

Ayurveda Management of Allergic Conjunctivitis in 6 months old baby- A successful case study

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Abstract:

Allergic conjunctivitis manifesting in a baby second time in a short span of a week surely rings a bell of alarm in parents seeking various medical systems for a total cure. In this case study Allergic Conjunctivitis in a 6 months old baby with listlessness, redness of left eye, irregular appetite and sleep with a history of previous bout of allergy was examined. No history of trauma or any systemic ailment but incessant crying, itching of eyes, nose was noticed. Mother also had reduced appetite, constipation and disturbed sleep which all added to exacerbation of symptoms in the baby. *Balachaturbharda* rasa mixed with honey administered twice a day to the baby and *Soubhagya Shunti* and *Dashamoolarishta* to the mother was selected as rational choice. Symptoms gradually showed reduction and soon baby became symptom free. Patient was followed up for many months and is still symptom free. A cost effective, safe and easy to administer medication showed encouraging results in Allergic Conjunctivitis in infants.

Key words: Ayurveda, Allergic conjunctivitis, *Balachaturbhadra* rasa, *Soubhagya Shunti*.

Received: 15.06.2020

Revised: 27.06.2020

Accepted: 30.06.2020

Quick Response code



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Introduction:

Allergic Conjunctivitis is recognised to be the most common but largely neglected condition. Allergic manifestations can be managed by enhancing immunity and holistic management is not only promising but helps stop recurrence. Babies being breast fed, develop allergic conjunctivitis; management involves treatment for both baby and mother to get far reaching results. American Association for Paediatric Ophthalmology & Strabismus suggests oral and topical medication to control allergy. Similarly, in Ayurveda an authority in (Paediatrics) *Bala roga* well-known Acharya Kashyapa, describes examination methods of infants, management which are administered both to the baby and the mother. Acharya Vagbhata enumerates rules and regulations for Paediatric clinical practice and it has stood the test of time for centuries.^[1] Acharya Susrutha describes various types of conjunctivitis and infantile conjunctivitis, its management has been very logically described.^[2] Treatment for both mother and baby has been vociferously explained and causative factors, pathology, management and solutions to stop recurrence are found in ancient treatises.

Management of repeated Allergic Conjunctivitis in infants is both a challenge and opportunity to hone the skills of the physician. Challenge to prevent repeated occurrence and opportunity to augment immunity and be able to stop further medications.

Case History:

Infant aged 6 months presenting irritability, incessant crying, redness in left eye, sneezing was brought to the outpatient department. Along with these symptoms irregular appetite and disturbed bowel movements since 15 days as associate symptom was also recorded during history. But there was no history of trauma, surgery, congenital abnormality or any

systemic health condition in the baby. This was second bout of similar symptoms in a matter of a month. Parents very disturbed due to the repeat allergic bout. In family history, father has bad history of allergy involving eye, nose and skin got cured by adopting Ayurveda along with yoga. Ayurveda was opted as other medical systems did not promised only relief.

Methodology/ Treatment given:

The irregular state of *Agni* plays a significant role not only in manifestation of symptoms but also in recurrence and management. Diet and lifestyle of mother, who feeds the baby has a prominent task to adopt to stop the recurrence and treatment demands it. Considering all the above both baby and mother were examined and treated accordingly.

Treatment advised to baby- *Balachaturbhadra rasa* 1/8th teaspoon mixed in honey twice a day after milk feeding was administered for one month [Table-1].^[3]

Treatment advised to patient's mother- *Soubhagya shunti paka* one table spoon mixed in ghee and taken early morning empty stomach followed by a glass of milk for one month.^[4] *Dashamoolarishta* 20 ml two times a day after meal for one month

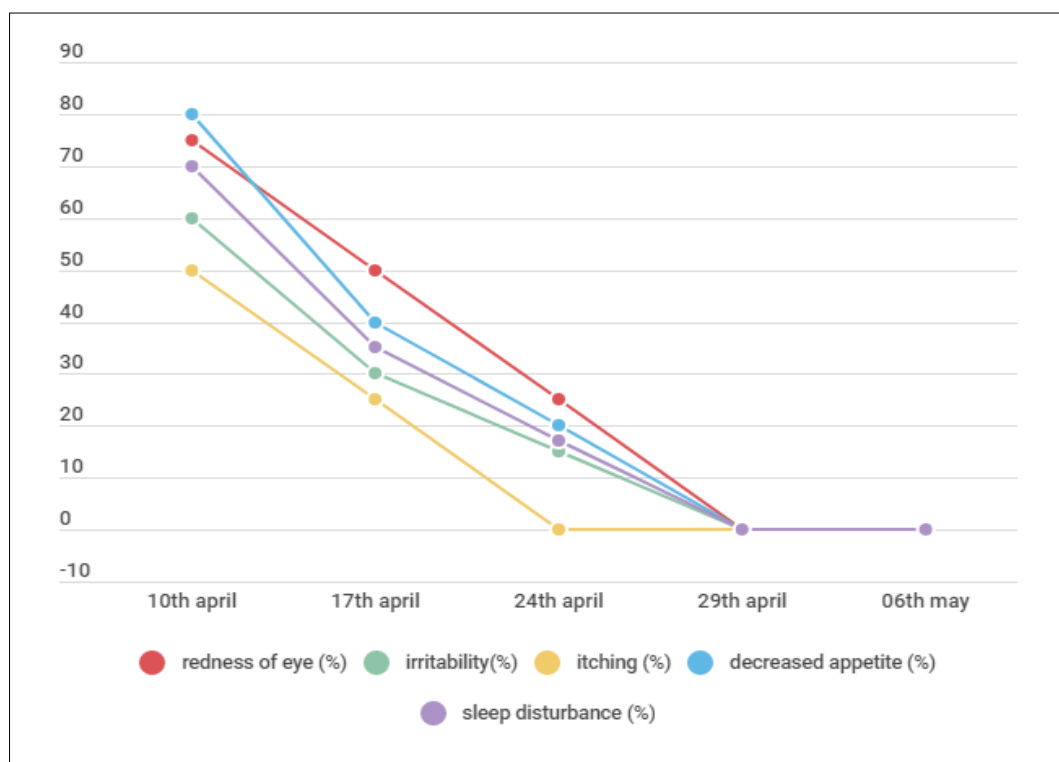
Baby's incessant crying stopped almost immediately. Appetite showed improvement and bowel movements showed gradual normalcy. Incessant crying and itching reduced noticeably. All symptoms showed a downward trend and baby was followed up for two more months. No recurrence manifested. Photos of eyes were taken on day one and later at regular intervals and also after follow up of many months show promise and no recurrence was noted which is very promising.

