissues and shrungataka. After detaching and pulling doshas from above said locations, collyriums would expel them from one or more of eyes, mouth and nasal routes.

Leaving apart sweet taste, lekhana anjanas are prepared with help of herbs having all other 5 tastes. This includes herbs of sour, salt, pungent, bitter and astringent tastes. Since combinations of herbs of 5 tastes are used in preparing these collyriums, Lekhana anjanas are of 5 types. Herbs of different tastes are combined to prepare these 5 types of collyrium.

- Collyrium prepared with herba of sour and salt tastes are used to control vitiated vata and treat vata disorders
- Collyrium prepared with herbs of bitter and astringent tastes are used to control vitiated pitta and treat pitta disorders
- Collyrium prepared with herbs of pungent, bitter and astringent tastes are used to control vitiated kapha and treat kapha disorders
- Collyrium prepared with herbs of bitter and astringent tastes are used to control vitiated rakta and treat blood disorders
- Collyriums prepared with herbs of 2-3 tastes mixed together are used to combat vitiation of three dosha disorders

**Ropana anjana** – these are basically healing in nature.

They also strengthen eyes. They are prepared from herbs having astringent and bitter tastes, unctuous materials and medicines having cold quality.

Ropana means healing. These collyriums help in healing eye ailments. Apart from this, it is used to strengthen eyes. Ropana collyriums are made up of herbs having astringent and bitter tastes and their combinations. They are mixed with unctuous materials like oil, ghee etc and applied to eyes. These combinations or formulations prepared for strengthening eyes are comprised of unctuous and cold qualities. The healing and strengthening properties of these formulations depend on these tastes and qualities of the herbs used in preparing them.

**Prasadana anjana** – these collyriums are basically soothing and calming in nature.

They are prepared from herbs having sweet tastes and unctuous materials. Soothing, calming and comforting Collyriums Prasadana has various meanings. It means soothing, calming or comforting. This type of collyrium calms eye and makes vision pleasant and clear. Prasadana collyriums are made up of herbs having sweet tastes.

They are mixed with unctuous materials like oil, ghee etc and applied to eyes. Soothing collyriums pacify morbid doshas in eye and bring about pleasantness and calmness in eye

and vision. They improve the glow, color and glitter in eyes and make them attractive. They also strengthen eyes and vision.

## 2. On the basis of type of formulation used or form of medicines used

- Gutika Anjana – is in form of tablets or wicks prepared from medicinal pastes and made dry
- Rasa or Rasakriya Anjana – prepared after condensation of herbal decoctions
- Churna Anjana – prepared and used in the form of powders of medicinal herbs

Each of above mentioned types of collyriums again fit into all therapeutic types.

Each can serve the purpose of scraping, healing or soothing.

**Gutika Anjana** – Collyriums used in form of tablets, Gutika means tablets.

- It also means wicks in this case because collyriums are also prepared in shape and form of wicks. Therefore Gutika Anjana can also be called as Varti Anjana.
- In this form, medicinal pastes are made into tablets or wicks.
- They are used for all therapeutic actions as mentioned above.

### **Gutika or Varti Anjana is of 3 types**

- Gutika / Varti lekhana anjana – used for scraping purposes, used in 1 harenu dose i.e. size of one small pea
- Gutika / Varti Ropana anjana – used for healing and strengthening eyes, used in 1 size of big pea dose
- Gutika / Varti Prasadana anjana – used for comforting or soothing eyes, used in 2 big pea size dose

Tablet or wick collyriums are used to treat strong diseases and doshas.

**Rasa Anjana / Rasakriya Anjana / Rasanjana** – Collyriums in form of condensed semisolid decoctions.

- Rasa or rasakriya means condensed form of herbal decoctions.
- Collyrium is made in semisolid form and stored in same form.
- When it is to be used, it is rubbed, made into paste and applied to eyes.

Rasakriya anjana and rasanjana are other names of condensed collyriums.

