**Ayurvedic management in vataja abhishyanda w. s. r. to allergic conjunctivitis**

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**ABSTRACT**

Allergic Conjunctivitis is common problem predominantly affecting the outdoor workers. The eyes are exposed to different environmental factors. The eyes and eyelids are very common sites for Allergic reaction. Vataja Abhishyanda can be correlated with Allergic Conjunctivitis.

**KEYWORD** - Allergic Conjunctivitis, Vataja Abhishyanda, Triphala kwath Aschyotana

**INTRODUCTION:**

Ayurveda the ancient science of India has described the importance of an eye, Sushruta has described 76 types of eye disease in his classical text Sushruta Samhita. Kriyakalpa is the only field of Ayurveda Ophthalmology. Aschyotana is one of Kriyakalpa mentioned by Acharya Sushruta as local treatment of eye disease.

**SIGN AND SYMPTOMS:**

1. Itching of eyes
2. Foreign body sensation
3. Watering
4. Congestion
5. Dryness of eyes
6. Mild lid edema
7. Scanty discharge from eyes

**AIM-**

To Study the role and Efficacy of Triphala kwath Aschyotan in Vataja Abhishyanda w.s.r. Allergic Conjunctivitis
METHOD AND MATERIAL

Review regarding Allergic Conjunctivitis and *Tripahala kwatha Aschyotan* was done from *Ayurvedic* modern Text book, Journals, Internet sources.

*Tripahala kwatha Aschyotan matra 12 bindu....BD (Sushruta Samhita)*

DISCUSSION: In *Vataja Abhishyanada*, Vata is predominant dosha and Rasa and Rakta are dushyas. the signs and symptoms are purely due to vitiation of vata dosha due to tridoshhar properties and also *triphala* is *chakshusya* so it is play an important role in *vataj abhishyanda*. *Aschyotan kriyakalpa* was a prime treatment in all types of eye diseases. *Ashyotan* significantly reduces the congestion, watering etc.

RASON:

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CONCLUSION:

Thus from above study it can be concluded that *Tripahala kwatha Aschyotan* is effective in *Vataja Abhishyanda*.

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