

## Pittadhara Kala in Ocular Inflammation with Special Reference to Vataja Abhishyanda: A Case Study

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### Abstract

*Abhishyanda* is defined in *Ayurveda* as the root cause of all ocular diseases, highlighting its significance in eye disorders. *Vataja Abhishyanda* is characterized by pain, pricking sensation, foreign body sensation, and watering of eyes. When redness and discharge are present, it indicates *Pitta* involvement, which points to an inflammatory process. *Pittadhara Kala* disturbance may contribute to ocular inflammatory pathology and guide localized therapeutic interventions. A 21-year-old male presented with redness, watering, pricking pain, and a foreign body sensation in his right eye. According to *Ayurvedic lakshanas*, he was diagnosed as *Vataja Abhishyanda*. Management included *Netra kriyakalpas* such as *Seka* (therapeutic ocular irrigation) and *Vidalaka* (the application of medicated paste over the eyelids), along with appropriate internal medications. The patient was assessed before and after treatment and the case was analyzed in the context of *Pittadhara Kala*. Following therapy, the patient experienced significant improvement, with decreased redness, discomfort, watering and irritation. The quick response demonstrates the efficacy of *Netra kriyakalpas* in managing local inflammation. Although the disease was primarily *Vataja*, the inflammatory signs show *Pitta* involvement through the disturbance of *Pittadhara Kala*. This case supports practical relevance of classical concepts in understanding and managing ocular inflammatory condition.

**Keywords:** *Vataja Abhishyanda*; *Pittadhara Kala*; Ocular inflammation; *Netra kriyakalpas*; *Seka*; *Bidalaka*; *Kala Sharira*

### 1. Introduction

According to *Acharya Sushruta*, *Abhishyanda* (Conjunctivitis) is a primary ocular disorder described under *Sarvagata Netra Roga*, characterized by inflammation, redness, and discharge from the eyes. The word refers to excessive oozing, which is believed to be the root cause of many major eye diseases if left untreated, may lead to chronic condition such as *Adhimantha* (glaucoma).<sup>[1]</sup> It is caused by dosha vitiation and is classified *Vataja*, *Pittaja*, *Kaphaja*, and *Raktaja Abhishyanda*. *Vataja Abhishyanda*, caused by aggravated *Vata Dosha*, presents with *Nistoda* (pricking pain), *Sangharsha* (foreign body sensation), *Parushyata* (roughness), *Shirasoabhitapa* (headache), *Vishushkabhava* (dryness), and *Shishirashruta* (cold lacrimation).<sup>[2]</sup> Early detection is essential for preventing complications and progress to more serious ocular disorders, emphasizing the comprehensive *Ayurvedic* approach to eye health. Allergic conjunctivitis is characterized by clinical features like itching, burning sensation, watery or mucous discharge, mild photophobia, and eye hyperemia.<sup>[3]</sup>

In *Charaka Samhita* and *Sushruta Samhita*, *Kala* refers to the subtle membranous layers or linings present within the body that separate, support, and contain different tissues (*dhatu*s) and organs.<sup>[4][5]</sup> These layers act as protective and functional boundaries, maintaining structural integrity and physiological balance. Among the seven types of *Kala* described in *Ayurveda*, *Pittadhara Kala* is the layer responsible for holding and regulating *Pitta dosha*, particularly in

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digestion. It is located in the region of the small intestine (*grahani*) and plays a key role in digestion, absorption, and transformation of food by supporting digestive fire (*agni*). *Pittadhara Kala* dysfunction in *Vataja Abhishyanda* results in impaired control of *Pitta*-mediated inflammatory responses, leading to redness, burning, and discharge along with *Vata* symptoms.

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## 2. Case Report

A male patient, aged 21 years, came to Shalakya Tantra OPD, Alvas Ayurveda Medical College and Hospital, Moodubidire with chief complaints of redness, watering, foreign body sensation and pricking type of pain in right eye since 3 days

History of present illness- Patient was apparently normal before 3 days, later developed a foreign body sensation in his right eye. He repeatedly rubbed the eye due to discomfort. Soon after, he noticed redness, excessive watering, and a pricking type of pain, which gradually worsened overnight. For these complaints he visited Shalakya tantra OPD of Alvas Ayurveda Medical College and Hospital, Moodubidire for treatment

### 2.1. History of past illness

No history of systemic illness or trauma to eyes

### 2.2. Treatment history

N/H/O previous surgery, patient is not under any kind of medication.

### 2.3. Family history

Not contributory

### 2.4. Personal history

- Appetite – Reduced
- Bowel – Constipated
- Sleep – Disturbed
- Diet – Mixed

### 2.5. General examination

- BP- 110/70 mmhg
- PR – 78/min
- R.R – 18/min

### 2.6. Systemic examination

- Respiratory system – NAD
- Cardiovascular system – S1 S2 normal
- Central Nervous System – Conscious and oriented

### 2.7. Ashtavidha pareeksha

- Nadi – Vata-pittaja
- Mala – Vikruta
- Mutra – 5-6 times/ day
- Jihva – Lipta
- Shabda – Prakrutha
- Sparsha – Ruksha
- Drik – Vikrutha
- Akruiti – Madhyama

