

Ayurvedic Insights into Abhishyanda: The Role of Dushivisha and Garavisha in Ocular Inflammations

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ABSTRACT

The Ayurvedic concepts of *Dushivisha* and *Garavisha* play a significant role in understanding ocular inflammations. *Dushivisha*, a latent toxin, gradually affects the *Netra Srotas*, contributing to the chronicity of eye diseases, whereas *Garavisha* acts as an acute irritant, triggering immediate inflammatory responses. Modern environmental pollution, unhealthy dietary habits, and lifestyle changes exacerbate these toxic influences, leading to various ocular surface diseases. Three case reports are presented to illustrate how both *Dushivisha* and *Garavisha* contribute to ocular surface diseases, with a focus on their underlying causes and progression. Role of *Dushivisha* and *Garavisha* in Bulbar Vernal Keratoconjunctivitis, Phlyctenular Conjunctivitis, and Simple Conjunctivitis. The Ayurvedic management of these conditions focuses on *Shodhana*, *Sthanika Chikitsa*, and *Shamana Chikitsa*, aiming to restore ocular health by eliminating toxins and strengthening immune function. The paper highlights the relevance of Ayurvedic principles in addressing the root causes of ocular inflammation, emphasizing the importance of lifestyle and dietary modifications alongside traditional therapeutic interventions. This holistic approach provides effective strategies for managing both chronic and acute eye diseases in the context of modern healthcare.

INTRODUCTION

The Ayurvedic concepts of *Dushivisha* and *Garavisha* are highly relevant in today's world. These toxins act as cumulative poisons, slowly affecting all *Dhatus* due to their incomplete elimination from the system. Chakrapani defines *Dushivisha* as "*Kalantara Prakopi Visham Dushi Visham*," ^[1] meaning it manifests symptoms only under favourable conditions. Once inside the body, these toxins remain dormant and get activated when influenced by factors such as *Dushita Desha*, *Kaala*, *Anna*, *Jatharaagni*, *Divaswapna*, *Ahitashana* etc ^[2]. Modern environmental pollution, including contamination of air, water, and food due to fertilizers, pesticides, and chemicals, exacerbates the effects of *Dushivisha*, leading to *Ama* formation, which is the root cause of various diseases. Lifestyle changes, such as irregular sleep patterns, excessive consumption of processed foods, carbonated drinks, and *Viruddha Ahara*, further contribute to the aggravation of toxins in the body, resulting in diseases ranging from mild to severe.

In today's society, *Garavisha* is widespread, primarily due to the extensive use of artificial preservatives, pesticides, and chemical additives in food. Though seemingly harmless, continuous exposure to these substances can have long-term health consequences. Carbonated drinks contain a mixture of phosphoric acid, sugar, caffeine, colouring agents, heavy metals, and artificial flavours, while fruits and vegetables often exceed permissible chemical residue limits ^[3]. Additionally, chemical fertilizers and pesticides pollute soil and water sources, leaving harmful residues in food. These toxins enter the body through ingestion or transdermal absorption, leading to acute, chronic, or cumulative toxicity, affecting both local and systemic health.

Ocular Manifestations

- *Dushivisha* contributes to the chronicity of ocular surface diseases by affecting the *Netra Srotas*.
- *Garavisha* acts as an acute irritant, directly triggering inflammation in ocular tissues.

Understanding these toxic influences is crucial for effective Ayurvedic management, focusing on detoxification, immune modulation, and restoration of ocular health.

OCULAR SURFACE DISEASES-CASE REPORTS:

A. BULBAR VERNAL KERATOCONJUNCTIVITIS

VKC is a recurrent, bilateral, interstitial, self-limiting, allergic inflammation of the conjunctiva having a periodic seasonal incidence ^[4], Common in children and young adults, more prevalent in warm, dry climates.

In Ayurveda, it can be correlated with *Kaphaja Abhishyanda*.

CASE REPORT – 1

A 12 years old male patient, came with a complaint of whitish gelatinous ring around the limbus, which was associated with redness and itching sensation and mild photophobic in both eyes in the past 6 months.

