

## ***Anjjan - Kriyakalpa for Disorders of Netraroga WSR to Sushruta Samhita***

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### ***Abstract***

*Rasashastra is a most important and popular branch of Ayurveda. The initial concept of Rasashastra is Dhatusvad & Dehavad. That why transform lower metals into Nobel metals, and after worlds to make the body tissues strong and to maintain their healthy state with a view to remove poverty from the world first and then to remove senility, diseases and death of the mankind. The evolution and development of rasa shastra occurred due to the necessity for using natural products in the field of medicine. Rasashastra medicine specific and quick effects in very small doses and their palatability and long shelf life these metallic and mineral preparations became highly popular and most effective remedies in Ayurveda therapeutic. For Shalakyatantra disorder's in Rasashastra number of medicine available for treat the Disease, in sushrut samhita uttarantra chapter-18 different types of Netraroga kriya kalpa, Ajjan types and its karma and dose found. Here try to found easiest and suitable aushadhi and their application for the disorders of Netraroga.*

***Keywords:*** *Anjjan, Netraroga, Sushruta samhita*

### **INTRODUCTION**

Rasashastra is a most important and popular branch of Ayurveda. The initial concept of Rasashastra is Dhatusvad & Dehavad. That why transform lower

metals into Nobel metals, and after worlds to make the body tissues strong and to maintain their healthy state with a view to remove poverty from the world first and then to remove senility, diseases and death

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For Shalakyatantra disorder's in Rasashastra number of medicine available for treat the Disease, in sushrut samhita uttatantra chapter-18 different types of Netraroga kriya kalpa, Ajjan types and its karma and dose found. Here try to found easiest and suitable aushadhi and their application for the disorders of Netraroga.

### Types of Anjjana

*Table-1. Anjan kalpa-Types, Uses, Dose & Time of Anjana as per Sushrut Samhita.*

No.	According types	Uses <sup>4</sup>	According –Karma <sup>5</sup>		Dose <sup>6</sup>	Time of Application
1	Pindi/ Gutika /Varti	Pravar dosha	Lekhana	Prepared with tikta, kashaya, amla, katu, lavana and kshara dravyas.	1 Harenu <b>(Pea size)</b>	Kaphaj vikara- Morning
2	Rasakriya	Madyam dosha	Ropana	Prepared with kasaya, Tikta dravya, oil/ ghee	1.5 Harenu	Vataja vikara- Evening
3	Churna	Hina dosha	Snehana	Prepared with madhur dravya, oil/Ghee.	2 Harenu	Pittaja Vikara- Night

### Aims and Object

To contribution of sushrut samhita in kriyakalpa of Netraroga to found easiest and suitable form of different Anjjan dravyas in netraroga disorders.

### Materials & Methods

Rasashastra drugs are used in different dosage form in Netra Roga.

### According to Sushrut Samhita the kriya kalpa are 5types (Su.ut.18/4)i.e.

1. Tarpana
2. Putapaka,
3. Ashchyotana,
4. Parisheka,
5. Anjjana.

**TABLE -2. Different rasadravyas are used as an Anjjan in treatments of diseases with reference.**

<b>Drugs</b>	<b>Diseases</b>	<b>Application</b>	<b>Treatments</b>	<b>Reference</b>
Hartala	Vruchikdanshhar	Anjjan/Lepa	Su. Hartal + Su. Hingu Bhavana by Bijoranimbu swarasa @ Made Gutika.	R.T. pg 756
Manhshila	Visham Jwar	Anjjan	Su.Manhshila+Pippali churna with Water	R.T. 11/119
	Netra roga	Anjjan	Su. Manahshila - 3 part+ Saindhava-1part + kalimirch -1part + Shankh Bhasma-4part	R.T. 11/121
	Tandra	Anjjan	<b><u>Tandra har vartika</u></b> Su.Manhshila + Lasun swaras bhavana and made Varti.	R.T. Page-758
	Aphsamar	Anjjan	Su.Manhshila + kapotvishtha + Rasanjjan	R.T.11/122
	Unmaad	Anjjan	Su.Manahshila + kapotvishtha + Yashtimadhu + Paradabhsama	R.T. 7/64
Samudra phen (Cattle fishbone)	Netraphula	Anjjan	Samudraphen churna+sharkara	R.T. 12/115
	Netraphula	Anjjan by Tamra salaka	Samudraphen churna + shankh churna + Saindhav	R.T. 12/116
	Clinna Vartm Roga	Anjjan	Samudraphen churna +su.Tuttha1/6+Haritaki churna1/6 and Made Varti	R.T. 12/118
Shankha (Conch shell)	Timir	Anjjan with water	<b><u>Tri rekhvartika</u></b> Pippali churna-1 masa Kali mircha-2 masa Su.Manahshila churna-4masa Shankh churna -8masa	R.T. 12/12-14

