

A clinical study on the effect of *Nasya* and *Anjana Karma* in the management of *Kācha* with special reference to Immature Senile Cataract

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Abstract

Shalakyā Tantra deals with diseases occurring above the clavicle, especially in the sensory organs. The disorders which cause partial or complete visual disturbances are known as *Drishtigata Roga*. According to *Vagbhata*, the third *Patalagata Timira* is known as *Kācha* which is characterized by gradual loss of vision and *Rāgaprāpta Drishti*. In cataract, the crystalline lens become colored due to opacifications and the main feature of immature cataract is gradual diminution of vision. Hence the third *Patalagata Timira* can be correlated with the Immature Senile Cataract. Cataract is the world's leading cause of blindness affecting an estimated 20 million people which is expected to increase to 50 million by the year 2020. Current study was carried out with the aim of evaluating the role of *Navapatala Varti Anjana*, *Śatāvaryādi Chūrṇa* and *Śrīngaverādi Nasya* in the management of *Kācha*. A trial was conducted with 30 patients attending the Shalakyā Department of NIA, Jaipur as per the exclusion and inclusion criteria. Assessments were done before (BT) and after (AT) completion of treatment and after the follow up period using SPSS 2016. Perturbed vision, blurred distant vision and eye straining achieved highly significant results and significant results in blurred near vision, diplopia. Statistically highly significant results were found in Posterior Subcapsular (PSC) and nuclear types of cataracts and statistically significant results in cortical type as compared to BT Vs. AT while PSC achieved highly significant results and other two types found statistically significant results as compared to AT Vs after the follow up period. Hence immature cataract can be successfully and sustainably managed by the selected medicines.

Keywords: *Navapatala Varti Anjana*, *Śatāvaryādi Chūrṇa*, *Śrīngaverādi Nasya*

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