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NIDANAPANCHAKA OF NETRAROGAS AND ROLE OF SAMANYA CHIKITSA IN THEIR MANAGEMENT

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ABSTRACT

The Ayurvedic diagnostic having two approaches *Rogapariksha* and *Rogipariksha*. *Rogapariksha* involves consideration of disease, its underlying causes and visible manifestations. *Rogapariksha* encompasses five essential components described as *Nidana Panchakas*, which includes five aspects related to the disease such as; *Purvarupa*, *Nidana*, *Rupa*, *Upashaya* and *Samprapti*. *Nidana* is causative factors that also support process of treatment selection and preventing measures. *Netra* are considered vital sense organs and their ailments can be understood prevented and treated using the concept of *Nidana Panchakas*. The utilization of concept of *Nidana Panchakas* helps to choose *Samanya Chikitsa* for *Netra Roga*. This article emphasizes *Nidanapanchaka* of *Netrarogas* and Role of *Samanya Chikitsa* in their management.

Key-Words: *Ayurveda, Nidanapanchaka, Netrarogas, Samanya Chikitsa*

Introduction

The concept of *Nidanas* helps in understanding *Netra Roga* and also support diagnostic procedures required for the analysis of *Netra Roga*. Without a thorough grasp of *Nidanas*, it is always challenging to treat disease. *Sushruta* presented 76 eye diseases, characterized by their *Purvarupa* which manifested as premonitory symptoms and *Rupa* which manifested as clinical manifestations. Physician having understanding of *Nidana Panchaka* can diagnose and treat diseases and this thing also utilizes in case of *Netra Roga* [1-4].

Nidana Panchak enlighten the path of *Nidan Parivarjana* thus facilitate prevention of diseases and this approach offers huge benefits for the prevention of *Netra Roga*. The *Nidana Panchak* for *Netra roga* involves understanding of *Nidana*, *Purvarupa*, *Rupa*, *Upashaya* and *Samprapti*.

Nidana of Netra Roga:

The various causative factors of *Netra rogas* that can be avoided to prevent disease prevalence are as follows:

- ✓ *Doorekshanat* (Prolonged gazing on distant objects).

- ✓ *Ushnabhitaptasyajaleprabeshat* (Exposure to excessive cold just after heat).
- ✓ *Swapnaviparyavachha* (Disturbed sleep).
- ✓ *Kopa, Shoka, Klesha* (Stress/Grief).
- ✓ *Abhighata* (Injury).
- ✓ *Vegavarodha* (Suppression of natural urges).
- ✓ *Chadrivigrahat* (Suppressing vomit urge).
- ✓ *Dhooma-nisevanat* (Smoking habit).
- ✓ *Sukshmanirikshanat* (Observation of minute objects continuously for long period of time) [4-6].

Understanding of these factors is essential for the proper diagnosing, prevention and treatment of *Netra rogas*.

Purva Rupa of Netra rogas:

Purva Rupa means early manifestation just before the main onset of disease. The identification of primary symptoms is important to restrict disease in early stage. With regards to *Netra Rogas*, *Purva Rupas* includes Symptoms as depicted in **Figure 1**. Considering these symptoms treatment aimed at eliminating etiological factors by *Panchakarma* therapy or administration of local drugs [6-8].

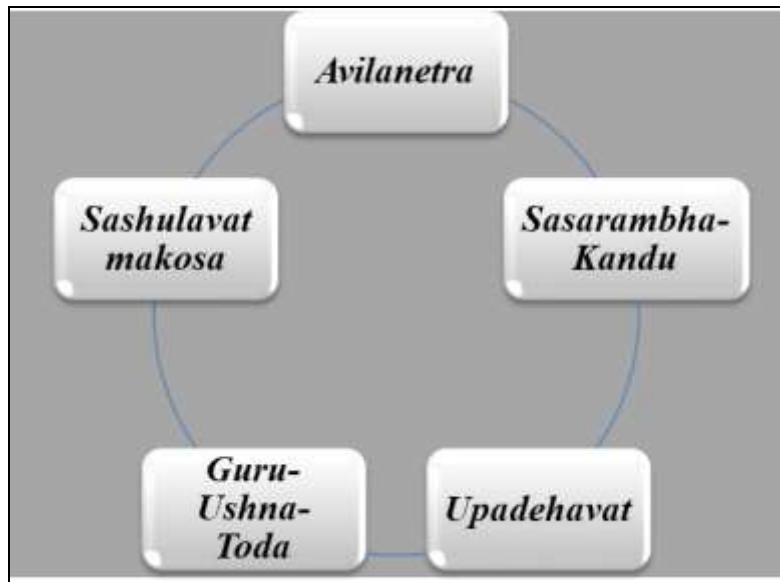


Figure 1: Various Purva Rupa for Netra Roga

Rupa of Netra rogas:

