ABSTRACT

Ayurveda is one of the great gifts of the ancient India to mankind. It is one of the oldest scientific medical systems in the world, with a long record of clinical experience. However, it is not only a system of medicine in the conventional sense of curing disease but also dealing with day to day life. Our eyes are the most important organs in UrdhawajatrugataSthana. We must protect and take care of these delicate organs. Urdhawajatrugatavyadis means the diseases above the clavicle including the eye. SJOGREN’S SYNDROME and VATAJA ABHISHYANDA can be correlated according to their signs and symptoms mentioned in Samhita as well as in modern science. Indications, probable mode of action and IMPORTANCE of Ayurveda treatment for SJOGREN SYNDROME will be discussed in this present review article.

Keywords: VatajaAbhishyanda, Sjogren’s syndrome, Snehan, Swedan, Tarpan, Netrabasti, Samprapti, ashchotana, Raktamokshan, conjunctivitis.

INTRODUCTION:

In ayurveda, Abhishyanda is main cause of all diseases of NETRAROGA. Sjogren’s syndrome is due to aqueous deficiency. It is an autoimmune chronic inflammatory disease with multi system involvement. It typically occurs in women between the age group of 40 to 60yrs. Incidence is 3 - 6 per 100,000 per year; and its estimated prevalence is upto 3% of population. Female: male ratio is 9:1 with average age of onset between 40 - 60 years. In primary sjogren’s syndrome, patients presents with sicca complexa combination of keratoconjunctivitis and xerostomia (dryness of mouth). In secondary sjogren’s syndrome patients presents with dry eye, dry mouth. These all are associated with an autoimmune disease commonly present rheumatoid arthritis.

MATERIAL AND METHODS:

Protocol This review was conducted with reference to the Preferred Reporting Items for reviews. The review focused on studies which highlighted aetiological and pathological components of the disease, as well as potential therapeutic targets and interventions.

Eligibility Criteria: Published data on Sjogren’s syndrome from 1980 onwards were searched. To be eligible, studies had to have a focus on SS with regards to at least one of the following: clinical manifestations, pathophysiology and treatment. Case reports, reviews, editorials and letters were excluded.

1) Pathophysiology - Ayurvedic samprapti – vitiated (KUPIT) Doshas moves upward direction towards the eyes, invades through various channels and lead to malfunctioning of various sub-structures of eye. Vitiated Doshas propagates through the channels or vessels (siras) towards the head regions.
They enter various parts of the eye such as lids, conjunctiva, sclera, cornea, iris , pupil , choroid, ciliary body, and retina causing diseases of eye.

**Pathogenesis of Abhishyanda**: Samprapti (pathogenesis) is the process which occurs in the body in between Nidana Sevana and the stage of Rupa of the diseases. The knowledge of the disease process is important from the treatment viewpoint, because without proper knowledge of “Anshaanshakalpana” of Dosha, one cannot get success in the treatment, hence the knowledge of samprapti is essential to cure the disease. Maximum importance has been given by all the Acharyas on the stage of Pathogenesis as it helps in the presentation of the disease.

1. SampraptiGhataka
2. Dosha - vatapradhanaTridoshadushti.
3. Dushya - Rasa and Rakta
4. Agni - ras, raktdhatu, Mandagni
5. Srotasadushti- Rasavaha and Raktavaha
6. Rogamarga - Madhyamamarg
7. Adhishthana - Sarvaakshi

**Abhishyanda** is of four types vataja, pittaja, kaphaja, raktaja.

**VATAJ ABHISHYAND**:

VatajaAbhishyanda is characterized by Nistoda [Pricking pain], Sangharsha [Foreign body sensation], Shishirashrta[Watery discharge/ Cold lacrimation], AlpaShopha [Mild chemosis], Vishushka Bhava [Feeling of dryness], Parushya [Dryness] which are very similar to the most of signs and symptoms of the SJOGREN SYNDROME. So, VatajaAbhishyanda can be co-related with SJOGREN’S SYNDROME. In the current era human beings are highly exposed to pollution

**SJOGREN’S SYNDROME** -

Sjogren’s syndrome is an autoimmune disorder caused by the lymphocytic infiltration of exocrine glands resulting in glandular dysfunction, preferentially of the salivary and lacrimal glands. It can be classified into two types, namely 1. Primary Sjogren’s syndrome and 2. Secondary Sjogren’s syndrome.

Primary Sjogren’s syndrome occurs in the absence of other autoimmune diseases and is characterized by keratoconjunctivitis sicca means dry eyes and xerostomia (dry mouth), collectively called the sicca syndrome.

