

A Clinical Study to evaluate the Efficacy of Vasadi Ghrita Aschyotana in Management of Arjun W.S.R Subconjunctival Haemorrhage

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ABSTRACT

Subconjunctival haemorrhage (SCH) is a common eye disorder marked by painless redness of the eyes caused by broken blood vessels within the conjunctiva. It is usually self-limiting but causes cosmetic issues and could be associated with various systemic disorders such as hypertension and diabetes. In Ayurveda, Arjuna, a Shuklagata Netra Roga, is akin to subconjunctival haemorrhage and mainly affects Pitta and Rakta Doshas. Aschyotana treatment is one of the key methods in eye diseases, while Vasadi Ghrita, an Ayurvedic formulation made of Vasa (Adhatoda vasica) and Yashtimadhu (Glycyrrhiza glabra), has Pittashamaka and Shonitasthapana effects.

Objective:

To assess the clinical effectiveness of Vasadi Ghrita Aschyotana therapy for Arjuna (subconjunctival hemorrhage).

To determine the clinical effectiveness of Vasadi Ghrita Aschyotana in the treatment of Arjuna (Sub-conjunctival Haemorrhage).

Methods:

An open clinical trial was done on 15 patients ranging between 18-60 years suffering from Arjuna. Two drops of Vasadi Ghrita Aschyotana four times a day were given to each patient for 10 days. The clinical observation was made on the basis of five criteria: Netra Daha (burning), Netra Toda (pain), Prakash Asahatva (Photophobia), Netra Araktata (redness), and Netra Shopha (swelling). The statistical analysis was done using the mean score of symptoms prior to and post-administration of medicine.

Results:

A significant improvement was observed in all five criteria. The most pronounced relief was obtained in Netra Shopha (80.92%), then Prakash Asahatva (77.77%), Netra Toda (73.50%), Netra Daha (72.72%), and Netra Araktata (69.23%). Overall, out of 15 patients, 6 (40%) patients experienced marked improvement, 7 (46.67%) had moderate improvement and 2 (13.33%) mild improvement.

Conclusion:

Vasadi Ghrita Aschyotana has proven to be a safe, efficient and tolerable remedy for the treatment of Arjuna (Sub-conjunctival haemorrhage).

Keywords: Sub-conjunctival hemorrhage, Arjuna, NetraGata Roga, Vasadi Ghrita, Aschyotana, Kriyakalpa

INTRODUCTION

Eye, which is one of the important sense organs among five sense organs can be considered as a precious gift from the god to human beings. Hence to take at most care of it using the traditional system of medicine that is ayurveda has become needed for every individual. With increase in the incidents of systemic disease like hypertension and diabetic mellitus, its effect on the eye is also increasing day by day one among them, the commonly seen side effect is subconjunctival haemorrhage.¹ Although it is not an emergency condition, the treatment of SCH is important from the cosmetic and infection prevention side of view. While Searching for a solution for SCH in ayurveda its sign and symptoms match very closely with the disease named Arjun² in shuklagata roga.³ Arjuna is having a symptom of a painless red spot over white surface of the eye.

In Ayurveda, various therapeutic procedures such as Aschyotana, Parisheka, and Anjana are used in the management of ocular disorders depending on the predominance of Doshas. Among these, Aschyotana is considered the primary line of treatment in Netra Rogas, as stated by Acharya Vagbhata.⁴ Arjuna, comparable to subconjunctival haemorrhage, is managed on the principles of Pittaja Abhishyanda⁵, indicating involvement of Pitta and Rakta. Hence, Vasadi Ghrita Aschyotana⁶ was selected for the present study. The formulation contains Vasa⁷ and Yashtimadhu,⁸ which possess Pittashamaka and Shonitasthapana properties. In modern medicine, subconjunctival haemorrhage is usually self-limiting and lacks specific treatment, highlighting the need for an effective therapeutic intervention.⁹

AIM

A clinical study to evaluate the efficacy of vasadi grita aschyotana in management of Arjun w.r.t. subconjunctival haemorrhage.