On examination

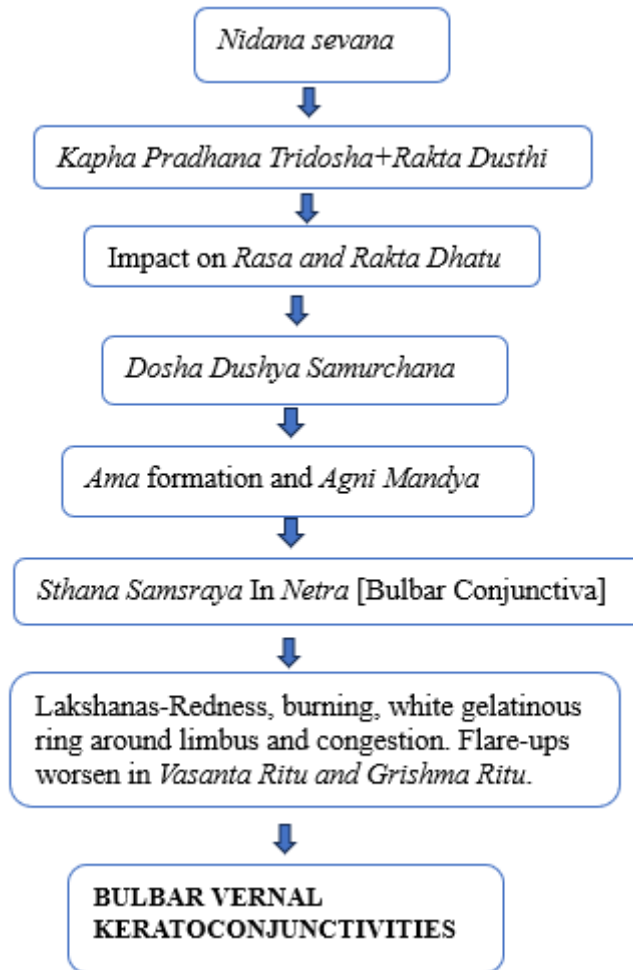
Bulbar Conjunctiva -dusky red congestion

Limbus- presence of discrete raised dots along the limbus, (horner-tranta spots) ^[5]

Nidana:

DUSHIVISHA	GARAVISHA
Exposure to dust and pollen	Carbonated drinks, and flavoured food
<i>Ajeerna</i>	Sedentary life style
<i>Divaswapna</i>	Unhygienic
Climatic changes – <i>Vasantha</i> and <i>Greeshma ritu</i>	Pesticide residues in food

Samprapthi:



Chikitsa:

Shodhana

Virechana with Trivrut lehya

Sthanika chikitsa

- *Nasya with Shigru taila* 4- 4 drops each nostril
- *Seka with Triphala + Yastimadhu Kashaya*
- *Bidalaka with Triphala + Yastimadhu*
- *Aschyotana with Elaneernkuzhambu + Madhu Punarnava Arka* 2/2 drops on each eye
- *Jalouka avacharana on Apanga sandhi*

Shamana chikitsa

- *Mahamanjistadi Kashaya* 10ml – 10ml – 10ml [B/F] with equal warm water.
- *Haridra khanda* 1tsp-0-1tsp
- *Dushivishari Gulika* 1-0-1 [A/F]
- *Ophthacare eye drops* 1-1-1-1 Drops



Before treatment



After treatment

B. PHLYCTENULAR CONJUNCTIVITIS

Phlyctenular keratoconjunctivitis is a characteristic nodular affection (phlycten) occurring as an allergic response of the conjunctival and corneal epithelium to some endogenous allergens to which they have become sensitized ^[6], commonly in children or young adults.