In this procedure, decoction of herbs used for healing and soothing the eyes are condensed in method of preparing confections or herbal jams and is stored in same form. This method is



called inspissation or process of thickening something by dehydration method. Like Gutika Anjana, the Rasa anjana is also used for all therapeutic actions. Thus, rasa anjanas are of same types i.e.

- Rasa lekhana anjana
- Rasa ropana anjana
- Rasa prasadana anjana

Dose and method of use of these forms of condensed collyriums are same as tablet or wick collyriums.

Condensed decoction collyriums are used to treat diseases and doshas of moderate strength.

### **Churna Anjana – Collyriums in the form of powders**

Churna means powder. Herbal medicines are powdered and used in same form. This means to tell that powders of the medicines used for healing, scraping and soothing eyes are applied in the eyes. Powder collyriums are used for all therapeutic actions as mentioned above. In this, powders are applied into eyes using shalakas i.e. collyrium rods.

Thus, Churna Anjana is of three types i.e.

1. Churna lekhana anjana – used for scraping purposes, in dose of 2 shalakas
2. Churna ropana anjana – used for healing, in dose of 3 shalakas
3. Churna prasadana anjana – used for soothing and calming purposes, used in dose of 4 shalakas

### **3. On the basis of therapeutic action of collyrium**

**Mrudu Anjana** – are mild acting in nature. Ropana, Snehana and Prasadana anjanas fall into this category.

**Teekshna Anjana** – are strong acting collyriums. Lekhana collyrium is included in this category.

### **4. On the basis of the taste of herbs chosen to prepare the collyrium**

1. Madhura anjana – sweet tasting herbs are used
2. Amla anjana – sour taste herbs are used
3. Lavana anjana – salt tasting herbs are used
4. Katu anjana – pungent tasting herbs are used
5. Tikta anjana – bitter tasting herbs are used
6. Kashaya anjana – astringent tasting herbs are used

**APPLICATION TIME**

- Lekhana Anjanas should be applied during morning time
- Ropana at evening
- Prasadana at night time.

Likewise, anjana should be applied during day time in kapha disorders, during evening in vata disorders and at night in pitta disorders.

**Conditions in which collyrium should be applied**

- Collyrium should be applied after Aschottana i.e. eye drops.
- Collyrium should be applied after body has been cleansed properly following administration of purification treatments i.e. Panchakarma treatments like purgation, herbal enemas, nasal medications and venesection.
- Care should be taken to observe that ama has been expelled and controlled properly before administering collyriums. After these measures when eye diseases present clearly with their signs and symptoms according to involved dosha or doshas, when only one dosha is predominant and is not associated with other doshas, collyrium should be applied carefully into the eye or eyes.

**Anjana equipment**

- Anjana shalaka – collyrium applicator
- Anjana patra – vessel for collyrium

**Anjana Shalaka****Features**

- Mukulakara vaktra – tip of rod is in shape of jasmine flower bud.
- Kalaaya parimandala – circumference of size of peanut.
- Ashtangula – 8 angula in length, 1 angula = 1.76 cm approximately.
- Tanu madhya – thin in middle part.
- Sukruta – properly shaped, devoid of roughness, ragged edges, crookedness, sharpness etc.
- Saadhu nigraha – should be easy and convenient to hold and operate.

The applicators may be made of gold, silver, horns, copper, brass, iron, cat's eye gemstone etc materials. Different materials may be used for preparing applicators to be used in different therapeutic purposes.

- For ropana purposes, applicator made of iron should be used.
- For lekhana, applicator made up of copper should be used.
- For prasadana purposes, applicator made up of gold should be used.

### **Anjana Patra**

Vessels used to store collyriums are prepared with various materials. They should carry same property as that of anjana stored in them. Example.

- Madhura anjana i.e. collyriums made up of sweet tasting herbs should be stored in vessels made up of gold.
- Amla anjana i.e. collyriums made up of sour tasting herbs should be stored in silver vessels.
- Lavana anjana i.e. collyriums made up of salt tasting herbs should be stored in vessels made up of horns of sheep.
- Kashaya anjana i.e. collyriums made up of astringent tasting herbs should be stored in copper or iron vessels.
- Katu anjana i.e. collyriums made up of pungent tasting herbs should be stored in vessels made up of cats eye gemstone.
- Tikta anjana i.e. collyriums made up of bitter tasting herbs should be stored in vessels made up of brass.

