

Ayurvedic Management of Subconjunctival Haemorrhage: A Single Case Report

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Abstract:

Subconjunctival haemorrhage is a very common phenomenon that may result from surgery, conjunctivitis and trauma (from minor unnoticed to severe skull base), but is often idiopathic and apparently spontaneous, particularly in older patients. The bleed is usually asymptomatic until noticed by the patientⁱ. It gets absorbed by itself within 2 or 3 weeks considering cold compression in the initial stages, artificial tears- if mild ocular irritation is present and by avoiding aspirin and NSAIDsⁱⁱ. According to *Ayurveda*, the disease *Arjuna*, one among the *Suklagata Roga* is presented as *Neeruk* (without pain), *Slekshna* (slimy) and *Sasalohita Lohita Bindu* (reddish spot as blood of rabbit).ⁱⁱⁱ The symptoms of both *Arjuna* and subconjunctival haemorrhage appears to be similar. *Pittahara* is the line of management of *Arjuna*. This case report discusses ayurvedic management of subconjunctival haemorrhage with *Kumari Pindi*, and *Yastimadhu-Lodra Netrapariseka*. *Kumari*, *Yastimadhu* and *Lodra* being *Chakshushya* and with *Pittasamana* property helped out in complete resolution of subconjunctival haemorrhage with 5 days of *Netrakriyakalpa Pindi* and *Seka* giving significant result.

Keywords: Subconjunctival Haemorrhage, Arjuna, Kumari Pindi, Yastimadhu Lodra Netrapariseka

Introduction

Subconjunctival haemorrhage is a very common phenomenon that may result from surgery, conjunctivitis and trauma (from minor unnoticed to severe skull base), but is often idiopathic and apparently spontaneous, particularly in older patients. The bleed is usually asymptomatic until noticed by the patient or others; a momentary sharp pain or a snapping or popping sensation is sometimes felt. Coughing, sneezing and vomiting are common precipitants. In younger people contact lens wear is a common association, and in older individuals systemic vascular disease is prevalent, especially hypertension, and blood pressure should be checked. A local ocular cause should be ruled out by slit lamp examination. Bleeding diathesis are a very rare association, but vitamin C deficiency and abusive trauma should always be considered in infants. The vision is usually unaffected unless a substantially elevated haemorrhage leads to a large localized corneal wetting deficit (dellen), which is often uncomfortable. A large bleed can track into the eyelids. Spontaneous resolution over a week or two is typical, but two or three narrowly spaced episodes are not uncommon.^{iv}

According to *Ayurveda*, the disease *Arjuna*, one among the *Suklagata Roga* is presented as *Neeruk* (without pain), *Slekshna* (slimy) and *Sasalohita Lohita Bindu* (reddish spot as blood of rabbit).^v The symptoms of both *Arjuna* and subconjunctival haemorrhage appears to be similar. *Arjuna* is a *Raktha* predominant condition and hence *Pitta Raktha Samana* is the line of management of *Arjuna*. According

to *Ayurveda* classic *Bhavaprakasha Nighantu*, *Kumari* (Aloe vera) is *Sheetha*, *Thikta*, *Netrya*, *Rasayana*, *Madhura*, *Bhrimhana*, *Balya*, *Vrishya* and is having *PittaRaktaAamayaghna* property.^{vi} Also, according to *Bhavaprakasha Nighantu*, *Yastimadhu* is *Hima*, *Swadhu*, *Chakshushya*, *Snigdha*, and *Pittaanilaasrajit*.^{vii} Likewise, according to *Bhavaprakasha Nighantu*, *Lodra* is *Laghu*, *Seetha*, *Chakshushya*, *Grahi*, *Kashaya*, *Rakthapittahrit*, and *Sophahrit*.^{viii} Considering these properties of *Kumari*, *Yastimadhu* and *Lodra*, these drugs were selected for the management of subconjunctival haemorrhage. *Ayurveda* classics have detailed about various *Netra Kriyakalpas* for enhancing the health of *Netra*. In *Saranghadhara Samhita*, *Acharya* have explained 7 *Netra Kalpanas*. They are *Seka*, *Aschotana*, *Pindi*, *Bidalaka*, *Tarpana*, *Putapaka*, and *Anjana*^{ix}.