	Arjuna	Anjjan with Honey	Su.Shankhchurna	R.T. 12/15
	Netrashukra	Anjjan with water	<b><u>Shankhvarti</u></b> Su. Shankhchurna + shaindhav + samudraphen + shigrubija equally all and made varti.	R.T. 12/16
Shambuka (Pila)	Netra roga		Anjjan	R.T. 12/60
Tuttha	Klinna vartma,pothaki	Anjjan with water	<b><u>Tutthkodavavarti</u></b> Su.Tuttha-5 tola Su.Suryakshar-5 tola Su.sphatika-5 tola Karpur -0.5tola	R.T. 21/88-91
	Pothaki	Anjjan with water	<b><u>Tutthkodaya vati</u></b> Su.tuttha-1 part Haritaki churna-1 part Yashtimadhu-1 part Marich -16 part	R.T. 21/86-87
Soviranjjan	Timir	Anjjan	<b><u>Timirahaanjjan</u></b> Su.naga -1 tola ,Su.parad -1 tola, Sauvuranjjan-4 tola ,7 day mardan than add bhimsheni Kapoor-3 masa	R.T. 22/54-57
	Netra daha, Netra strava, Netra kandu	Anjjan	<b><u>Tuhinaanjjan/shitanjjan</u></b> Su.naga-0.5 tola, Karpur-0.5 tola , Sauvuranjjan-1 pala	R.T. 22/58-59
Srotonjjan	Hikka, visa, chardi, netrya	Anjjan	-	A.P.2/230- 231
Pushpanjjan	Netra daha, Abhishandan	Anjjan	-	R.R. S.3/103
Nillanjjan	Hikka, netrya, vishroga	Anjjan	-	R.R. S.3/104
Rasanjjan	Netrya ,vishagna, mukhroga	Anjjan	-	A.P. 2/235

**Table-3. Different therapeutics properties of Rasadravyas use as an Anjjan in Netraroga.**

DRUG	RASA	GUNA	VIRYA	VIPAKA	KARMA	REFERENCE
<b>Hartala</b>	Katu, Tikta, kashaya,	Snigdha, Guru	Ushna,	Ushna,	Kaphpitahar, Vishgna	A.P.2/176
<b>Manahshila</b>	Tikta - katu,	Snigdha, Guru, Sar.	Ushna	Ushna	Lekhana, Vishgna, Kaphgna, Bhutopdravanashak	A.P.2/218
<b>Samudra phena</b>	kashaya	Shita	shita	-	Lekhana, Vishgna, Kaphnashaka, Dipan, Pachana	R.T.12/113- 114
<b>Shankh</b>	kashaya - katu,	Lagu,Shit, Grahi	Shita	᳚	Grahi,Tridoshagna,lekhana ,Netra roga nashaka	A.P.2/262
<b>Shambuka</b>	Kashaya - Katu,	Lagu,Shit, Grahi	Shita	-	Tridoshagna, Lekhana, Netra roga nashaka	A.P.2/262
<b>Tuttha</b>	Katu- kasaya- madhur	Lagu	Ushna	Katu	lekhana	R.T.21/88-91
<b>Srotonjjan</b>	Kasaya- madhur	Snigdha	Shita	Madhur	Kaphpitahar, lekhana, vishgna	R.T.22/43-44, R.R.S.3/102
<b>Soviranjjan</b>	Tikta- katu- kasaya	Snigdha	Shita	Madhur	Pitashamak ,Tridoshagna ,Shodhana,ropan,vishagna	R.T.22/45-46 R.R.S.3/100
<b>Pushp anjjan</b>	Kshariya	Snigdha	Shita	Madhur	Pitshamak	R.R.S.3/103
<b>Nillanjjan</b>	-	Snigdha ,guru	-	-	Tridoshagna	R.R.S.3/104
<b>Rasanjjan</b>	Madhur – tikta-katu	Shita	Shita	Madhur	Raktapitta shamak	R.R.S.3/101

**Akriti bheda-According to Shape  
(Su.ut.18/88)**

- a Pindi or Gutika- for excessive dosha
- b Rasakriya-for medium dosha
- c Churna-for less dosha.

**Karma bheda-According to Action (Su.ut.18/76)**

- a Lekhana -prepared with tikta, kashaya, amla, katu, lavana and kshara dravyas.
- b Ropana-prepared with kasaya, Tikta dravya, oil/ghee
- c Snehana / Prasadana-Prepared with madhur dravya, oil/Ghee.

**Dose of Anjjan- (Su.ut.18/53)**

Lekhana - 1 Harenu

Ropana- 1.5 Harenu

Snehana- 2 Harenu

**Time of Application of Anjjan-**

Kaphaj vikara- Morning

Vataja vikara- Evening

Pittaja vikara- Night

**DISCUSSION**

In sushrut samhita uttartastra chapter-18 different types of Netra roga kriya kalpa, Ajjan types and its karma and dose found. Above mention rasa drugs found very easiest method for prepared in Churn, Vati, Varti and Gutika form formulations and to found easy application as Lekhan Anjjan and Ropan Anjjan in different diseases of shalakyatantra. According to

Pharmacological and Therapeutical Properties of Hartala, Manahshila, Shankh, Samudraphen, and Sambuka drugs use as a Lekhan Anjjan and Sauviranjjan, Pushpanjjan and Rasanjjan are used as a Ropan Anjjan for different diseases of netraroga.

Mode of action of Lekhana Anjjan-it has properties like tikshna, ushna, kapha-medohara etc.and it is made up of five rasas except madhur rasa, so, it is indicated in kapha predominant eye diseases like praklinnavartma etc. The dosages of the Lekhana Anjan as is comparatively less than the others type of Anjana. Scraping collyrium, by virtue of its potency, drains out dosha situated in vessels, sacs and channels of eyelids & also in shringataka marma through mouth nostrils and eyes. In Ropan Anjjan-it is made up of kashaya, tikta rasa & sneha, which is cooling, soothing & giving strength to the eyes.

**CONCLUSION**

In sushrut samhita uttartastra chapter-18 different types of Netra roga kriya kalpa, Ajjan types and its karma found. Rasadravya and their preparations methods of formulations are found very suitable and easy applicable as a Lekhan Anjjan and Ropan Anjjan in diseases of Netraroga.

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