In contrast, secondary Sjogren’s syndrome presents along with other autoimmune diseases such as rheumatoid arthritis and systemic lupus erythematosus (SLE). The prevalence of SS is estimated to be approximately 3% in subjects 50 years or older, with a female to male ratio of 9:1. Conditions associated with SS include rheumatoid arthritis, lupus erythematosus and scleroderma. The clinical manifestations are often vague and mistakenly interpreted and attributed to other medical conditions or iatrogenic disorders. As such, incorrect diagnosis of SS is common and approximately half of all patients are thought to be undiagnosed. This study aims to review the etiology of Sjogren’s syndrome, highlight aspects that contribute to the pathophysiology of the disease and vatajaabhishyand to explore treatment options that target different mediators of pathogenesis.

Pathology features; include focal accumulation and infiltration by lymphocytes and plasma cells with destruction of lacrimal and salivary glandular tissues. **Clinical features**- symptoms of sjogren’s syndrome includes,
1) Irritation
2) foreign body sensation
3) feeling of dryness
4) ocular discomfort

**Treatment**

As for the cure of the sjogren syndrome disease, there is at present no definitive treatment. Artificial tears, lubricant eye drop are only treatment. For arthritis only NSAIDS drug can be used. For dry mouth only sip of water can be taken, this modern treatment is expensive & it should be life long. Ayurveda can provide better relief in such manifestation.

Modern science doesn’t have any effective and definite treatment on this disease. In Ayurveda, there is no direct reference, while searching solution for Sjogren’s syndrome. In such condition where the name of disorder such as s’jogren syndrome is not mention in Ayurveda, Acharya advised to study pathophysiology of disorder & management of the the patient logically. Some similar symptoms of sjogren’s syndrome shows some disease like VatajaAbhishyanda General line of treatment explained by our Acharyas for VatajaAbhishyanda are Snehaswedan, SnigdhaAnnapana, Snehavirechana, Basti, Siravedhana, Tarpana, Putpaka, Dhoompana, Nasya, Aschyotana and SnehaParisheka. Acharya Sushruta has recommended ‘Kriyakalpa’ for the management of VatajaAbhishyanda, along with other forms of treatment. The term Kriyakalpa refers to the treatment, which can be applied for almost all types of eye diseases; and it comprises of Tarpana, Putapaka, Anjana, Aschyotana and Seka. Among these Aschyotana is a simple, safer, most economical procedure, which is indicated in the initial stage of the eye diseases. The drugs having Vatashamaka, Vedanasthapana, Vranaropana and Chakshushya properties may be helpful in the treatment of the disease VatajaAbhishyanda.

**Snehan**

Snehan is a process wherein the body is lubricated with the help of oil or medicated ghee (clarified butter). The person is advised to consume medicated oil or ghee in large quantities. After this, the person is instructed to observe restrictions such as drinking only lukewarm water throughout the day, eating only when hungry and refraining from sleeping during day time. Even the food has to be very simple - as advised by the doctor.

Snehan is a pre cursor to the main procedure of panchakarma.

**Abhyantarsnehana**

This process comprises consumption of prescribed amounts of warm herbal ghee. The ghee is consumed first thing in the morning. The dose is increased gradually, depending on your body's requirements. The patient is unable to eat until the ghee is digested, which is signaled by return of the patient's appetite. In order to prepare for the main eliminative procedures, the patient receives internal and external oleation each day. The time needed for the oleaginous substances to reach all the dhatus takes 5 - 7 days. Hence these treatments can continue for up to 7 days. There are signs which indicate that the snehan therapy has been successful. For example, the skin displays a soft and shiny appearance and feels slightly unctuous. After this shodhan has to be followed. Due this shodhan, obstruction in srotas will be relieved and normal functions of eye will get improved.

**BahyaSnehan**

This procedure employs a specific form of massage (abhyanga). The therapist applies herbal oil to the skin before starting the massage. There is great significance to the
strokes used in bahyasnehan, for they regulate the movements of five types of vata. It also improves circulation. It is helpful in vatajnetravyadhi.

Swedan

In netravyadhi swedan is avoided, but in several conditions swedan can be given in netravyadhi with expert supervision. Mostly sarvangswedan can be preferred for netravyadhi. For ocular swedan, mild swedan can be applied.

Tarpan

Tarpan means giving strength to the eyes. The medicated ghee is poured over the eyelids in an enclosure built around the eye out of wheat flour. It is said to be an excellent treatment to improve vision and clarity of the mind. This treatment aims to provide optimum rejuvenation to eyes. Dough of Urad (black gram) is put around the eye ball in such a way that a dam like appearance is seen. Then herbal medicated healing ghee is put in this groove to lubricate the eye and surrounding areas which will be kept warm for 30 – 35 minutes. This provides improved vision with beautiful eyes and strengthening of eye tissues.

Benefits:
1) Cleanses eyes by removing dust from the cornea.
2) Moisturizes the dry eye.
3) Improvises blurred vision.
4) Reduces burning of eyes.
5) Aids in the improvement of eye disturbances and thus improves clarity of the mind.