Here, in this case of subconjunctival haemorrhage, considering the properties of *Kumari*, *Yastimadhu*, *Lodra* and the properties of *Netra Kriyakalpa Pindi* and *Seka*, *Pindi* with *Kumari* along with *Netra Pariseka* with *Yastimadhu* and *Lodra* were selected for the management of subconjunctival haemorrhage.

Case report

A female patient aged 45yrs, who was apparently normal till one day before she consulted our eye OPD. She came to our eye OPD with the complaint of acute onset of redness of right eye with mild discomfort in her right eyes after waking up from sleep. On enquiry, it was found that the patient was undergoing some mental stress for last 2 days. She came to our eye OPD for better management of her complaints.

History Of Past Illness

Dengue fever- in 2012

Similar complaints – 5 years back

Family History

Nothing specific

Personal History

Bowel- Regular

Appetite- Good

Micturition- 5-6 times/day

Sleep- Sound

Ashtasthana Pareeksha

Nadi – 76/min

Mutra – 4-6times/day

Mala – *Samyak*

Jihwa- *Aliptha*

Sabdha – *Prakrutha*

Sparsha – *Anushna sheetha*

Druk – *Rakthalochana*

Akruthi- *Madyama*

Eye Examination

Torch Light Examination- Day 1

Parts	Right Eye	Left Eye
Lids	Normal	Normal
Conjunctiva	Palpebral conjunctiva – mildly congested Bulbar conjunctiva- highly congested, signs of subconjunctival haemorrhage	Palpebral conjunctiva - normal Bulbar conjunctiva- normal
Cornea	Normal	Normal
Pupil	Normal size, Normal reaction	Normal size, Normal reaction
Lens	Immature cataract	Immature cataract

Slit Lamp Examination- Day 1

Parts	Right Eye	Left Eye
Lids	Normal	Normal
Palpebral conjunctiva	Mildly congested	Normal
Bulbar conjunctiva	Subconjunctival haemorrhage	Normal
Cornea	Normal	Normal
Pupil	Normal size, Normal reaction	Normal size, Normal reaction
Lens	Immature cataract	Immature cataract

Therapeutic Intervention

No	Drug	Mode of use	Dose	Anupana	Duration	Date
1	<i>Kumari</i> (pulp)	<i>Netrapindi</i>			5 days	25.06.2024 to 29.06.2024
2	<i>Yastimadhu Choorna</i> (3gm) + <i>Lodra Choorna</i> (3gm)	<i>Netrapariseka</i>	200 <i>Matra</i>		5 days	25.06.2024 to 29.06.2024
3	<i>Avipathi Choorna</i>	<i>Pana</i>	5gm -HS	Luke warm water	5 days	25.06.2024 to 29.06.2024

