

# 1 Review of *sushrutokta agadayogas* in *kalpastana* as *anjana* in 2 the management of *akshi vikara*

## 3 4 5 **Abstract**

6 *Visha* is defined as any substance taken into or formed in the body that destroys life or  
7 impairs health. The poison having ten qualities which are opposite to *ojas* cause imbalance in  
8 *kapha, pitta, vatadosha* and travels all over the body with the help of *rakta* affecting the  
9 organs faster. Poison has to be treated faster just like the rescuing home set on fire. When the  
10 diseases of *urdwagarogas* are not responding to any medicine, the formulation explained in  
11 *vishachikitsa* can be used for its management. There are many formulation explained for  
12 *anjana* while describing *vishachikitsa* in *Sushruthasamhita*. *Anjana* should be applied from  
13 medial canthus to lateral canthus and vice-versa. After application, the patient is asked rotate  
14 the eyeball slowly which allows the medicine to spread over the eye, eyelids which increase  
15 the bioavailability of medicines. An attempt is made to collect the different *anjana*  
16 formulations explained in *vishachikitsa*. Method adopted was review of literature from online  
17 literature and *samhita*. After reviewing sufficient literature for the *anjana* formulation  
18 mentioned in *Sushruta kalpastana vishachikitsa*, more than five *yogas* with their *guna* and  
19 *karma* are enlisted. It has been analysed that they can play a beneficial role in different  
20 conditions of eye disease. These selected formulations are used for external treatment or for  
21 *bahiparimarjanchikitsa* as a symptomatic treatment of eye and used to treat *pradhanavyadhi*  
22 and its *updrava*; the same medications can also be given internally for detoxification. The  
23 mode of action of these formulations are analysed and discussed in the presentation.

24 **Keywords:** *Visha, anjana, netra.*

## 25 26 **Introduction**

27 *Visha* is defined as any substance taken into or formed in the body, which destroys life or  
28 impairs health. Thus the one which pervades the whole body immediately after ingestion  
29 is called as *visha*. *Visha* whether it is *sthavara* (vegetable), *jangama*(animals) or *kritrima*  
30 (artificial) all should be understood as possessing these ten qualities which kill the person  
31 quickly. *Acharya Charaka* and *Sushruta* have enumerated ten similar *gunas* of *visha* with an  
32 exception of *apaaki* (*Sushruta*) being replaced by *anirdeshya rasa* (*Charaka*). These ten  
33 *gunas* are opposite to *ojus* and affects the body by vitiating *vatadidoshas* which travels all  
34 over the body with the help of *rakta* affecting the *hrudaya* and other organs. Poison has to be  
35 treated faster just like the rescuing home set on fire. *Akshi vikara* is not only seen because of  
36 external application with *kajal* or some chemicals, it can occur due to *sthavara visha*,  
37 *jangama visha, kritrima visha, gara* or *dushi visha*

38 Aim and objectives

- 39 1. To review *anjana* therapy in *vishachikitsa*.  
 40 2. To review the formulations used as *anjana* in *vishachikitsa*.  
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42 Description

43 *Anjana* is a medicinal preparation which is applied on the lower palpebral conjunctiva. Its  
 44 active principles may be transferred to the interior of the eye according to their  
 45 hydrophilicity and lipophilicity. When *teekshnaanjana* is applied over the palpebral area, it  
 46 clears the diseases of eye by reducing vitiated *dosha* and *dhatu*s.

47 Indications of *anjana* in *vishachikitsa*

Visha	Indication
Vishaja anjana	Ashru pradaha(accumulation of waste in the eyes), daaha(burning sensation), vedana(pain), drushti vibrama(loss of vision), aandhyata(blindness)
Sthavara visha	<i>durvarna</i> (discoloured), <i>harita</i> (yellowish discoloration) <i>varna</i> , <i>shoonata</i> (swelling) of eyes
Jangama visha	<i>Sarpa</i> , <i>keeta</i> , <i>luta visha</i>
Others	Who has swelling around eyes( <i>shoonakshikuta</i> ), <i>nidrarta</i> (loss of sleep), <i>vivarna</i> (Discoloured eyes), <i>avilalochana</i> (dirty eyes), <i>Kacha</i> (partial blindness), <i>arma</i> (pterygium), ulcers of cornea and sclera

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50 Formulations

- 51 1. *Niryasa* of *meshashringi*  
 52 2. *Niryasa* of *varuna*  
 53 3. Combination of *mushkaka*, *ajakarna*, *samudraphena*, *go-pitta*  
 54 4. Combination of *kapitta* and *meshashringi*  
 55 5. *Bhallatakapushpa*  
 56 6. *Ankotapushpa*  
 57 7. *Vamsatvagadiagada*  
 58 8. *Maha agada*  
 59 9. *Sanjeevani agada*

60 Results

Drugs	Rasa	Guna	Veerya	Vipaka	Karma
<i>Meshashringi</i>	<i>tikta</i>	<i>Laghuruksha</i>	<i>ushna</i>	<i>katu</i>	<i>Kaphavatashamaka</i>
<i>Varuna</i>	<i>Katu</i>	<i>Laghu,rukha</i> , <i>teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatashamaka</i>
<i>Mushkaka</i>	<i>Katu</i>	<i>Soumya</i> ,	<i>Ushna</i>	<i>katu</i>	<i>Kaphanashaka</i> ,

