

Ayurvedic Management of Anjananamika (External Hordeolum-Stye): A Single Case Report

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ABSTRACT

Introduction External Hordeolum (stye) is an infection of the glands of zeis located near the margin of eyelid at the base of the eyelashes. The bacterial infection of *Staphylococcus aureus* is the most common cause. While hordeolum is very common, the exact incidence is unknown. Every age and demographic is affected, although the frequency is slightly higher in patients between the ages of 30 and 50. Symptoms of external hordeolum include acute pain with swelling of the eyelid, mild watering, and photophobia. on the basis of symptoms, it can be correlated with *Anjananamika* in ancient *Ayurveda* text. *Acharya Sushruta* states that the symptoms of *Anjananamika* (external hordeolum) are- a *Daha* (burning sensation), *Toda* (pricking sensation), *Tamra pidika* (coppery-coloured bump), associated with *Mrudvi* (soft), *Manda Ruja* (mild pain) and *Sukshma* (small), at *Vartmapradesha* (eyelid margin). The line of treatment for *Anjananamika* (external Hordeolum) includes: *Swedana* (hot compression), *Nishpidana* (pressure applied to drain out pus), *Pratisarana* (rubbing of medicaments over the lids), if pus point not appear than *Bhedana* (incision), *Pratisarana* (rubbing of medicaments over the lids), *Anjana* (collyrium), and *Raktamokshana* (bloodletting).

Aim: In the present case report we tried to evaluate the efficacy of Ayurveda local as well as systemic treatment in *Anjananamika* (external Hordeolum).

Materials and Methods: The subject approached *Shalakyatantra* OPD with complaints of visible pus points with swelling, mild pain, burning sensation, itching, redness, and watering in the eye (right eye) since 3 days. Local application *Mukkadi Yoga Bidalaka* with oral medications as *Kaishora Guggulu* and *Gandhaka Rasayana* were prescribed for the treatment of the mentioned complaints for 8 days.

Results: This case study indicates the significance of *Ayurvedic* management in *Anjananamika* (External Hordeolum), which was confirmed by improvements in subjective parameters and slit light examination findings.

Conclusion: In this case study *Mukkadi Yoga Bidalaka*, *Kaishore guggulu* and *Gandhakararasayana* were found to be effective in reducing signs and symptoms, and significant results were seen in 15 days in *Anjananamika* (External Hordeolum).

Keywords: *Anjananamika*, *Bidalaka*, External hordeolum, Stye.

INTRODUCTION

Acharya Sushruta described 76 types of eye diseases.¹ *Anjananamika* (external hordeolum) is one of these 21 *Vartmagata Roga* and *Raktaja Bhedana Sadhya Vyadhi*.² *Acharya Sushruta* states that the symptoms of *Anjananamika* are- a *Daha* (burning sensation), *Toda* (pricking sensation), *Tamra pidika* (coppery-coloured bump), associated with *Mrudvi* (soft), *Manda Ruja* (mild pain) and *Sukshma* (small), at *Vartmapradesha* (eyelid margin).³ *Acharya Vagbhatta* has described the characters of *Pidika* (bump) as: *Pidikas* (bump) produced by *Rakta*, which are situated in the *Madhye or Vartmano Ante* (middle or at the end of the eyelids). In addition to *Ruja* (pain) and *Usha* (burning sensation), there will be *Kandu* (itchy sensation) also. *Pidikas* are *Sthira* (adhere to the eyelids) and have a size and form similar to *Mudgamatra* (green grams). *Acharya Adhamalla* has described these *Pidika* as fragile- *Komala*.⁴ General *Samprapti* (pathogenesis) is described by *Acharya Sushruta* for *Netraroga*, which is also applicable to the disease *Anjananamika*. When the vitiated *Pitta Dosha* in combination or individually enters the vessels of the eyelid further vitiation occurs due to *Kha-Vaigunya* (functional and structural deformity) at eyelid, resulting in an increase vitiation of *Mamsa* and *Rakta Dhatu*, and then quickly producing lid diseases.⁵ The line of treatment in the *Amajavastha* (stage of cellulitis), includes *Swedana* (hot compression), *Anjana* (colloryim), and *Raktamokshana* (bloodletting) and in stage of abscess, includes *Bhedana* (incision by small-knife), *Nishpidana* (pressure applied to drain out pus), and *Pratisarana* (rubbing of medicaments over the lids)⁶.