Kumari Pindi



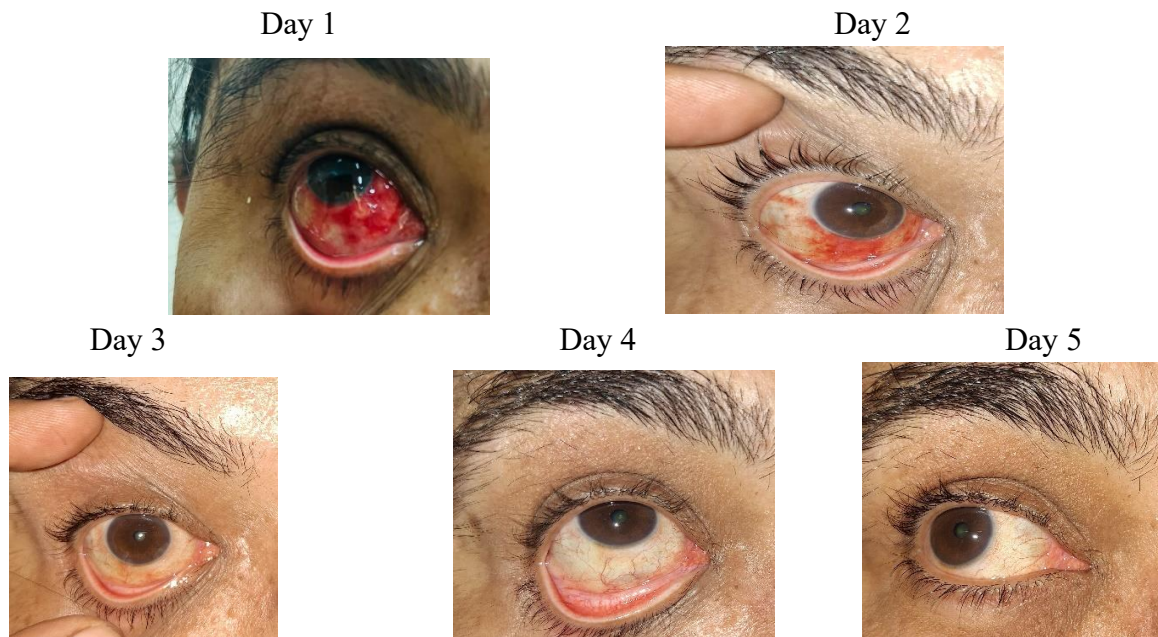
Netrapariseka



Pathyaapathya

Patient was strictly advised not to take *Amla Katu Pradhana Ahara*, fermented food items, curd, pickles, other sour and spicy food items and to avoid touching eyes. Patient was advised to take light easily digestible food items.

Therapeutic Management



Result

There was complete relief in the redness and discomfort in the right eye. 5 days of treatment with *Kumari Pindi* and *Netrapariseka* with *Yastimadhu* and *Lodra* helped in complete resolution of subconjunctival haemorrhage.

Torch Light Examination- Day 5

Parts	Right Eye	Left Eye
Lids	Normal	Normal
Conjunctiva	Palpebral conjunctiva – Normal Bulbar conjunctiva- Normal	Palpebral conjunctiva – Normal Bulbar conjunctiva- normal
Cornea	Normal	Normal
Pupil	Normal size, Normal reaction	Normal size, Normal reaction
Lens	Immature cataract	Immature cataract

Slit Lamp Examination- Day 5

Parts	Right Eye	Left Eye
Lids	Normal	Normal
Palpebral conjunctiva	Normal	Normal
Bulbar conjunctiva	Normal	Normal
Cornea	Normal	Normal

Pupil	Normal size, Normal reaction	Normal size, Normal reaction
Lens	Immature cataract	Immature cataract

Discussion

Subconjunctival haemorrhage is a very common phenomenon that may result from surgery, conjunctivitis and trauma (from minor unnoticed to severe skull base), but is often idiopathic and apparently spontaneous, particularly in older patients. The bleed is usually asymptomatic until noticed by the patient or others; a momentary sharp pain or a snapping or popping sensation is sometimes felt. The vision is usually unaffected unless a substantially elevated haemorrhage leads to a large localized corneal wetting deficit (dellen), which is often uncomfortable. Spontaneous resolution over a week or two is typical. According to *Ayurveda*, the disease *Arjuna*, the *Suklagata Roga* is presented as *Neeruk* (without pain), *Slekshna* (slimy) and *Sasalohita Lohita Bindu* (reddish spot as blood of rabbit). The symptoms of both *Arjuna* and subconjunctival haemorrhage appears to be similar. *Arjuna* is a *Raktha* predominant condition and hence *Pitta Raktha Samana* should be the line of management of *Arjuna*. *Kumari*, *Yastimadhu* and *Lodra* being *Chakshushya*, *Seetha* and *Pittasamana*; they were selected as drug of choice for the management of subconjunctival haemorrhage. *Netrapariseka* and *Pindi* being ideal *Netrakriyakalpa* for resolving subconjunctival haemorrhage, *Kumari Pindi* and *Yastimadhu Lodra Netrapariseka* were done for the management of subconjunctival haemorrhage.

Conclusion

This single case report concludes that Ayurvedic management with medicines and *Netrakriyakalpas* offers excellent result within 4-5 days in the treatment of subconjunctival haemorrhage. This protocol should be evaluated in more number of patients for its scientific validation.

ADR Declaration

No adverse drug reaction was noticed during the treatment and follow up period.

Limitation of Study

As above mentioned, this being a single case report, there is need of study in larger population for establishing good protocol.

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