

**A CLINICAL STUDY OF HARIDRADI ASHCYOTANA
(EYE DROP) IN THE MANAGEMENT OF ABHISHYANDA
WITH SPECIAL REFERENCE TO BACTERIAL
CONJUNCTIVITIS**

BY

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**A CLINICAL STUDY OF HARIDRĀDI ASHCYOTANA (EYE DROP) IN
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ABSTRACT

Abhishyanda in fact is an inflammatory condition of the eye where Pittaja, Kaphaja and Balaaja Abhishyanda are compared with Bacterial conjunctivitis which is a common presentation in general practice which can account for over 60% of all cases. Today most of the infective ocular pathologies are treated with antibiotics and steroidal topical preparations where prolong usage may lead to antibiotic resistance and secondary diseases as Cataract and Glaucoma which could lead to complete or partial blindness. The present study was conducted to study the effectiveness of Haridrādi Ashcyotana a Traditional eye drop preparation and its anti inflammatory and anti bacterial potentials, in the management of Abhishyanda with special reference to Bacterial conjunctivitis.

A Single blind Randomized Standard control Clinical trial was conducted in the OPD, Shalakra Clinic of National Ayurveda Teaching Hospital Borella. Consecutive convenience sampling method was applied to register the study population of 40 patients using a research Proforma, of either sex, age between 10 – 70 yrs with signs and symptoms of Abhishyanda with clinical diagnosis of Bacterial Conjunctivitis. The patients were randomly grouped as Group A (n= 20) treated with instilling the Haridrādi Ashcyotana to the affected eye/s while Group B (n= 20) with Ophthacare Eye Drop (Standard control eye drop). The assessments were conducted on the basis of quality control parameters of Haridrādi Ashcyotana, eye swab culture analysis, digital photography, demographic and clinical profile, global Efficacy, development of adverse effects and tolerability and added beneficial findings of the Haridrādi Ashcyotana. Data analysis was done by SPSS 16.0 by Chi-square, t-Test: Paired and t-Test: Two-Sample Assuming Equal variances. Level of significance was set at $p < 0.05$ in both Groups.

Fiehe's test and the Physico- chemical specifications proved bee honey as genuine. TLC fingerprint profile of the Haridrādi Ashcyotana consists of 8 prominent spots proving the consistency of the eye drop. The Alkaloids, Saponins, Steroidal Glycosides, Tannins and Flavonoids were present in Haridrādi Ashcyotana and the study revealed the absence of *Staphylococcus aureus*, *Pseudomonas aeruginosa*, Coliforms and *Escherichia coli* thus, proved as a pathogen free safe eye drop. Haridrādi Ashcyotana was proved for the anti bacterial property against *Staphylococcus aureus* and *Escherichia coli* by conjunctival swab culture analysis. Exploratory outcome from Digital photography proved the absence of inflammatory spectra thus proved the anti inflammatory effects of Group A and B. The demographic variances revealed that Bacterial conjunctivitis was a contagious disease and manifested in regardless of age, gender, race and religion. The majority of patients were with a poor hygiene (65%) and Manda Agni (67.5%). Vegetarians were minimally affected (10%) while majority of the patients had muco purulent eye discharge (72.5%). Haridrādi Ashcyotana Group and Standard control Group revealed Highly Significant 'p' values ($p < 0.001$) with 100% remission of all inflammatory features whereas Haridrādi Ashcyotana exhibited significantly better effects on some clinical parameters as eye discharge, bulbar and palpebral conjunctival hyperaemia, itching, foreign body sensation and discomfort compared to Standard control eye drop. Haridrādi Ashcyotana had a quick action with less mean days for subsiding all inflammatory features compared to the Standard control. Global efficacy/total mean days for complete remission was 4.45 in Haridrādi Ashcyotana Group while 5.5 mean days for Standard control eye drop. A response rate of 100% was obtained from all the study units in both groups. The side effects, drug related effects on visual acuity, ophthalmoscopy and lens pathology were not observed (0%) in the entire study and the tolerability of both Groups were good. Visual acuity was improved (40%) while 5% of patients gained a normal intra ocular pressure with Haridrādi Ashcyotana as added benefits. Haridrādi Ashcyotana was a safe, sterile, quick action and effective poly herbal eye drop for all ages with its anti inflammatory and anti bacterial potentials. Thus can be concluded as Haridrādi Ashcyotana is effective in the management of Abhishyanda with special reference to Bacterial Conjunctivitis which can be used for the management of infectious eye diseases in the National health care system.