Indication:

Dry eyes syndrome
Burning in the eyes
Vataj diseases of eyes
Conjunctivitis
Pain in the eyes
Watering eyes

Night blindness
Squinting
Myopia
Reduces Dark circles if regularly done

ASHCHOTANA

The unique therapy of dropping medicines in liquid form on the eyes with the eyes kept open is known as ashchotana.

TYPES OF ASHCHOTANA

Quite similar to the akshiseka the ashchotana therapy is also classified into three as snehana, ropana and lekhanaashchotana. Medicine that are bitter in taste are used in the snehanaashchotana. Cold medicines that are sweet in taste are used for the ropanaashchotana. Likewise warm medicines having ruksha (dry) property and are bitter in taste are used in lekhanaashchotana in general.

PROCEDURE

Ashchotana therapy is done during the day time, employing this procedure at night is contraindicated. There is no specific preparation of the patient to carry out this therapy. The patient is made to lie down on the treatment table in supine position. The body is draped up to the neck. Both the eyes are treated one after the other. The lower lid is retracted with one hand. The liquid medicine is poured drop by drop on the cornea of the eye from a height of 2 angula. While dropping the medicine the patient is asked to keep his eye open. In the cold weather warm medicine is dropped into the eyes, but in hot weather there is no need to make the medicines warm.

DOSE OF MEDICINE

Dose varies according to the type of ashchotana therapy. 8 drops is the dose of lekhanaashchotana. In case of ropanaashchotana 10 drops of the medicine is dropped into the eyes. Further
in the snehana type of ashchotana 12 drops of the medicine is dropped into each eyes.

Duration of Ashchotan
Installation of the medicines.
It is left undisturbed for 100matra (30seconds)

INDICATIONS: Ashchotana is the first line of treatment in the eye diseases. Ashchotana is contraindicated in night & should be done only during day time: Morning in Kaphaja diseases Afternoon in pittaja diseases Evening in vataja diseases


PROBABLE MODE OF ACTION: The drug mixes with tears, distributes uniformly over the eyes, giving lubrication, smoothening effect and surface which protect the eyes.

Raktamokshan
It prevents skin diseases, swollen glands, general swellings, blood diseases. If done at regular interval, siravedh and jalavkavecharan are useful in eye diseases too .In sjogren syndrome jalavkavecharan useful for raga and vishushkhbha complaints. In abhishyands there is raktgatsamata means kledopatti in the eyes.So sthanik raktmokshan helps to remove the dushtakrt. So it is very much helpful in vatajabhishyand as it is vatavyadhi.

Basti
Basti therapy means medicated enema. Basti is one of the five main panchakarma procedures for the loosened vatadoshas are eliminated from the body through the rectum. The vata is mainly located in the colon and bones. It is thus mainly used to treat vata dosha related conditions. During the treatment medicinal substances such as, herbal oils and decoctions in a liquid medium are administered into the rectum.

Basti therapy is an effective treatment for people who wish to rejuvenate the body and provide it with strength and longevity. Moreover, diseases such as common cold, problems such as in netravyadhi, constipation, distention, arthritis and backache can be treated with the help of basti therapy.

Types of basti include niruha, anuvasan, karma, kaal, yoga, etc. .

In sjogrens syndrome basti can be given for arthritis, and removes kleda from eye.

DISCUSSION
Ayurveda can also be useful in SJOGREN SYNDROME (dry eye) conditions.
1. Treatment of VATAJA ABHISHYANDA in this paper to justify that ayurvedic treatment can be useful in DRY EYE conditions.
2. The study of literature reveals that ayurvedic treatments in vatajaabhishyanda are the appropriate management in sjogren syndrome. So has best to be prescribed.
4. Tarpan is the herbal medicated healing ghee is put in this groove to lubricate the eye and surrounding areas.
5. Aschotana giving lubrication, smoothening effect and surface which protect the eyes.
6. Basti therapy is an effective treatment for people who wish to rejuvenate the body and provide it with strength and longevity.
7. Sthanik raktmokshan helps to remove the dushtakrt. So it is very much helpful in vatajabhishyand as it is vatavyadhi
CONCLUSION

General line of treatment explained by our Acharyas for Vataja Abhishyanda are Snehanswedan, SnigdhaAnnapana, Snehavirechana, Basti, Siravedhana, Tarpana, Putpaka, Dhoompana, Nasya, Aschyotana and SnehaParisheka. Acharya Sushruta has recommended ‘Kriyakalpa’ for the management of Vataja Abhishyanda. Here it may be concluded that Ayurveda medicine is useful in management of SJOGREN SYNDROME (DRY EYE conditions).

References

Corresponding Author:
Dr. Sarala Dhudhat, Professor and HOD Shalaykatantra Dept. R. A. Podar Medical (Ayu) College, Worli Mumbai-18
Email: dilippadavi@gmail.com

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