External hordeolum (stye) is an infection of the apocrine sweat glands of Moll or the sebaceous glands of Zeis near the margin of the eyelid at the base of the eyelashes. External styes are formed on the exterior of the lids and appear as small red bumps. Internal styes are infections of the meibomian (sebaceous glands) lining the inside of the eyelids. They also cause a red bump underneath the lid, with only generalized redness and swelling visible on the outside.⁷ The bacterial infection of *Staphylococcus aureus* or obstruction of an oil gland at the base of the eyelashes are the most common causes of the condition. While hordeolum are very common, the exact incidence is unknown. Every age and demographic is affected, although there is a slight increase in incidence in patients ages 30 to 50 years.⁸ Styes can be caused by poor nutrition, sleep deprivation, or rubbing of the eyes. Using the same razor to shave facial hair and the area around one's eye should be avoided to prevent spreading the infection between individuals. Treatment in modern science includes hot compresses in the stage of cellulitis, the evacuation of pus, rarely surgical excision, antibiotic eye drops, eye ointment, systemic anti-inflammatory

¹Vaidya Yadavji Trikamaji Acharya, *Sushruta Samhita*, Chaukhambha Sanskrit Sansthan, Varanasi, 2015, Uttar Tantra, chapter 7/46, pp 609.

²Vaidya Jadvji Trikamaji Acharya, *Sushrut Samhita*, Chaukhambha Sanskrit Sansthan, Varanasi, 2015, Uttar Tantra, chapter 1/32, pp 598.

³Sushruta, *Sushruta Samhita*, with Sri Dalhan acharyateeka, edited by Narayan Ram Acharya Kavyathirtha, Chaukhambha orientalia, Varanasi, reprint edition-2009, Uttaratantra 18th chapter, Verse-6, pg-600, pp-824.

⁴Professor Udayshankar-Text book of Shalakyatantra, Chaukhambha orientalia, Varanasi, 1st Edition-2012, pg-289-290, pp-744.

⁵Vaidya Jadvji Trikamaji Sanskrit Sansthan, Varanasi, 2015, Uttar Tantra, chapter 3/4, pp 599.

⁶Shrilakshmi pati shastri; Yogrtnkar Vidyotini hindi commentary, Sarva netraroga chikitsa (*Vartma pakshmaja chikitsa/2,3,4*), Chaukhmba Prakashan, Varanasi.

⁷Brad Bowling, Kanski's Clinical ophthalmology A Systematic approach. 8th edition, London. Butterworth Heinemann. 2003. Pg-31, pp-917.

⁸<http://www.ncbi.nlm.nih.gov>.

medications, and analgesics to relieve pain and reduce edema.⁹ On the basis of sign and symptoms of External hordeolum (stye) it can be considered under the concept of *Anjananamika* in Ayurveda.

PATIENT INFORMATION

A 50-year-old female patient came to *Shalaky Tantra* OPD on March 1, 2024. According to the patient, she was apparently well before 3days, then she noticed a visible small pus point with swelling on the lateral 1/3 of the upper eyelid of the right eye with mild pain that is continuous after that burning sensation, itching, redness, and watering from the right eye since 2days, which gradually increases. She hadn't taken any treatment for the present complaint. So, she came here for further *Ayurvedic* management.

HISTORY OF PAST ILLNESS

No any history found related to diabetes and hypertension.

FAMILY HISTORY

No any family history found related to stye.