Rupa Nidana helps in the diagnosis of disease using symptoms which are clearly manifested in disease. It suggests that disease is *Sadhya* or *Asadhya*. *Netra Roga* possesses distinct symptoms that aid in their identification, for example:

- ✚ *Avyantromukhi bahyautsan* as *Rupa* of *Utsangini* eye disease involving nodule-like swelling.
- ✚ *Dahatodavati-tamra pidaka* as *Rupa* of *Anjana-Namika*, which involve burning sensations.
- ✚ Coppery color change as *Rupa* of *Vatma*.

These *Rupas* assist in disease identification and stage of disease severity thus helps to plan treatment protocol accordingly.

Upasaya for Netra rogas:

The *Vyadhi* examination can be conducted by *Upasaya*, which involves; *Upasaya* and *Anupasaya*. *Upasaya* means consideration of crucial *Nidana* for

unknown diseases. This associated with physician throughout history. This approach

utilizes if physician fails to diagnose *Netra rogas* by any means including *Sadvidhaparikshya*, *Astavidhaparikshya* and *Trividhaparikshya*, etc.

Consideration of Samprati for Netra rogas:

In relation to the pathogenesis of *Netra rogas* the *Doshas* ascend to *Urdhamarga* as consequences of indulgence in *Nidana* and these vitiated *Doshas* reach the *Netra Mandala* leading to various diseases. For example consumptions of *Achaksyusa dravya* increase *Pitta dosha*, which further causes accumulation of *Mala* (toxin) in the head which subsequently affect *Vatma mandala*, *Sandhi mandala*, *Paksha mandala* and *Sukla mandala*, etc. The vitiated *Dosha* also affects *Krishna mandala* which results as disease manifestation [7-9].

Samanya Chikitsa of Netra Rogas:

- **Nidana Parivarjana:** it means avoiding causative factors; exposure to extreme conditions, inadequate sleep, poor hygiene and excessive eye strain, etc.
- **Ahara:** Vitamin A-rich foods, fish, flaxseeds, berries, citrus fruits, hydration and eye exercises, etc.
- **Netra Tarpana:** This therapy nourishes eye, using medicated ghee and oils to alleviate dryness and to improve vision, etc.
- **Netra Basti:** Reservoir of flour dough around the eye and filled with medicated oil or ghee for nourishing eyes, reducing dryness and itching, etc.
- **Netra Dhara:** It means pouring of medicated liquids or decoctions, herbal infusions, or medicated oils over the eyes to soothe irritation, improve vision and to reduce inflammation, etc.
- **Nasya:** Administration of medicated oils or herbal preparations through the nasal route to alleviate Doshic imbalances affecting the eyes.
- **External Fomentation:** Application of warm compresses or poultices with herbal decoctions or oils to reduce swelling, inflammation and pain in the eyes.
- **Herbal Supplements:** Consumption of Ayurvedic formulations like *Triphala*, herbs like *Amla*, *Haridra*, *Guduchi* and turmeric, etc. to improve overall eye health and also strengthen vision, etc [8-10].

This article discusses the Ayurvedic diagnostic approaches of *Nidana Panchaka* particularly in the context of *Netra Roga* and outlines the role of *Samanya Chikitsa* in managing these conditions. The consideration of *Purvarupa*, *Nidana*, *Rupa*, *Upashaya* and *Samprapti* of *Netra Rogas* helps in prevention and treatment of eye diseases. The proper diagnosis helps to plant treatment strategy and also suggests preventive measure. The *Samanya Chikitsa* for *Netra Rogas* includes consideration of *Nidana Parivarjana*, *Ahara*, *Netra Tarpana*, *Netra Basti*, *Netra Dhara*, *Nasya* and external fomentation to reduce swelling, inflammation and pain in the eyes. Moreover herbal supplements such as *Triphala*, *Amla*, *Haridra* and *Guduchi*, etc. also enhances overall eye health and prevent ailments of eye.

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