

Clinical efficacy of *Haridrādi Ashcyotana* (herbal eye drop) in the management of *Abhishyanda* with special reference to bacterial conjunctivitis

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Abstract

Abhishyanda is an inflammatory condition of the eye where *Pittaja*, *Kaphaja* and *Raktaja* *Abhishyanda* are compared with bacterial conjunctivitis. Bacterial conjunctivitis is a common presentation in general practice which can account for over 60% of all conjunctivitis cases and unsuccessful treatment may lead to many adverse effects. The present study was conducted to study the efficacy of *Haridrādi Ashcyotana* with its anti-inflammatory and anti-bacterial potentials in the management of *Abhishyanda* with special reference to bacterial conjunctivitis. The study was conducted in the OPD of Ayurveda Teaching Hospital, Borella. Consecutive convenience sampling method was applied to register the study population of 20 patients of either sex, aged between 10 – 70 years with signs and symptoms of bacterial conjunctivitis. *Haridrādi Ashcyotana* was instilled to the affected eye/s as two drops three times a day until the clinical and microbial resolution with the follow up. Data analysis was done using SPSS 16.0 by t-Test: Two-sample assuming equal variances. Level of significance was set at $p < 0.05$. Standardization of *Haridrādi Ashcyotana* was conducted to address the quality control parameters and the safety profile. *Haridrādi Ashcyotana* was proved for the antibacterial property against *Staphylococcus aureus* and *Escherichia coli* by conjunctival swab culture analysis. Digital photography justified the absence of inflammatory spectra and thus proved the anti-inflammatory effects. *Haridrādi Ashcyotana* revealed highly significant 'p' values ($p < 0.001$) with 100% remission of all inflammatory features as *Netra srava* (lacrimation), *Raktata* (redness), *Kandu* (itching) and *Upadeha* (matting). Global efficacy / total mean days for complete remission was 4.45. The side effects or drug related effects were not observed and the tolerability was satisfactory. *Haridrādi Ashcyotana* was a safe, sterile, quick relieving and effective poly herbal eye drop for all ages with its anti-inflammatory and anti-bacterial potentials. Thus it can be concluded that *Haridrādi Ashcyotana* is effective in the management of *Abhishyanda* with special reference to bacterial conjunctivitis which can be used in the treatment of infectious eye diseases.

Keywords: *Haridrādi Ashcyotana*, *Abhishyanda*, bacterial conjunctivitis

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