PERSONAL HISTORY

Patient's *Nadi* (pulse) was *Vata Pradhan Kapha Anubandha* (72/min), *Mutra* (micturition) was *Samyaka* (5-6 times/day), *Mala* (bowel) was also *Samyaka* (once a day), *Shabda* (sound), and *Sparsha* (touch) were *Prakruta* (normal). *Jihwa* (tongue) was *Lipta* (coated) ,and *Drik* (vision) was *Aawila Darshana*, *Akriti* (built) was *Mahyama* (normal). She had *Vata-Pitta Prakriti* (normal body constitution), *Madhyama Samhanana* (average compactness of body), *Sama Pramana* (symmetrical proportion of body parts), *Alpa Satva* (low mental temperament), *Madhyama Satmya* (medium habitual intake of items), *Madhyama Ahara Shakti* (average digestive capacity), *Madhyama Vyayama* (medium strength), and *Madhyama Vaya* (middle age). There was no history of addiction to tobacco or caffeinated beverages. General physical examination and vital signs were within normal limits.

ON EXAMINATION OF EYE

BEFORE TREATMENT (1/3/2024)

On examination, unaided distant visual acuity (DVA) was 6/9 in the left eye and 6/6 in the right eye. A pinhole examination showed 6/6 in both the eyes. Aided near visual acuity was N6 in both eyes. On torch light examination of bilateral eyes, normal findings for the left eyelid, left palpebral conjunctiva, bulbar conjunctiva, cornea, pupil, and lense, whether swelling with pus point present on the right upper eyelid and congestion present on the upper palpebral conjunctiva of the right eye. Slit light examination (SLE) of both eyes showed normal findings for eyelashes, left eyelid, left palpebral conjunctiva, bulbar conjunctiva, cornea, pupil, and lense. the right upper eyelid showed swelling with a small pus point present on lateral 1/3rd of lid margin and congestion present on the upper and lower palpebral conjunctiva.

⁹AK Khurana & Aruj K Khurana. Comprehensive Ophthalmology. 6th edition. New Delhi. Jaypee Brothers Medical Publishers (P) Ltd.pp-623, pg- 368, pp-623.

TREATMENT –

Table No.1: Treatment advised from (1/03/2024 to 15/03/2024).

NO. OF VISITS	DATE	SIGN AND SYMPTOMS WITH GRADING	TREATMENT ADVISED
First visit	1/03/2024	1.Toda (Pricking Pain)- Grade 2 2.Daha (Burning Sensation)-Grade 2 3.Kandu (Itching)- Grade 2 4.Sthira (Immovable)- Grade 2 5.TamraVarna (Coppered Colour)- Grade 2 6.Redness on lower palpebral conjunctiva-Grade 3 7.Swelling on upper palpebral conjunctiva-Grade 3 8.Pitika (Small pus point on upper eyelid margin)- Grade 3	Oral medication- 1) <i>Kaishora Guggulu</i> - 500mg BD-AF, with luke warm water. 2) <i>Gandhaka Rasayana</i> 250mg BD-BF, with lukewarm water. Local application- 3) <i>Bidalaka-Mukkadi Yoga</i> mix with lukewarm water- 2times for first 1days and 1time per day for next 2days.
Second visit	4/03/2024	Mild improvement in whole subjective parameters. No any fresh complain found.	Patient was advised to continue the same treatment.
Third visit	8/03/2024	Moderate improvement in whole subjective parameters. No any fresh complain found.	Patient was advised to take only oral medicines.
Fourth visit	15/03/2024	Significant improvement in subjective and objective parameters. Mild swelling was persist on upper eyelid. No any fresh complain found. 1.Toda (Pricking Pain)- Grade 0 2.Daha (Burning Sensation)- Grade 0 3.Kandu (Itching)- Grade 0 4.Sthira (Immovable)- Grade 0 5.TamraVarna (Coppered Colour)- Grade 0 6.Redness on lower palpebral conjunctiva-Grade 0 7.Swelling on upper palpebral conjunctiva-Grade 1 8. <i>Pitika</i> (Small pus point on upper eyelid margin)- Grade 1	Patient was advised to stop all medicines and continue hot fomentation.