OBJECTIVE

Primary Objective

To evaluate the efficacy of Vasadi Ghrita Aschyotana in Arjuna.

Secondary Objective

- 1.To develop evidence-based support for the effects of Vasadi Ghrita Aschyotana as mentioned in our ancient literature.
- 2.To provide simple and effective treatment for Arjuna.

MATERIALS AND METHODS

Drug information

Reference – **Bhavprakash Nighantu**

Vasadi Ghrita – Contents :-

- 1.Vasa – Adhatoda Vasica Nees.
- 2.Yashtimadhu – Glycyrrhiza glabra.
- 3.Goghrita.(Cow ghee)¹⁰

Methods of drug preparation

Yashtimadhu (licorice) roots and Vasa leaves were first cleaned well with water. Then, medicated ghee (Ghrita) was prepared following the method described in Sharangadhara Samhita, Madhyama Khanda.¹¹

In this process, Vasa and Yashtimadhu were mixed with ghee and water in the ratio of 1:4:16. The mixture was heated until all the water evaporated, leaving only the medicated ghee behind.

METHODOLOGY

A) Inclusion Criteria

- 1.Individuals aged between 18 and 60 years.
- 2.Both male and female participants.
- 3.Patients presenting with signs and symptoms of Arjuna (subconjunctival hemorrhage).
- 4.Patients diagnosed with hypertension.

B) Exclusion Criteria

- 1.Individuals below 18 years or above 60 years of age.
- 2.Patients with infectious ocular conditions such as trachoma, conjunctivitis, stye, or dacryocystitis.
- 3.Patients diagnosed with systemic conditions including HIV, HBsAg positivity, or bleeding disorders such as haemophilia, purpura, and scurvy.

Drug – Vasadi Ghrita Aschyotana

Contents – Vasa , Yashtimadhu, Goghrita

Dose – 2 Drops 4 times a day 4 hourly

Method of administration – From the distance of 2 angula at Kaninika sandhi Duration – 10 days

PARAMETERS FOR CLINICAL ASSESSMENT

1. Netra Daha (Burning Sensation of the Eye):

- 0– Absent
1– Mild (one to two episodes per day)
2– Moderate (present intermittently throughout the day)
3– Severe (present continuously during both day and night)

2. Netra Toda (Pain and Foreign Body Sensation in the Eye):

- 0– Absent
- 1– Mild (present during morning hours)
- 2– Moderate (present during both morning and evening) 3 – Severe (present continuously throughout the day and night)

3. Prakash Asahatva (Photophobia):

- 0– Absent
- 1– Mild (present intermittently)
- 2– Moderate (present only during daytime)
- 3– Severe (present continuously during both day and night)

4. Netra Araktata (Redness of the Eye):

- 0– Absent
- 1– Mild (limited to one-fourth of the bulbar conjunctiva)
- 2– Moderate (involving up to one-half of the bulbar conjunctiva)
- 3– Severe (involving the entire bulbar conjunctiva)

5. Netra Shopha (Swelling of the Eyelid):

- 0– Absent
- 1– Mild (restricted to either the upper or lower eyelid)
- 2– Moderate (involving both eyelids)
- 3– Severe (involving both eyelids along with the palpebral conjunctiva)

OBSERVATIONS AND RESULTS

For this VASADI GHRITA ASCHYOTANA was used in 15 patients of Arjuna.