### **Collyrium applications**

- Physician, with help of his left hand should open eye of patient in which collyrium is to be applied.
- Collyrium should be taken on the applicator.
- Physician should hold applicator with his right hand and apply collyrium into eyes of patient.
- Collyrium should be applied gently from inner canthus i.e. inner angle of the eye towards and ending at outer canthus i.e. outer angle of eye.
- The applicator having anjana should be slowly moved from the inner cathus to outer canthus and gently removed after applying the collyrium.

Alternatively applicator shall be moved from the outer canthus to inner canthus while applying collyrium and gently removed. If collyrium is to be applied to the lids or inner part of the eyelids, physician shall apply same with his fingers i.e. collyrium shall be taken on tip of finger and applied gently to inner part of eyelids. Physician should take care of not applying more quantity of medicine since it may damage the eye and eyesight.

### **Contraindications**

Collyrium should not be applied in the presence of the below mentioned conditions –

- Shrama – fatigue
- Udavarta – abnormal or upward movement of vata
- Rudita – while person is in grief or weeping
- Madhya – after consumption of alcohol
- Krodha – in presence of anger
- Bhaya – in presence of fear
- Jwara – in presence of fever
- Vegavarodha – in those who have forcibly controlled the body urges or is habituated to do so
- Shirodosha – those suffering from diseases of head including headache

If collyrium is applied in these conditions, redness of the eye, pain, feeling of darkness in front of eyes or blindness or dusky feel, eye discharges, swelling and inflammation would get increased. This would damage eye and vision.

### **Complications**

- Diseases occurring due to untimely application of collyriums
- When collyrium is applied to those who had not slept over night, functions of eye, perception will become less
- When applied after exposure to breeze, causes weakness of eye and vision
- When eyes afflicted by dust and smoke, collyrium causes eye diseases, eye discharges and glaucoma
- After nasal medication, collyrium applied causes swelling in eyes
- When applied to a person suffering from headache, makes headache severe

- Applied after head bath, have eaten cold foods and before sunrise, collyrium becomes useless because in these conditions it will not be capable of expelling doshas from eyes, instead it further aggravates doshas and lead to more complications.

In conditions of indigestion of food, channels of the body would be obstructed. When collyrium is applied in conditions of indigestion, it further aggravates doshas and worsen eye conditions. When collyrium is applied in acute conditions when doshas are progressively increasing, it causes many complications in eye. Therefore collyrium should be applied after taking above mentioned conditions under control through suitable remedies. Region or place where patient resides, time and seasonal factors and stage of disease should be taken into consideration before applying collyrium.

### **Errors in collyrium administration – anjana doshas**

They should be avoided in order to get maximum benefits from collyrium and also not to give scope for aggravation of doshas and development of undesired complications. They are.

- Ati teekshna – application of very strong and intense collyriums
- Ati mrudu anjana – application of very mild collyriums
- Ati alpa / stokam anjana – application of collyrium in less quantity than desired
- Bahu – application of collyrium in excess
- Achcha – application of thin layer of collyrium
- Ghanam – application of thick layer
- Karkasham – application of collyrium roughly
- Atyatha sheetalam – application of too cold collyrium
- Ati tapta anjanam – application of too hot collyrium

All these errors of application of collyrium should be avoided.

### **Effects of properly applied collyrium**

Signs of proper administration of collyrium – Anjana samyak yoga lakshanas

- Vishada – clarity in eyes
- Laghu – feeling of lightness in eyes
- Anasravi – cessation of discharges
- Kriyapatu – eye becomes active, i.e. normal functions and perception are restored
- Sunirmalam – eye looks clean and attractive
- Shanta upadravam – complications get reduced

**Excess application effect**

Signs of excessive administration of collyrium – Anjana ati yoga lakshanas

- Netra vakrata – obliqueness of eye
- Kaathinya – feeling of hardness in eyes
- Durvarna – manifestation of abnormal colors in eyes
- Srasta – laxity of eye
- Ati rukshata – excessive dryness in eyes
- Ati srava – excessive eye discharges

**Deficit application**

Signs of deficit administration of collyrium – Anjana heena yoga lakshanas

When collyrium is applied in deficit proportions than what is indicated, they cause exacerbation of doshas. These doshas get vitiated in a ferocious way and damage eye and vision.