FOLLOW UP

Follow up for 8days at the interval of 4days. After completion of treatment, the patient was followed up for 7 days. Patient was completely free from the previous signs and symptoms and no any new complaints were found during the 7th day of follow up.

OBSERVATION AND RESULTS

Assessment of signs and symptoms of Stye (*Anjananamika*) before and after treatment (Table 2)

Table 2 : Changes in signs and symptoms during each visit.

S.no.	Signs and Symptoms	1 st visit on 1/03/2024	2 nd visit on 4/03/2024	3 rd visit on 8/03/2024	4 th visit on 15/03/2024
1.	<i>Pitika</i> (Pus point)	3 Grade	2 Grade	1 Grade	1 Grade
2.	<i>Daha</i> (Burning Sensation)	2 Grade	1 Grade	1 Grade	0 Grade
3.	<i>Kandu</i> (Itching)	2 Grade	1 Grade	1 Grade	0 Grade
4.	<i>Toda</i> (Pricking Pain)	2 Grade	1 Grade	1 Grade	0 Grade
5.	<i>Sthira</i> (Immovable)	2 Grade	1 Grade	1 Grade	0 Grade
6.	<i>Tamra Varna</i> (Coppered Colour)	2 Grade	1 Grade	1 Grade	0 Grade
7.	Tenderness	2 Grade	1 Grade	1 Grade	0 Grade
8.	Congestion	3 Grade	2 Grade	1 Grade	0 Grade
9.	Swelling	2 Grade	1 Grade	1 Grade	1 Grade

Figure:

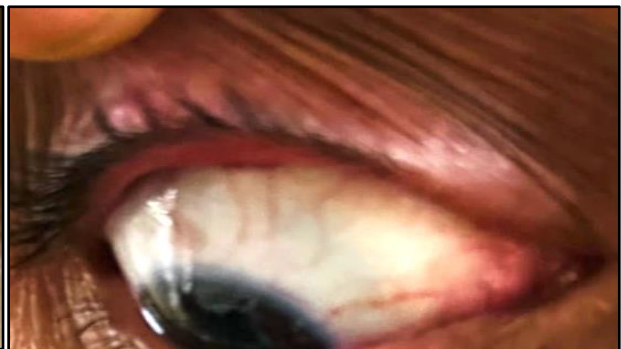
Figure-1: Before Treatment (01/03/24)

Figure-2: After Treatment (15/03/24)

Figure-1



Figure-2



DISCUSSION

The *Anjanamika* (external hordeolum) is *Raktaja Bhedana Sadhya Vyadhi*. The treatment protocol for the *Amajavastha* (stage of cellulitis), includes *Swedana* (hot compression), *Anjana* (colloryim), and *Raktamokshana* (bloodletting) and the stage of abscess, includes *Bhedana* (incision by small-knife), *Nishpidana* (pressure applied to drain out pus), *Pratisarana* (rubbing of medicaments over the lids)¹⁰. According to *Acharya Sushruta*, when the vitiated *Pitta Dosha* in combination or individually enter

¹⁰Shrilakshmi pati shastri; Yogratnkar Vidyotini hindi commentary, *Sarva netraroga chikitsa* (Vartma pakshmaja chikitsa/ 2,3,4), Chaukhmba Prakashan, Varanasi.

