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## Review Article

### AYURVEDA AND OCULAR MANIFESTATIONS IN AIDS WITH SPECIAL REFERENCE TO POSTERIOR OUTER RETINAL NECROSIS

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#### ABSTRACT

Ayurveda, said to be the 'Science of life and longevity', is the most holistic or comprehensive medical system from India. It has attributed preventive as well as curative aspects in various disorders. It not only aims in healing, but also comprises of basic measures necessary to maintain a healthy living. It consists of eight branches, out of which Shalakyta Tantra is that branch, which deals with all the normal and abnormal conditions of the parts lying above the clavicle i.e. Jathru Urdvagatha Bhagas, especially the sense organs. One sub division of this branch deals only with the 'Eye' starting from its development, affection and various therapeutic measures adopted for alleviating their pathological conditions. Posterior Outer Retinal Necrosis (PORN) is a variant of necrotizing herpetic retinopathy seen in AIDS patients. The patients will loss his vision due to HIV Virus. So the article says about the how to analysis the symptoms of PORN under Ayurveda and its management due to which the vision will be protected.

**Keywords:** Drishti, Tridoshas, Posterior Outer Retinal Necrosis (PORN)

#### INTRODUCTION

Ayurveda is the most ancient system of medicine originated thousands of years ago. It holds its uniqueness as it gives importance to both management of diseases and healthy status of healthy. Our Acharyas have described many diseases which may be endogenous or exogenous in origin. Exogenous due to external factors may be Abhighata (injury) or Krimi (infections). Endogenous; in which the cause is within the body. According to Ayurveda, the factors responsible for this; are the Tridoshas; these are the factors which keep the body functioning normally; any imbalance in these entities lead to diseases. The clinical features will be exhibited accordingly depending on increase or reduction of the Doshas either quantitatively or qualitatively. In the present era, many diseases are emerging which were unknown before like swine flu, ebola. Our classics were compiled long before and have no editions till date. Does it mean that the newly emerging diseases don't have an answer in Ayurveda? No, any disease should be assessed with the base of concepts of Tridoshas and managed likewise. One of such disease is AIDS (Acquired Immune Deficiency Syndrome). It is an immune compromised state where many opportunistic infections ours. Posterior Outer Retinal Necrosis (PORN) is one among them which makes the person blind at last. PORN is a variant of necrotizing herpetic retinopathy occurring particularly

in AIDS patients. Although the etiologic agent has been reported to be VZV, concurrent or combined etiologic agents an include HSV 1, HSV 2 and MV in AIDS patients. The clinical presentation of these retinopathies depends on the immune status of the patients<sup>1</sup>. It has 3 stages where in initially starts with blurred vision, vasculitis, necrotizing yellow white patches, cherry red spot and finally rhegmatogenous retinal detachment<sup>2</sup>.

#### Observation

Review of references directly related to Shalakyta tantra in Sushruta Samhita utara and Astanga Hridhyam utara sthana.

#### Aim

The aim of this study is to find the approach to Posterior Outer Retinal Necrosis through Ayurveda. What is Posterior Outer Retinal Necrosis according to Ayurveda? Drishti is involved even in the initial stages and has a progressive nature; hence it can be taken for Timira. Timira is a Drishti gata roga where in there is progressive loss of vision staging as Timira, Kacha and Linganasha<sup>3</sup>. Timira occurs in Pratama and Dwitiya Patala<sup>4</sup> - blurring of vision. Kacha seen in Tritiya Patala – Raga Prapthi<sup>5</sup> (impaction of different colors to Drishti) and Linganasha in chaturta Patala<sup>6</sup> (complete loss of vision)

## Different Stages of PORN and Timira

PORN – lineal features	Timira	Features correlating	Doshas
<b>Stage 1:</b> Blurring of vision Floaters Constriction of visual fields	Pratama and Dwiteeya Patala gata Timira	Avyakta Roopa Darshana, Makshika Mashaka keshan jalakani ha Pasyati, mandalani patankasha, <sup>7</sup> Urdhwam pasyati na adha <sup>8</sup> (vagbhata)	Vata Pitta Kapha
<b>Stage 2:</b> Multiple focus of homogenous yellow white patches of necrosis cherry red spot at macula Rapid progression and involvement of retina	Tritiya Patala gata Timira	Raga Prapthi On Drishti <sup>9</sup> Any deviation from the normal color of Drishti Progression to next stage Linganasha	Vata Pitta Kapha
<b>Stage 3:</b> Plaque like scarring Retinal and optic atrophy Attenuated blood vessels Retinal detachment Metamorphosis	Chaturtha patala gata timira	Complete loss of vision	Vata Pitta Kapha

Considering the above features, Posterior Outer Retinal Necrosis should be treated like Sannipataja Linganasha<sup>10</sup>.