Table 1: Table showing relief in symptoms Before Treatment and After Treatment

Patient No.	Netra Daha		Netra Toda		Prakash Asahatva		Netra Araktata		Netra Shopha	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
1	3	1	2	0	2	0	3	1	2	0
2	2	1	2	0	1	0	2	0	1	0
3	2	0	3	1	2	1	3	1	2	0
4	3	1	2	1	1	0	2	1	2	1
5	3	1	2	0	2	0	3	1	1	0
6	2	0	2	1	2	1	3	0	2	0
7	2	0	3	0	2	0	2	0	1	1
8	2	0	2	1	2	0	3	1	2	0
9	2	1	2	1	1	1	3	1	2	0
10	2	1	2	1	1	0	2	1	1	1
11	3	0	2	0	2	1	3	1	2	0
12	2	1	3	1	2	0	2	1	2	0
13	2	1	2	1	2	1	3	0	2	1
14	2	0	2	0	1	0	3	1	1	0
15	3	1	2	1	2	0	3	1	2	0

Table 2: Effect of Vasadi Ghrita Aschyotana on Clinical Parameters (n = 15)

Sr. No.	Clinical Parameter	BT (Mean \pm SD)	AT (Mean \pm SD)	Mean Difference	% Relief	Statistical Significance
1	Netra Daha (Burning Sensation)	2.20 \pm 0.68	0.60 \pm 0.51	1.60	72.72%	P < 0.05
2	Netra Toda (Pain & Foreign Body Sensation)	2.00 \pm 0.75	0.53 \pm 0.52	1.47	73.50%	P < 0.05
3	Prakash Asahatva (Photophobia)	1.80 \pm 0.77	0.40 \pm 0.50	1.40	77.77%	P < 0.05
4	Netra Araktata (Redness of Eye)	2.60 \pm 0.63	0.80 \pm 0.56	1.80	69.23%	P < 0.05
5	Netra Shopha (Swelling of Eyelid)	1.73 \pm 0.70	0.33 \pm 0.49	1.40	80.92%	P < 0.05

Since the calculated p-value is less than 0.05 ($p < 0.05$) for all the assessed clinical parameters, there is strong statistical evidence to reject the null hypothesis.

A statistically significant difference was observed between the Before Treatment (BT) and After Treatment (AT) scores in all parameters.

This indicates that Vasadi Ghrita Aschyotana has a significant therapeutic effect in the management of Arjuna (Subconjunctival Haemorrhage).

Table 3: Overall Effect of Therapy

Effect	Criteria	No. Of Patients	Percentage
Marked Improvement	>75% relief	6	40%
Moderate Improvement	50–75% relief	7	46.67%
Mild Improvement	25–50% relief	2	13.33%
No Improvement	<25% relief	0	0%

DISCUSSION

Arjuna (Subconjunctival Haemorrhage) is characterized by localized redness of the eye associated with mild discomfort, burning sensation, and occasionally photophobia. In this study, Vasadi Ghrita Aschyotana was administered in 15 patients to evaluate its therapeutic efficacy.

The results show statistically significant improvement in all clinical parameters after treatment with Vasadi Ghrita Aschyotana. Maximum relief was observed in Netra Shopha (80.92%), followed by Prakash Asahatva (77.77%), indicating strong anti-inflammatory and soothing action. Significant reduction in Netra Araktata (69.23%) suggests its role in controlling subconjunctival haemorrhage. Overall, the therapy demonstrated consistent efficacy across both subjective and objective parameters.

PROBABLE MODE OF ACTION

Ghrita acts as a Yogavahi (catalytic carrier), enhancing drug absorption through ocular tissues.

It provides lubrication and nourishment to ocular structures.

The ingredients of Vasadi Ghrita possess anti-inflammatory, cooling, and healing properties, which help in reducing

congestion, irritation, and vascular fragility.

The Aschyotana procedure ensures direct drug delivery, leading to faster therapeutic action.

CONCLUSION

From the present clinical study, it can be concluded that:

Vasadi Ghrita Aschyotana is effective in the management of Arjuna (Subconjunctival Haemorrhage). Significant improvement was observed in burning sensation, pain, photophobia, redness, and swelling.

The therapy is safe, well-tolerated, and easy to administer.

Maximum relief was observed in Netra Shopha and Prakash Asahatva, indicating strong antiinflammatory and soothing effects.

The results are statistically significant, validating the therapeutic potential of the formulation

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