the vessels of eye lid cause further vitiation due to *Kha-Vaigunya* (functional and structural deformity) at eyelid, resulting in an increase of *Mamsa* and *Rakta Dhatu*, and then quickly produces *Anjananamika* (external hordeolum). As the symptoms of *Anjananamika* (external hordeolum) are - a *Daha* (burning sensation), *Toda* (pricking sensation), *Tamra pidika* (coppery-coloured bump), associated with *Mrudvi* (soft), *Manda Ruja* (mild pain) and *Sukshma* (small), at *Vartmapradesha* (eyelid margin)¹¹ so *Mukkadi Bidalaka Yoga*¹² as local treatment is useful for inflammatory signs and symptoms of the eye i.e. *Sopha* (swelling), *Ruja* (pain), *Daha* (burning), *Raga* (redness).¹³ *Mukkadi Yoga Bidalaka* having *Raktapittahara*, *Shothahara*, *Dahagna*, *Vranahara*, and *Chakshushya* properties. As *Kaishore Guggulu* is indicated in *Shotha* (oedema) and *Mandagni* (due to influence of *kapha*)¹⁴, and the combination and properties of the drugs in the preparation shows the clearing the *Margaavarana*¹⁵ which also decrease in *Shotha* (oedema) and *Ruja* (Pain). The drugs in *Gandhakarasyana* having *Chakshushya*, *Shothaghna*, and *Ropana*¹⁶ properties, which will decrease inflammatory sign and symptoms and *Ropanakarama* (healing) of *Pidika* (coppery-coloured bump). *Mukkadi Bidalaka Yoga*, *Kaishore guggulu* and *Gandhakarasyana* in *Anjananamika* (external hordeolum) were found to be effective in reducing signs and symptoms, and significant results were seen in 15 days. No adverse or toxic effects were observed during or after the completion of the treatment. *Anjananamika* (external hordeolum) can be treated with a combination of oral medicines and *Netra Kriyakalpa* procedure like *Bidalaka* successfully helps in the management of *Anjananamika* (external hordeolum) and also prevent the recurrence of the disease.

CONCLUSION

The overall effects of drugs are antiseptic, antimicrobial, and antibacterial, along with their anti-inflammatory actions, have given good results by reaching the target tissue. Therefore, *Mukkadi Bidalaka* and all the oral medications above can be used safely and effectively in the treatment of *Anjananamika* (External hordeolum). The recovery in the present case was promising and worth documenting.

Assessment Criteria¹⁷:

Subjective Parameters

Table No.3: Criteria for assessment of result

S.no.	Signs and Symptoms	Normal	Mild	Moderate	Severe
1.	<i>Pitika</i> (Eruption)	0	1	2	3
2.	<i>Daha</i> (Burning Sensation)	0	1	2	3
3.	<i>Kandu</i> (Itching)	0	1	2	3

¹¹Sushruta, Sushruta Samhita, with Sri Dalhan acharyateeka, edited by Narayan Ram Acharya Kavyathirtha, Chaukhambha orientalia, Varanasi, reprint edition-2009, Uttarantra 18th chapter, Verse-6, pg-600, pp-824.

¹²Krishnan Vaidyan K.V. & S. Gopala Pillai, Sahasrayogam, 33rd edition, Vidyarambham Publishers, Mullakkal, Alappuzha; Feb 2015, page no. 381.

¹³Krishnan Vaidyan K.V. & S. Gopala Pillai, Sahasrayogam, 33rd edition, Vidyarambham Publishers, Mullakkal, Alappuzha; Feb 2015, page no. 381.

¹⁴Siddhanandan Mishra, Bhaishajya Ratnavali, Chaukhamba publishing house, chapter 27, Vataraktadhikar, pg no. 582.

¹⁵Acharya Shri Madhava. Ayurveda Prakasha. Edited with the Arthavidyotini and Arthaprakashini Sanskrit and Hindi Commentaries by Shri Gulrajsharma M. Chaukhamba Bharati Academy. Varanasi. reprint 2014; SaptamaGandhakaKalpa 2/46-50. P-268.

¹⁶Siddhinandan Mishr, Bhaishajya Ratnavali, Chaukhamba publishing house, chapter 27, Vataraktadhikar, pg no. 582.

¹⁷Dr. Nikita Baghel et al, Recurrence of Styte in a Diabetic Patient, A single case study, Int J Ayu Pharma Chem.

4.	<i>Toda</i> (Pricking Pain)	0	1	2	3
5.	<i>Sthira</i> (Immovable)	0	1	2	3
6.	<i>Tamra Varna</i> (Coppered Colour)	0	1	2	3
7.	Tenderness	0	1	2	3
8.	Congestion	0	1	2	3
9.	Swelling	0	1	2	3
10.	Visible Pus point	0	1	2	3