CASE REPORT -2

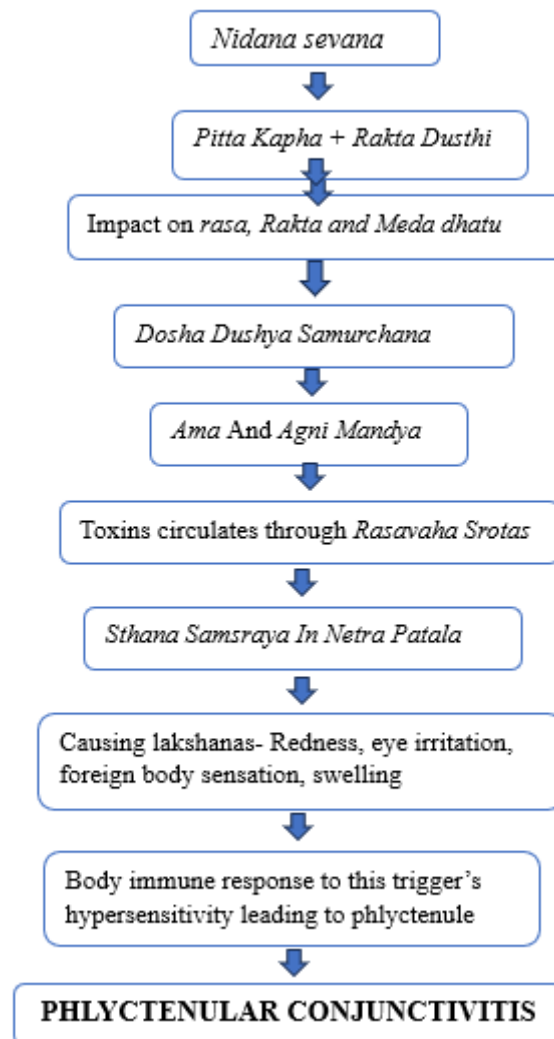
An 8 years old female Patient came with complaint of Redness, eye irritation, foreign body sensation, photophobia, and tearing in the past 3 months.

On examination

Visible phlyctenules (nodules) on the Conjunctiva, near the limbus

Nidana:

<i>DUSHIVISHA</i>	<i>GARAVISHA</i>
Repeated exposure to contaminated air water and food	Chronic use of preservatives, pesticides and chemicals in food
<i>Viruddha Aahara sevana</i>	Prolong use chemical-based cosmetics, perfumes
<i>Vega dharana</i> and excessive eye strain due to more screen time	

Samprapthi:**Chikitsa**

Shodhana –Virechana with Trivrut lehya

Sthanika chikitsa

- *Nasya -Anu Taila* 8/8 drops both nostrils
- *Seka* with *Triphala + Yastimadhu Kashaya*
- *Bidalaka* with *Triphala + Yastimadhu*
- *Maricha, saindhava* and *Madhu* for *lekhana* with *Japa Kusama bud*

Shamana chikitsa

- *Bilwadi Gulika* 1-0-1 [A/F]
- *Hinguvacadi Gulika* 1-0-1[A/F]
- *Laghusootha mishrana* 1-0-1[A/F]
- *Haridra khanda* -1tsp-0-1tsp
- *Ophtacare eye drops* 1-1-1

BEFORE TREATMENT



AFTER TREATMENT



C. SIMPLE CONJUNCTIVITIS

It is a mild, nonspecific allergic conjunctivitis characterized by itching, hyperaemia and mild papillary response. Basically, it is an acute or subacute urticarial reaction.^[7]

CASE REPORT -3

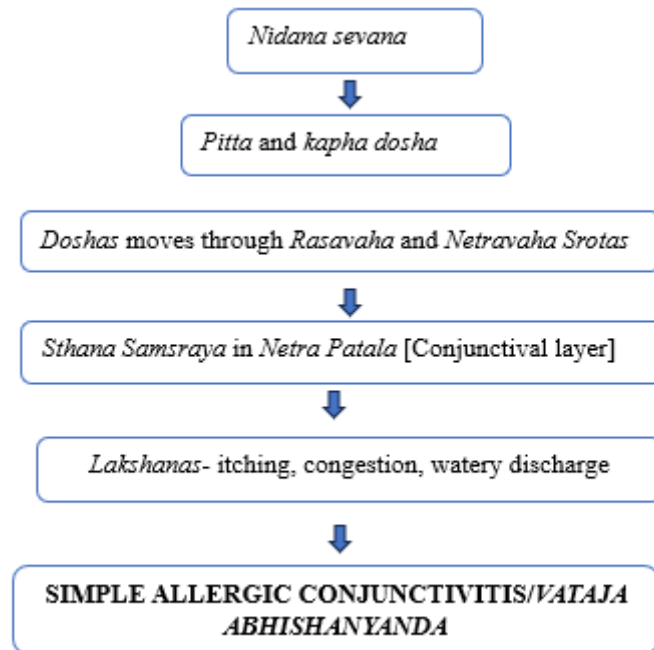
30 years old female patient came with complaint of severe itching, frequent rubbing of eyes since past 5 days associated with watering and congestion in both eyes. she had similar recurrent episodes since past 2 years, along with complaints like excessive sneezing and nasal blockage, aggravated by exposure to dust and smoke.