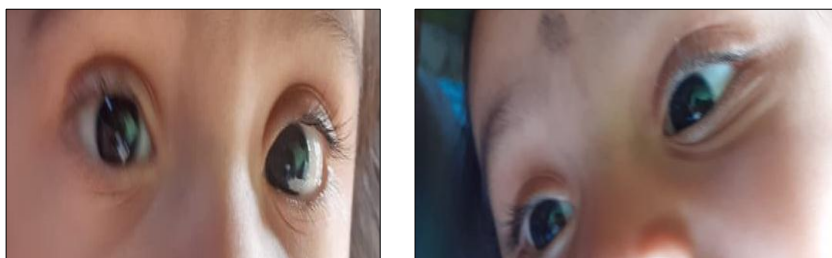
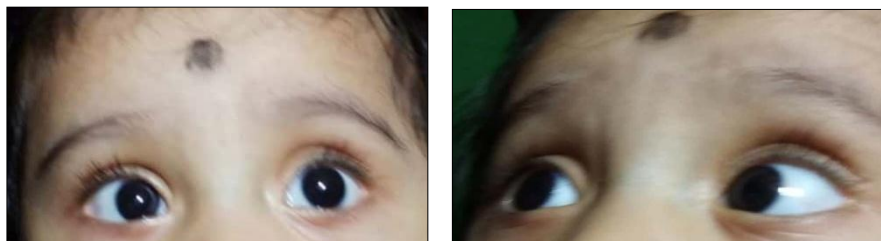
Table-1: Ingredients of *Balachaturbhadra Churna*:

Ingredients	Botanical name	Part used	Properties
<i>Musta</i>	<i>Cyperus rotundus</i>	Rhizome	Laghu, seeta
<i>Pippali</i>	<i>Piper longum</i>	Fruit	Ushna, teekshna
<i>Ativisha</i>	<i>Aconitum hyterophyllum</i>	Root	Ushna, ruksha
<i>Shringi</i>	<i>Pistaciantegerrima</i>	Gall	Laghu, ruksha

Table-2: Time line of relief in symptoms:

Symptoms	10/04/19	17/04/19	24/04/19	29/04/19	06/05/19
Redness of eyes	+++	++	+	-	-
Irritability	+++	++	+	-	-
Itching of eyes	++	+	-	-	-
Decreased appetite	+++	+	-	-	-
Sleep disturbance	+++	+	-	-	-


Graph-1 Relief in sign and symptoms

Clinical images**Fig-1-2: Allergic Conjunctivitis before treatment on 10th April 2019****Fig-3-4: After one week of treatment 17th April 2019****Fig-5: After 2 weeks of treatment 24th April 2019****Fig-6-7: After 3 weeks treatment follow up on 29th April 2019****Fig-8-9: No recurrence of symptoms in further follow until 15th June 2020**

Result and Discussion:

Irregularity in appetite, bowel movements were considered to be the major cause of manifestation of allergy. It is believed that during dentition *Mandagni* manifests and if mother doesn't follow the dietary regimen it could result in Allergic Conjunctivitis. Ayurveda is usually preferred to prevent recurrence and when *Agni*, (digestive capacity) *Kosta*, (eliminative capacity) *Satmya* (accustomed) are considered it is found to reduce intensity of symptoms and repeated recurrence which further results in deterioration of whole eye and may further lead to many eye disorders.^[5]

There is symptomatic relief after treated to mother and baby within one week and subsequent week as shown in Table-2. Appetite improved and symptoms like redness, irritability, itching reduced gradually in a week or two and sleep disturbance disappeared.

Balachaturbhadra Churna a herbal formula of *Musta*, *Pippali*, *Ativisha* and *Shringi* a safe, effective and mild combination designed as most suitable for infants. Infants are advocated mild instead of harsh medications. Quantity is decreased to suit kids, so on as per principles given by Vagbhat. Herbal oral medication was advised for 6 months and no topical applications were advised.

Conclusion:

Cost effective, fast, and safe management of allergic conjunctivitis is noted in this case. As this case shows significant promise large scale clinical studies with all laboratory studies need to be initiated in multiple centres globally.

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Conflict of interest: Author declares that there is no conflict of interest.

Source of support: None

How to cite this article:

Shantala P, Terragundi PN, Gangadkar P. Ayurveda Management of Allergic Conjunctivitis in 6 months old baby- A successful case study. Int. J. AYUSH CaRe. 2020; 4(2): 79-83.