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A Case Study of Shigrumuladhyaascyotanam and Manjisthadi Ghan Vati in Krimigranthi

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ABSTRACT

Kṛimigranthi (classical Ayurvedic description corresponding to eyelid margin inflammation / blepharitis) is a recurrent condition causing irritation, scaling, discharge and cosmetic concern. This case study evaluates the clinical effect of local application of Shigru (Moringa oleifera) mūla-adhyā aśchyotanam vidalaka and Manjisthadi ghan vati as combined śhālākya (ophthalmic) procedures. Vidalaka, the external application of medicated paste over the closed eyelids, is especially beneficial in conditions associated with daha, kandu, and śotha. It enhances transdermal drug absorption through the thin eyelid skin and exerts localized anti-inflammatory and soothing effects. The combined use of Vidalaka and vati potentiates the local therapeutic response and aids in preventing disease progression.

Aims and Objectives

1.to Evaluate the efficacy of Shigrumooladhyaascyotanam Vidalaka in the management of Krimigranthi.

2. Study Krimigranthi according to Ayurved and Blepharitis in modern point of view

Material and methods This is a case report of 32 yr old women who approached Shalakya Tantra OPD of Mansarovar Ayurvedic Medical College Hospital and Research Centre Bhopal with complaint of. Itching, Burning sensation, Eyelid margin crusting and Sticky discharge worse in mornings for 3 months. The subject was thoroughly examined and diagnosed as Krimigranthi. Treatment was planned accordingly.

Result the subject has shown good improvement in Krimigranthi

Discussion and conclusion in the present study Shigrumuladhyaaschotanam vidalaka and Mnjisthadi ghan vati is an effective and safe therapeutic procedure in the management of Krimigranthi

Keywords: Kṛimigranthi, ,Shigrumulaadhyaaschotanam, , Manjisthadi ghan vati, blepharitis, Vidalaka.

INTRODUCTION

Krimigranthi is a clinically significant Netra roga described in Ayurvedic classics, characterized by kandu (itching), daha (burning sensation), śotha (inflammation), srāva (discharge), and granthi-sadṛśa pidakā (nodular lesions) over the eyelid margins. —can be correlated with blepharitis. Modern management typically includes eyelid hygiene, topical antibiotics, anti-inflammatories and addressing

meibomian dysfunction. Blepharitis is a common inflammatory condition of the eyelid margins, often chronic and relapsing. According to Ayurveda, Krimigranthi predominantly involves Pitta–Kapha doṣa along with Rakta duṣṭi and krimi involvement. Hence, its management requires both local Kriyākalpa therapies and systemic Śamana chikitsā. Among the ocular Kriyākalpas, Vidalaka are considered first-line interventions due to their direct action on the affected ocular tissues. Śigru-mūlādhya Āścyotanam Vidalaka prepared using Shigru (Moringa oleifera) roots churna ,Vacha churna and Madhu is indicated for its Krimighna, śothahara, vedanāsthāpana, and chakṣuṣya properties. When administered as Vidalaka, it helps in cleansing the eyelid margins, reducing inflammation, discharge, and microbial load, thereby providing rapid symptomatic relief in Krimigranthi.

Manjisthadi ghan vati has been used traditionally for its anti-inflammatory, antimicrobial and Antioxidant actions in topical applications.

‘’ क्रिमिग्रन्थिवर्तमनः पक्ष्मणश्च कण्डू कुर्यू: क्रिमयः संधिजाताः।
नानारूपा वर्त्मशुक्लस्य सन्धौचरन्तोऽन्तर्नयनं द्वषयन्ति” ॥ (सु.उ.त. 2/9)[1]

CASE HISTORY

Patient Profile

Name : XYZ

Age / Sex: 32-year-old Female

Religion : Hindu

Adress: Kolar Road Bhopal

Occupation: Office worker (screen exposure)

Chief complaints:

- Itching,
- Burning sensation,
- Eyelid margin crusting and
- Sticky discharge worse in mornings for 6 months.

Past history: No systemic illness (diabetes, dermatologic disease) reported. No known ocular surgery.

General Examination

- Body built - Average
- Edema – Absent
- BP - 120/80 mm/Hg.
- Pulse - 74/bpm
- Temperature- Afebrile

Systemic Examination:

CVS, CNS, RS, - No abnormality.