<i>Ajakarna Samudraphena Gopitta</i>	<i>tikta Kashaya</i>	<i>teekshna, agneya, ruksha, snigda</i>	<i>sheeta</i>		<i>lekhana, pachana, ropana, shodana,shoshana</i>
<i>Kapitta Meshashringi</i>	<i>Amla Kashaya</i>	<i>Laghu</i>	<i>Sita</i>	<i>amla</i>	<i>Vrananasaka pittavatahara</i>
<i>Bhallatakapushpa</i>	<i>Madhura Kashaya Katu tikta</i>	<i>Laghu Snigda Tikshna</i>	<i>ushna</i>	<i>madhura</i>	<i>Kaphavata shaman Ubhayabagadosahara</i>
<i>Ankotapushpa</i>	<i>Katu Tikta Kashaya</i>	<i>Laghu Snigda Tikshna</i>	<i>Usna</i>	<i>Katu</i>	<i>Kaphahara, rechaka,</i>
<i>Vamsha twagadi agada</i>	<i>Katu tikta kashaya</i>	<i>Laghu Teekshna Ruksha</i>	<i>Sheetha</i>	<i>madhura</i>	<i>Tridosha, kapha vatahara</i>
<i>Maha agada</i>	<i>Tikta katu</i>	<i>Ashu Laghu Snigda Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata hara Acts as prativisha</i>
<i>Sanjeevani agada</i>	<i>Tikta Madhura Kashaya Katu</i>	<i>Laghu Ruksha Snigda</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha vata hara</i>

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63 Discussion

64 Eyes are the important sense organ to be protected as it helps us to perceive the knowledge by  
65 *pratyaksha pramana*. Anjana is one among the *netra kriyakalpa*. It is referred to or generally  
66 correlated to collyrium. Collyrium is an antique term for a lotion or liquid wash used as a  
67 cleanser for the eyes, particularly in diseases of the eyes. And in modern this is compared to  
68 topical instillations. Topical instillations include eye drops, eye ointments, gels and soft  
69 contact lenses. Anjana is a medicinal preparation, which is applied over the lower palpebral  
70 conjunctiva, thus considering it as type of topical ocular drug administration method.

71 Anjana or collyrium when applied to ocular surface acts as a foreign body, through which eye  
72 starts lubricating by getting reflex of secretion in response. Through this secretion  
73 considerable amount of drug are usually washed out from the eye by weeping, evaporation,  
74 metabolism and other major portion are drained to the nasolacrimal duct (NLD). This also

75 helps in eliminating the unwanted waste particles, irritation and protects the eye by cleansing  
76 them.

77 *Anjana* is a medicinal preparation which is applied on the lower palpebral conjunctiva or the  
78 cul-de-sac. Its active principles may be transferred to the interior of the eye according to their  
79 hydrophilicity and lipophilicity mainly through the conjunctiva and cornea by paracellular  
80 and trans-cellular pathways respectively. pH, viscosity, tonicity, molecular size and  
81 molecular weight of the active ingredients are highly responsible for the absorption of  
82 *Anjana*.

83 There are three types of *anjana*, *gutika*, *rasakriya* and *choorna*. Since *choorna* and *gutika*  
84 have micro-particles which increases the bioavailability to eye and helps in reduction of  
85 symptoms.

86 *Anjana* is one among the *chaturvimshati upakrama*, and it is widely used in the treatment of  
87 *vishaja* condition. *Acharya* while explaining *vishavega* mentions that *visha* moves from one  
88 *dhathu* to *dhatu* penetrating deeper to the *kalaa* also. So at some point of *visha* movement in  
89 the body some quantity of *visha* also get settled in eyes and causes swelling of eyes, irritation  
90 of eyes, redness and sometimes person might lose sight.

91 Since the *visha* entered in the body affects the *kapha dosha* followed by pitta and *anila*  
92 *dosha*, the medicines mentioned in *visha chikitsa* helps for reduction of increased *kapha* and  
93 balancing all the *doshas*. The formulations mentioned are used as external treatment or *bahi-*  
94 *parimarjana chikitsa* as a symptomatic treatment of eye and can be used to treat *pradhana*  
95 *vyadhi* and its *updrava*. The same medications can also be given internally for detoxification.  
96 Predominant *rasa* is *katu*, *tikta*, *kashaya*; *guna*- *laghurukhsa*, *teekshna*; *veerya*- *ushna*;  
97 *vipaka*- *katu*; *karma*- *kaphavatahara*. The drugs help in *lekhana*, *chedana* and *ropana* action  
98 at once. Based on intellectual of *vaidya*, the drugs mentioned in *kalpstana* of *sushruta* can  
99 also be administered in any form and any condition.

## 100 Conclusion

101 Symptoms mentioned above are affected due to *kapha- vatadi doshas* can be reduced by  
102 *agadas* and other combination of drugs said above. *Anjana* can produce preventive, local and  
103 systemic action. When it drains out the poison through lacrimation before the systemic  
104 absorption, it is a preventive action. When it cures itching, swelling and discoloration of eyes,  
105 it is a local action and when it cures loss of vision and unconsciousness it is a systemic  
106 action. There are other formulation in *sushruta kalpasthana* which are not mentioned here  
107 can also be used to treat *vishaja* condition. It can also be used in healthy person to maintain  
108 his eyes from any poison. A *vaidya* should asses the patient and advice wisely the medicine.

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