## 2.8. Examination of eye

**Table 1** Slit lamp examination ocular examination

Ocular examination	Right eye	Left eye
Lids	Normal	Normal
Conjunctiva	Congested	Congested
Sclera	Normal	Normal
Cornea	Clear	Clear
Pupil	Normal in size, reacting to light	Normal in size, reacting to light
Anterior chamber	Normal depth	Normal depth
Iris	Normal	Normal
Lens	Clear	Clear
Visual Acuity	DVA 6/6 (with glasses); 6/12p (without glasses) NVA N6	DVA 6/6 (with glasses); 6/18 (without glasses) NVA N6

**Table 2** Treatment

Treatment	drug	Dose and duration
<i>Bidalaka</i>	<i>Triphala and Yastimadhu kashaya</i>	5 days
<i>Seka</i>	<i>Triphala and Yastimadhu kashaya</i>	5 days
Eye drops	Ophthacare	2 drops TID
Internal medication	<i>Bilvadi Tab</i> <i>Triphala guggulu</i>	1 TID A/F for 5 days 2 TID A/F for 5 days

*Triphala, Yastimadhu kashaya* – 1 part of *Triphala and Yastimadhu choorna* is taken to which 16 parts of water is added and reduce to 1/4th. The mixture is filtered and used for *Seka* when it turns luke warm.

*Triphala, Yastimadhu bidalaka* - Take equal parts of *Triphala and Yastimadhu choorna*. Mix required quantity with sterile water. Triturate well to obtain a smooth paste and use fresh.

## 3. Follow up and result

Total treatment duration was 5 days, subject showed improvement both subjectively and objectively. Pricking pain, foreign body sensation, watering of eyes, redness reduced.

**Table 3** Assessment of Clinical Symptoms before, during and after Treatment

Symptoms	0 <sup>th</sup> day	3 <sup>rd</sup> day	5 <sup>th</sup> day
<i>Nistoda</i>	+++	+	-
<i>Sangharsha</i>	++	+	-
<i>Shishirashruta</i>	++	+	-
<i>Raga</i>	++	+	-

## 4. Discussion

*Vataja Abhishyanda* is characterized by pain, pricking sensation, foreign body sensation, and watering. The associated symptoms such as redness, burning sensation, and photophobia indicate the involvement of *Pitta*, suggesting dysfunction of *Pittadhara Kala* in the disease pathogenesis.

### 4.1. Probable Mode of Action

*Bidalaka* and *Seka* with *Triphala choorna* in *Vataja Abhishyanda* exert therapeutic effects through *Lekhana*, *Shothahara* and *Chakshushya* properties, helping in cleansing ocular secretions, reducing conjunctival edema, and strengthening ocular tissues, as described in classical Ayurvedic texts [6,7]. *Yashtimadhu choorna* provides *Sheetala*, *Pitta-shamana* and *Ropana* actions, thereby soothing burning and irritation, nourishing conjunctival tissues, and promoting healing of inflamed ocular surfaces.[8] When combined with *Bilwadi* Tablet, systemic *Vata* pacification, *Ama pachana* and tissue strengthening are achieved, complementing the action of *Netra kriyakalpas* and preventing recurrence [6,7]. *Triphala Guggulu* acts as *Chakshushya*, *Shothahara*, *Ropana*, *Lekhana*, *Deepana* and *Vata-Kapha shamana*, facilitating *Shrotoshodhana*, improving microcirculation in ocular tissues, reducing congestion, pain and irritation, and preventing further accumulation of pathological secretions [6,8]. Ophthacare eye drops further pacify *Vata* and *Pitta*, reduce ocular inflammation, relieve foreign body sensation and pricking pain, and improve tear film stability, providing a soothing and protective effect on the ocular surface in *Vataja Abhishyanda* [7].

*Sushruta* describes *Pittadhara Kala* as the functional layer responsible for regulating *Pitta* and metabolic processes.[9] Since *Pitta* governs inflammatory and metabolic activities, derangement of *Pittadhara Kala* can lead to systemic and local inflammatory manifestations. Further, *Charaka* states that *Alochaka Pitta* located in the eyes is responsible for vision.[10] Therefore, dysfunction of *Pittadhara Kala* can indirectly aggravate *Alochaka Pitta*, leading to ocular symptoms such as burning sensation, redness, dryness, photophobia, and visual disturbances. In the present case, aggravated *Vata* produced pain and foreign body sensation, while associated *Pitta* aggravation contributed to redness and inflammatory changes. Therapeutic measures aimed at pacifying *Vata* and *Pitta* helped in restoring the functional integrity of *Pittadhara Kala*, thereby improving ocular symptoms.

## 5. Conclusion

*Vataja Abhishyanda*, though primarily *Vata*-dominant, frequently exhibits inflammatory features due to the associated involvement of *Pitta* and dysfunction of *Pittadhara Kala*. The deranged *Pittadhara Kala* contributes to ocular inflammation, redness, burning sensation, and photophobia, indicating a complex *Vata-Pitta* pathology. *Netra kriyakalpas* such as *Seka* and *Bidalaka* act directly on the affected ocular tissues and *Kala*, helping to break the pathological process at the local level by providing soothing and anti-inflammatory effects. Internal *Vata-Pitta shamaka* therapies complement these local interventions by correcting systemic Dosh imbalance and restoring the functional integrity of *Pittadhara Kala*. Thus, a *Kala*-based understanding offers a rational and integrative framework for the *Ayurvedic* management of inflammatory ocular disorders. The present case study further reinforces the pivotal role of *Pittadhara Kala* in both the pathogenesis and therapeutic planning of *Vataja Abhishyanda*.

## Compliance with ethical standards

### Disclosure of conflict of interest

The authors declare that there are no conflicts of interest.

### Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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