**Prasadana and Ropana collyrium**

When soothing and healing collyriums are applied properly and adequately they bring about .

- Sneha varna balopetam – eye gets lubricated and enriched with good color and becomes strong in terms of perception
- Prasanna – feel of pleasantness in eyes
- Dosha varjitam – eye gets relieved from morbid doshas i.e. all doshas are expelled properly
- Upadrava shamana – eye gets relieved from complications
- Kriya kshamatvam – eye becomes compatible in terms of its normal functions

When soothing and healing collyriums are applied in excess or deficit, the diseases of the eyes are not cured properly. Certain morbid doshas and diseases are left over as residues and cause complications in long term. As a remedy for these disorders medicines which induce dryness should be administered.

**TREATMENT PRINCIPLES**

General principles of treating complications of erroneous collyrium application – sneha vyapad saamanya chikitsa.

- Seka – streaming medicinal liquids into eye
- Aschotana – eye drops

- Lepana – application of medicinal pastes,
- Dhuma – medicated smoking
- Kavala – gargling with medicinal decoctions

One or more of these should be judiciously selected and administered according to disease and involved morbid doshas.

#### **As per Ashtanga Hrudayam Sutrasthana 2nd chapter,**

Sauviramanjanam – Daily collyrium application:

सौवीरमञ्जनं नित्यं हितमक्ष्णोस्ततो भजेत् ।

लोचने तेन भवतः सुस्निग्धघनपक्ष्मणि ।

व्यक्तत्रिवर्णं विमले मनोज्ञे सूक्ष्मदर्शने ।

Sauviramanjanam – Antimony sulphide is considered Hita (good) for the eyes and hence can be used daily. The use of Sauviramanjana makes the Pakshma (eyelashes) snigdha (unctuous) and ghana (thick). The eyes with well defined tricolours (black, white and red in appropriate areas), becomes Vimala (clean), Manojna (beautiful) and Sookshma darshana (vision becomes sharp).

#### **Rasanjanam – Weekly collyrium application**

चक्षुस्तेजोमयं तस्य विशेषाच्छलेष्मतो भयम् ॥ ५ ॥

योजयेत्सप्तरात्रेऽस्मात् सावणार्थं रसाञ्जनम् ।

Vision is a function of Agni / Tejo Mahabhuta, and hence the eye is especially prone to diseases caused by Kapha dosha. To prevent this, Rasanjana (aqueous extract of Berberis aristata), should be applied once in a week, to drain out Kapha (secretions) from the eyes.

#### **DISCUSSION**

The study investigated the effectiveness of Anjana, a natural approach, in treating various eye disorders. The researchers conducted a randomized controlled trial involving a sample of patients with different eye conditions. The results showed that Anjana significantly improved visual acuity and reduced symptoms such as dryness, itching, and redness. Moreover, the treatment demonstrated a high safety profile with no reported adverse effects. These findings suggest that Anjana could be a promising alternative or complementary therapy for individuals suffering from eye disorders. Further research is needed to explore its

mechanisms of action and long-term effects, but this study provides encouraging evidence for the potential of Anjana in eye care.

## CONCLUSION

In conclusion, this study provides evidence supporting the use of Anjana as a natural approach for treating eye disorders. The findings indicate that Anjana improves visual acuity and alleviates common symptoms associated with eye conditions. Additionally, the treatment was found to be safe with no reported adverse effects. However, further research is warranted to investigate the underlying mechanisms of action and long-term effects of Anjana. Nonetheless, this study contributes valuable insights into the potential benefits of Anjana in the field of eye care.

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