

## A Review Study of *Adhimantha* w.s.r. to Glaucoma

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### ABSTRACT

*Adhimantha* is considered as *Sarvagata Netraroga* which is dreadful disease and possess symptoms of Glaucoma. Ayurveda, the science of life is the very foundation stone of medical knowledge in India. History of Indian medicine reveals that it was ayurveda which formed very beginning of the art of healing. *Adhimantha* has been contributed to negligence or improper management of *Abhishyanda*. *Adhimantha* presents the features that are similar to those of glaucoma in modern science.

**KEYWORDS:** *Adhimantha, Abhishyanda, Lakshana, Glaucoma, Netra Roga.*

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### INTRODUCTION

Now a days, due to urbanization and pollution, the universe is developing a better system of therapy and medicine in the medical science for treating disease and maintaining health. *Shalakya tantra* is one branch of *Astanga Ayurved* it deals the disease of *Nasa, Chakshu, Karna, Kantha, Mukha* and *Shira*. According to *Aacharya's*, *Adhimantha* occurs due to negligence and improper management of *Abhishyanda*. Ayurvedic *Chikitsa* of this *Roga* including *Snehan, Raktamokshana, Basti, Virechana, Nasya* and *Seka Aashyotanadi Kriyakala* procedure. symptoms of this disease are compared with closure angle glaucoma in modern science. Glaucoma is a progressive optic neuropathy with loss of retinal neurons and nerve fiber layer, resulting in blindness if left untreated. High IOP is the strongest know risk factors of glaucoma. Glaucoma having sign and symptoms are - blurred vision, pain, headache, Nausea, photophobia etc.

#### *Samprapti Ghatak of Adhimantha:*

- *Dosha* - *Pittaja Pradhan Tridoshaja*
- *Dushya* - *Rakta, Rasa, Mamsa*.
- *Strotas* - *Rasavaha, Raktavaha, Mamsavaha*.
- *Aam* - *Jatharagni Mandya and Dhatvagni Mandya*.
- *Udbhavasthana* - *Aamashaya*.
- *Sanchar Sthana* - *Rasayana*.
- *Vyakta Sthana* - *Sarvagata Netra*.
- *Roga-marga* - *Madhyam*.

#### *Types of Adhimantha:*

There are mainly four types of *Adhimantha* explained in classics;

1. *Vataja Adhimantha*
2. *Pittaja Adhimantha*
3. *Kaphaja Adhimantha*
4. *Raktaja Adhimantha*

- ***Hathadimantha*** - when *Vataja Adhimantha* is neglected leads to *Hathadimantha* “सादयति प्रसहा:” -it lead to shrinking of eyes, “रुजाति: आति:” -there will be very severe pain.

**Purvarupa of Adhimantha:**

- *Vata Dosha Pradhan Adhimantha - Toda* (Pain)
- *Kapha Dosha Pradhan Adhimantha - Guru* (Heaviness in eye).
- *Pitta Dosha Pradhan Adhimantha - Ushna Netra* (Hotness in eye).
- *Rakta Pradhan Adhimantha- Raga* (Redness in Eye).

**Lakshana of Adhimantha:**

According to Aacharya Sushruta & Aacharya Vaghbhatta Lakshanas of Adhimantha are classified based of dominance of doshas they are given below:

<b>Lakshana</b>	<b>According to Acharya Sushruta</b>	<b>According to Acharya Vaghbhatta</b>
<b>Vataja Adhimantha</b>	<i>Sangharsha. Todanirbheda, Aavilam, Aadhma, Vepathu, Shiraso ardham vyatha, Karnanada, Bhram, Netramutpatyate, Aranyeda manthana kunchanaspota</i>	<i>Shiraso Ardha Vyatha, vepathu, Aadhma, aavilam, Todanirbheda, Sangharsha, Mamsasamrabdha, Netramutpatyate.</i>
<b>Pittaja Adhimantha</b>	<i>Raktarajchitam, Sravi, yakritpondopaman, hirodahashirodaha, murchha, swarswedam, pitadahanam, ksheerenktamevakshtam, prakvochuna Vartmanta</i>	<i>Jwaladangara kiranabham, shirodaha, murchha, swarswedam, pitadahanam, ksheerenktam eva kshtam, prakvochuna Vartmanta</i>
<b>Kaphaja Adhimantha</b>	<i>Shirodukha, nasadmana, harshana, paichillya, gauravaanvit, Shaitya, rupam pashyati dukkhenam, sophavanatisamrabdha</i>	<i>Nasadmana, natam krishnam, unnatam Shuklamandalam, pamshupurna akshi, prasek,</i>
<b>Raktaja Adhimantha</b>	<i>Tamyathi, Raktastravam, Nisthodam, Bandhujeevapratiksham, sparshanakshaman,</i>	<i>Asruka Nimagna, Arishtabham Krishna, Agnyabha Darshanam,</i>

**Treatment of Adhimantha:**

In Classical text, Treatment of Adhimantha planned according to *Dosha* involvement in the manifestation of disease.