On examination Conjunctival redness, mild swelling.

Nidana

Dushivisha	Garavisha
Repeated exposure to contaminated air water and food	Prolong use chemical-based cosmetics
Viruddha Ahara sevana	Chronic use of preservatives and chemicals in food
Eye rubbing and excessive eye strain due to more screen time	
Seasonal variations- Vasanta and Sharad rutu	

Samprapthi



Chikitsa

Sthanika chikitsa

- *Netra Parisheka -Triphala + Yastimadhu Kashaya*
- *Aschyotana with Shigru Patra and Madhu*
- *Nasya with Anutaila 10/10 drops both nostrils*
- *Pindi-Eranda and Nimbu Patra Kalka*

Shamana chikitsa

- *Haridra khanda 1tsp twice a day*
- *Ophthacare eye drops- 1*/1* both eye for 4 times*



BEFORE TREATMENT



AFTER TREATMENT

DISCUSSION:

The role of *Dushivisha* and *Garavisha* in ocular inflammations highlights the significance of Ayurvedic principles in understanding both chronic and acute eye diseases. The accumulation of toxins due to environmental pollution, dietary habits, and modern lifestyle choices has been identified as a major contributor to conditions such as Vernal Keratoconjunctivitis, Phlyctenular Conjunctivitis, and Simple Conjunctivitis.

Dushivisha, a latent toxin, gradually affects the *Netra Srotas*, creating a favourable environment for chronic diseases. This explains the persistent nature of conditions like Vernal Keratoconjunctivitis, where exposure to allergens and unhealthy dietary habits weaken ocular immunity, leading to prolonged inflammation. In contrast, *Garavisha* acts as an acute irritant, triggering immediate inflammatory responses. This is evident in conditions like Phlyctenular and Simple Conjunctivitis, where external pollutants, chemicals, and dietary toxins play a significant role in symptom aggravation.

The case reports presented reinforce the impact of these toxic factors on ocular health.

In Case 1, the presence of Horner-Tranta spots and dusky red congestion indicates chronic inflammatory responses mediated by *Dushivisha*. The *Nidana* factors, including pollution, dietary irregularities, and poor lifestyle choices, contribute to cumulative toxicity. The treatment approach, incorporating *Shodhana (Virechana)* and *Sthanika Chikitsa (Nasya, Seka, Bidalaka, Aschyotana, and Jalouka Avacharana)*, focuses on detoxification and pacification of vitiated *doshas* to restore ocular health.

In Case 2, the presence of phlyctenules signifies an immune-mediated response to chronic irritants, aligning with *Garavisha* pathology. Environmental pollutants, food preservatives, and improper dietary habits act as triggers. The therapeutic strategy includes *Shodhana (Virechana)* and *Sthanika chikitsa* such as *Nasya, Seka, Bidalaka, and Lekhana* to eliminate accumulated toxins and restore ocular balance.

In Case 3, involving recurrent allergic conjunctivitis, highlights the interplay of seasonal variations, allergen exposure, and dietary indiscretions in disease progression. The influence of *Dushivisha* is evident in the recurring nature of symptoms, while *Garavisha* factors such as chemical-based cosmetics and preservatives act as exacerbating agents. The treatment emphasizes *Netra Parisheka, Aschyotana, Nasya, and Pindi*, along with systemic *Shamana Chikitsa* to regulate immune responses and detoxify the body.

Overall, the Ayurvedic perspective on ocular inflammations through the framework of *Dushivisha* and *Garavisha* provides a comprehensive approach to diagnosis and treatment. By addressing the root cause through detoxification and strengthening ocular immunity, Ayurveda offers an effective strategy for managing chronic and acute eye diseases in modern times. The integration of traditional therapies with an emphasis on lifestyle and dietary modifications underscores the enduring relevance of Ayurveda in contemporary ocular healthcare.

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