Slit lamp Examination

Eye lids	Lid margins congested, thickened and irregular; crusting and scales at base of eyelashes
Eye lashes	Matting of lashes; occasional madarosis; trichiasis in chronic cases
Conjunctiva	Mild to moderate bulbar and palpebral conjunctival congestion; papillary reaction; mucoid discharge

Cornea	Usually clear; may show punctate epithelial erosions, inferior corneal staining or marginal keratitis in severe/chronic cases
Anterior chamber	Normal depth; no cells or flare
Iris	Normal color and pattern
Pupil	Round, regular; reacting normally to light
Lens	Clear

Lakṣhaṇa	**Observation**
Kandu	Present
Rāga	Present
Śotha	Mild
Pāka	Mild
Srāva	Present
Doṣa predominance	Kapha-Pitta Treatment Given

TREATMENT PROTOCOL

PROCEDURE	DRUGS USED	DURATION	DOSAGE
Vidalaka	Shigru muladhyaascyotanam	7 days	As Required
Internal Medication	Tab Manajisthadi ghan vati	7 days	2 tab After meal with lukewarm water

शिग्रूमूलाद्याश्योतनम्

‘’शिग्रूमूलं वचां क्षौद्रैर्दष्ट्वा नेत्रं प्रपूरयेत्” ।। ७८ ।।[2] (Ras Ratna Sa.23/76)

DRUG DETAIL

1. Shigru mula (Moringa oleifera)- Moola
2. Vacha mula (Acorus calamus) Moola
3. Manjiṣṭhā (Rubia cordifolia) – Root
4. Haridrā (Curcuma longa) – Rhizome
5. Dāruharidrā (Berberis aristata) – Stem
6. Harītakī (Terminalia chebula) – Fruit
7. Vibhitakī (Terminalia bellirica) – Fruit
8. Āmalakī (Emblica officinalis) – Fruit
9. Nimba (Azadirachta indica) – Bark / Leaves
10. Gudūcī (Tinospora cordifolia) – Stem
11. Kaṭukī (Picrorhiza kurroa) – Root
12. Madhu

Preparations

1.Shigru mūlaadhyāaśchyotanam Vidalaka Moringa oleifera roots churna, vacha churna and madhu prepared, pounded into a fine paste just prior to application. patient kept eyes closed and a safe distance maintained; localized Vidalaka for 8–10 minutes.

Mode of Administration- In the form of Vidalaka

Standard Procedure of Shigru moolaadhyaaschyotanam Vidalaka
Ras Ratan Samucchaya has mentioned the preparation and uses of therapeutic external ophthalmic preparations, Vidalaka is use for tired, dry, injured and infected eyes It also strengthens in nerves and muscles of the eye.

Purva Karma

Vidalaka can be done at early morning and evening only after digestion of previous taken food or whenever the symptoms are exaggerated.

Pradhan Karma

The person is made to lie on bed, clean the face and eyes properly so that no dust should remain in the eyes, after which slight abhyanga is done on face follow by mridu swedana on the face and advice the patient to close the eyes. The prescribed quantity of medicated paste is applied on eye leaving eye lashes for thickness of 1-2 inch for prescribed time.

Paschyat karma

After the treatment the eye are cleaned properly with cotton. The cotton which dipped in the rose water placed on the eyes. And patient is advised to take rest for 10min.

OBSERVATIONS

Signs Before treatment (1st follow up - day 0)
After treatment (2nd follow up day 7)

• Eye Irritation	++ +
• Swelling	+++
• Burning	++ +
• Itching	++
• Falling of eyelashes	+++ +

FOLLOWUP

After completion of treatment, the patient's follow up was on 7 day. Patient completely got relief from the previous signs and symptoms and no any new complaints were found during and after the treatment.

RESULT

Patient got total relief from pain, swelling, Burning Sensation Falling Of eye lashes Pakshma Kandu and redness in 1 weeks.

DISCUSSION

Krimigranthi is described in Ayurvedic classics as a Netra roga involving granthi-sadṛśa pidakā over the eyelid margins associated with kandu, daha, śotha, and srāva. The clinical presentation closely resembles blepharitis, a chronic inflammatory condition of the eyelid margins with frequent recurrence. The pathogenesis of Krimigranthi primarily involves Pitta–Kapha doṣa along with Rakta duṣṭi and krimi association Vidalaka, the external application of medicated paste over the closed eyelids, is especially beneficial in conditions associated with daha, kandu, and śotha. It enhances transdermal drug absorption through the thin eyelid skin and exerts localized anti-inflammatory and soothing effects. The combined use of Āścyotanam and Vidalaka potentiates the local therapeutic response and aids in preventing disease progression. In chronic and recurrent conditions like blepharitis, internal medication is essential

to address the underlying doṣic and rakta involvement. Manjiṣṭhādi Ghana Vaṭī[3], a classical formulation indicated in Rakta-pradoṣaja vikāras, acts as a potent raktaśodhaka, pitta-kapha śāmaka, and kuṣṭhaghna drug. Its systemic administration supports detoxification, reduces inflammation, and helps in minimizing recurrence. Thus, the integrative application of Śigru-mūlādhya Āścyotanam Vidalaka, and Manjiṣṭhādi Ghan Vaṭī offers a comprehensive Ayurvedic approach by addressing both local manifestations and systemic pathology of Krimigranthi (Blepharitis).

CONCLUSION

In this case of chronic Kṛimigranthi/blepharitis, 07 days topical Ayurvedic protocol combining Shigru mūla-adhyāaśchyotanam Vidalaka and Manjisthadi Ghan vati produced meaningful symptomatic and clinical improvement with good tolerability and no observed adverse events. Controlled clinical trials are recommended to evaluate efficacy, standardize preparations/dosages and confirm safety.

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