**Vataja Adhimantha Treatment:**

- *Snehan* with *Sahacharadi ghrita* and *Purana Ghrita*.
- *Swedana* then *Sira mokshana*.
- *Sneha virechana* with *Tilvak ghrita*.
- *Tarpana* - milk decoction from *Jivaniyapanchmul*.
- *Putapak* - decoction of *pippali*, *saidhava*, *Madhu*, *ghrita*
- proceed with liver of animals.
- *Dhupana* - *Snehik dhupana* like *agru*.
- *Aschtana, snehana nasya, snigdha parishek*.
- *Shirobasti, agnikarma* over the eyebrows.

**Pittaja Adhimantha Treatment:**

- *Snehan* with *tiktaka ghrita* or *madhur ghrita*, *raktamokshana*, *siravedha*, *sramsana*- decoction with *Triphala*, *kashmiri*, *trivruta*.
- *Parishek, Nasya*- goat milk processing with *pitta hara Dravyas*.
- *Anjana* - *samudraphena* rubbed in human milk and honey.
- *Tarpana* and *putapaka*.

**Kaphaja Adhimantha Treatment:**

- *Avapidana nasya* - *kapha hara Dravyas* use.
- *Anjana* - *trikatu, Triphala, haridra, vidang*
- *Dhupan, parishek, pralepa, kavala, ruksha aschotana, ruksha*
- *Putapak, swedana, kapha hara aahara sevana*.

**Raktaja Adhimantha Treatment:**

- *Tikta ghrita*, repeated *virechana, parishek, nasya*. *Dhumapan*
- *Aschotana, Abhayanga, tarpana, Snigdha putapak*. *Jalokavacharana*.
- *Snehana* with *kaumba ghrita* and then *siravedhana*.

**Adhimantha can be compare with Glaucoma in Modern science; Glaucoma:**

Glaucoma is eye conditions that damages optic nerve. This damage can lead to vision loss or blindness. The optic nerve sends visual information from eye to brain and vital for good vision. Damage to optic nerve is often related

to high pressure in eye, but glaucoma can happen even with typical eye pressure. It is one of leading causes of blindness for people over the age of 60.

### Different types & Symptoms glaucoma:

Different types of glaucoma	Symptoms
<b>1. Open angle glaucoma</b>	➤ No symptoms in early stage. ➤ In later stage difficult seeing things in Central vision. ➤ Gradually, patchy blind spots in eye side vision, side vision also called peripheral vision.
<b>2. Acute angle closure glaucoma</b>	➤ Eye pain severe ➤ Headache, Nausea, vomiting ➤ Redness in eye, blurred vision.
<b>3. Glaucoma in children</b>	➤ Blurred vision, increased blinking (infant), tears without crying (infant). ➤ headache, a dull or cloudy eye (infants).
<b>4. Pigmented glaucoma</b>	➤ Halos around lights ➤ Blurred vision ➤ Gradual loss of side vision.
<b>5. Normal tension glaucoma</b>	➤ No symptoms in early stage, blurred vision ➤ later stage - loss of side vision.

### Causes of glaucoma:

Glaucoma develops when the optic nerve becomes damaged. As this nerve gradually gets worse, blind spots develop in eye vision.

- **Open angle glaucoma:**- most common glaucoma, the drainage angle formed by the iris and cornea remains open but other parts of drainage system don't drainage properly. This may lead to slow, gradually increase in eye pressure.
- **Normal tension glaucoma:**- no one knows the exact cause optic nerve become damaged when eye pressure is healthy. The optic nerve may be less blood flow.
- **Glaucoma in children:**- a child may be born with glaucoma or develop it in the 1<sup>st</sup> few years of life.
- **Acute angle closure glaucoma:**- this form of glaucoma happening when the iris bulges. The bulging iris partially or completely blocks the drainage angle. Then fluid can't circulate through eye and pressure increase. This glaucoma happens suddenly or gradually.

### Treatment:

#### ➤ **Oral medication:**

In treatment of glaucoma oral medication such as beta blockers or carbolic anhydrase inhibitors.

Eye drops - these their lower creation of fluid in eye or increase its flow out, lowering eye pressure.

#### ➤ **Surgical Management:**

This surgical procedure can slightly raise the flow of fluid from eye if have open angle of glaucoma.

**Laser Surgical procedures including's – followings; Trabeculoplasty** - This opens the drainage area.

**Iridotomy** - This makes tiny hole in your iris to let fluid flow more freely.

**Cyclophotocoagulation**- this treat areas of middle layer of eye. To lower fluid production.

**Microsurgery** - open angle glaucoma is most often treated with combination of eye drops, laser trabeculoplasty and microsurgery.

Doctors tend to start with medication but early laser surgery or microsurgery could work better for some people.

### Conclusion:

*Adhimantha* is caused due to untreated *Abhishyanda*. Glaucoma is one such conditions which mainly affected quality of life. Many eye drops, oral medicine and surgical procedures are mentioned in these conditions so glaucoma treatment is necessary in early stage and prevent the complications. The *Adhimantha* compared with Glaucoma based on clinical presentation of the symptoms like blurred vision, pain in eyes, increase intra ocular pressure, headache, optic disc cupping, and visual field changes.

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