### Samprapthi

Due to Atimaituna in dosha chayavasta there will be Imbalance between the Vata Pitta and Kapha which leads to dosha Prakopa. Due to which the doshas moves to urdwanga this stage is called as Prasara. Then this doshas Settles in the Nethra (Patala) named as Stanasamshraya and produced the symptoms are Avyakta roopa darshana, Makshika mashaka keshan, Jalakani pashyati, Drishti nasha as Vyaktavasta (stage of manifestation). Finally it produces the vyadhi Sannipataja Linganasha which is incurable disease in Bhedavasta. Samprapthi Ghataka says that Dosha involved is Vata, Pitta and Kapha, Dushya is Rasa, Rakta, Mamsa, Meda and asthi, Srotas is Nethra vaha Srotas, Sroto Dusti is Vimarga gamana and Atipravrutti, Agni is pachaka agni and Dhatwagni, Ama is pahakagni and Dhatwagni Mandhya janya, Udbhava Stana is Amashaya, Vyakta Stana in Nethra and Sadhyasadyata is Asadhya. The Management of Posterior Outer Retinal Necrosis under Ayurvedic treatment Principles such as Nidana Parivarjana Consider Rogi and Roga Bala and agni. Samshodana say No to Vamana, Marsha Nasya and Rakta Mokshana. Virehana should be Mrudu Virehana and Basti such are Yapana Basti and Matra Basti; followed by Prati Marsha Nasya. The nertra (eye) should be protected with following Kriya kalpa procedures such are Seka, Aschyotana, Pindi, Vidalaka ans Say no to Anjana, Tarpana and Putapaka. Murdhni Taila like Shiro Basti, Shiro Dhara, Shiro pichu, thalam and thalapothishil is adapted and say no to abhyanga. Along with these treatments Other supporting procedures are Padabhyanga, Sarvangabhyanga, chakshusya ahara like intake of shigru, amalaki, Pathya and Ultimately Dhyan.

### DISCUSSION

Posterior Outer Retinal Necrosis is Sannipataja Linganasha. Posterior Outer Retinal Necrosis is a progressive disease where in there in early impairment of vision and finally ends in retinal detachment. In Ayurveda, diseases in which there is involvement of vision are described. Timira is a Drishti gata Roga in wherein there is visual disturbance. It has 3 stages. Initially there will be blurred vision later different features are exhibited like floaters (Makshika Mashaka), constriction of visual fields (urdhwa pashyati na adhaha), metamorphopsia (kundalani), and finally Drishti Nasha (loss of vision).

Depending on the fundal findings, like Vitreous degeneration – Vata and Pitta, vasculities – Pitta, necrotic patches – Vata and Pitta, optic atrophy – Vata, retinal atrophy – Vata ,attenuated vessels – Vata, retinal detachment – Vata and Kapha. Considering the above factors and loss of vision, PORN is Sannipataja Linganasha. Nidana is Atimaituna (sex with multiple partners). Dushyas are Rasa, Rakta, Mamsa, Meda and Asthi. Sine all the Patalas are involved, Pratama Patala – Teja Jala Ashrita (Rasa and Rakta), Dwitiya Patala - Mamsashrita, Tritiya Patala – Medashrita. Chaturtha patala – Asthi Ashrita. The Sroto Dusti of vyadhi (disease) occurs as Vimarga Gamana to Nethra, Atipravrutti of Vata dosha lead to atrophy, Pitta dosha lead to necrosis and Kapha dosha leads to lack of intact (retinal detachment). Due to involvement of all three doshas the disease is Asadhya (incurable). Vigorous procedures should be avoided like Vamana, Marsha Nasya as it increases the pressure above the thorax and hence may worsen the condition of the patient. As the Nethra is Durbala, all procedures whatever employed should be Mrudu.

### CONCLUSION

Posterior Outer Retinal Necrosis is similar to Sannipataja Linganasha in Ayurveda. So the treatment principles suggested in Sannipataja Linganasha is advised. Due to which the patient gets relief from the infective disorder like Posterior Outer Retinal Necrosis to some extent even though its incurable disease.

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