A CASE REPORT OF RECURRENT STYE (ANJANANAMIKA)
TREATED BY JALOUKAVACHARANA ALONG WITH INTERNAL MEDICINE

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ABSTRACT:
A 38 year old male patient was diagnosed as recurrent stye in both eyes since 1 year. A Stye is an inflamed swelling on the edge of an eyelid, caused by bacterial infection of the zeis or moll gland at the base of an eyelash. Staphylococcus is the most primary reason for recurring stye due to many causes. Anjananamika is one of the Vartmagata and Raktapradhan roga which has similar symptoms of Stye. It is very commonly seen in daily ophthalmic OPD. Shodhankarma is necessary for a permanent cure to prevent recurrence diseases. Raktamokshana is the best procedure of Shodhana Karma which is indicated for Dushita Rakta. According to Yogaratnakara Jaloukavacharana is directly indicated in Anjananamika. With above reference, Jaloukavacharana was selected for Samprapti Vighatana of this recurrent stye along with internal medicine. Due to this treatment patient got complete relief from recurrent stye and found excellent result which is discussed in case study.

Keywords: Stye, Anjananamika, Shodhankarma, Raktamokshana, Jaloukavacharana.

Details of patient: A 38 year old male patient living in Ahmedabad, Gujarat, India came with the complaint of Burning sensation, Irritation, Eye ache, Swelling and Heaviness in the Rt. eye since 7 days.

Detail of present illness: The pt. was apparently better before 1 year. Afterward he got complain of burning sensation, irritation, eye ache and heaviness in both eye repeatedly. Due to above repeated eye complain he was consulted allopathic ophthalmologist. Though the allopathic treatment was continue, he got same problem repeatedly. So He came with this complain in Rt. eye since 7 days for good treatment as well as prevention of recurrence.

Past medical history: Patient has taken antibiotic eye drops since 1 year for his complain.

Past surgical history: Patient has not been given any relevant surgical history.

Work history- He was working on computer for 4-5 hours per day in his company.

Family history: There is no any relevant family history found in this patient.

Vital sign: All vital signs were normal.

Systemic examinations: were normal.

Specific examination: 3 Feb 2016

<table>
<thead>
<tr>
<th>OD</th>
<th>OS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matting of lower eye lashes</td>
<td>Lashes</td>
</tr>
<tr>
<td>Red, tender swelling on lid margin of lower lid</td>
<td>Eye lid</td>
</tr>
<tr>
<td>Normal</td>
<td>Bulbar Conjunctiva</td>
</tr>
<tr>
<td>Normal</td>
<td>Normal</td>
</tr>
</tbody>
</table>
Mild congestion on lower palpebral conjunctiva | Palpebral Conjunctiva | Normal
---|---|---
Normal | Cornea | Normal
Normal | Pupil | Normal

**Photograph: 1 (before treatment)**

Patient was come with same complain in left upper eye lid on 20 Feb 2016.

Eye examination:

<table>
<thead>
<tr>
<th>OD</th>
<th>OS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Lashes</td>
</tr>
<tr>
<td>Mild Red swelling on lid margin of lower lid</td>
<td>Eye lid</td>
</tr>
<tr>
<td>Normal</td>
<td>Bulbar Conjunctiva</td>
</tr>
<tr>
<td>Normal</td>
<td>Palpebral Conjunctiva</td>
</tr>
<tr>
<td>Normal</td>
<td>Cornea</td>
</tr>
<tr>
<td>Normal</td>
<td>Pupil</td>
</tr>
</tbody>
</table>

**Treatment plan:**
1. **Netraseka** with *Shudhda Tankana* Churna twice in a day.
2. **Triphala gugulu** -2 BD with warm water
3. **Jaloukavacharana** after 7 days in right eye. (It was done on 10 Feb 2016), the same procedure was done on 27 Feb 2016 in left eye.

The follow up of the patient has been done after the 7 days of given treatment and reduced complain of burning sensation, irritation, eye ache, swelling and heaviness in right eye.

**METHOD:** The process of *Jaloukavacharana* (photograph: 2) was done according to as per mentioned in *Susruta Samhita*.

**Photograph: 2 (Jaloukavacharana in Rt. Eye)**

**Assessment:** The assessment of the treatment was done on the basis of reduction in sign and symptoms of *Anjananamika*. 

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**Result:** After one sitting of Jaloukavacharana in each eye along with internal medicine gives complete relief in complain of burning sensation, irritation, eye ache swelling and heaviness in both eye (photograph 3). No recurrence was found for next 4 months and till date.

**Photograph: 3 (After treatment)**

<table>
<thead>
<tr>
<th>MONTH</th>
<th>COMPLAIN</th>
<th>TREATMENT</th>
<th>REMARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>March</td>
<td>C/o heaviness in both eye. no pain, no redness, no irritation O/E small inflammation on site</td>
<td>Rasayana Vati 2 BD</td>
<td>No recurrence</td>
</tr>
<tr>
<td>April</td>
<td>c/o heaviness in both eye O/E mild inflammation on site</td>
<td>Rasayana Vati 2 BD</td>
<td>No recurrence</td>
</tr>
<tr>
<td>May</td>
<td>c/o heaviness in both eye</td>
<td>Rasayana Vati 2 BD</td>
<td>No recurrence</td>
</tr>
<tr>
<td>June</td>
<td>No complain</td>
<td>Rasayana Vati 2 BD</td>
<td>No recurrence</td>
</tr>
</tbody>
</table>

**DISCUSSION:** Tankana Churna is a Rukshna, Ukshna and Tikshna, so it may acts as Kledanashaka and Amapachaka. Triphala Gugulu also possess Rakta Shudhdhikar property as result it is able to clarify the Dushita Rakta. It contains anti-inflammatory properties. Jaloukavacharana is the best treatment for Pitta-Raktaja Vyadhi as Anjanananamika is Raktaja Vyadhi. Jaloukavacharana has been advised in Anjanananamika by Yogaratnakara. Jalouka (Leech) sucks impure blood from affected site when the Grathita and Avagadha Dosha. According to Acharya Susruta, Raktaja Roga being Apurnabhava (not recurrence) which treated by Raktamokshana. Rasayana Vati was given in follow up period for immunomodulator.

**CONCLUSION:** Raktadhatu (blood tissue) is vitiated in Anjanananamika. Jaloukavacharana is the best & effective method of Raktamokshana in Pitta Dushita Rakta. Jaloukavacharana gives great relief to the patient of Recurrent Stye (Anjanananamika).
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