

The effect of *Chatur Sneha* in the management of *Netra roga*

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Abstract

The five main sensations obtained from the sensory organs are the taste, fragrance, vision, sound, and touch. From these senses, the vision is very important and it is perceived by the eyes located in head region. Any disturbances to this area lead for the mismanagement of day to day activities. *Mahasneha* is widely used in the management of *Urdhvajathrugatha roga* because it has *Snigdakaraka*, *Jeevana hita*, *Varnakaraka* and *Bala-pushti Vardhaka Guna*. *Grtha*, *Taila*, *Vasa* and *Majja* are the four types of *Mahasneha*. The aim of this study was to find out the mostly used drug and its qualities among *Chatur Sneha* in treating *Netra Roga*. This study was carried out as a literary review. The study consisted of two steps. Primary data were collected through *Bruhatrayee*, while secondary study was done to find out the values and qualities of widely used *Maha sneha* and to understand the rationale behind *Maha Sneha* in the treatment of *Netra Roga*. *Ayurveda* and modern books and World Wide Web were used to collect secondary data. In *Akshi Roga Cikitsa*, according to *Carakasamhita*, there are 6 external applications using *Grita*. *Vidalaka*, *Rasakriya* and *Anjana* mentioned in *Carakasamhita* use *Grita*. According to *Susruta Samhita* there are 8 internal applications and 31 external applications in *Chatur Sneha*. Among internal applications *Grita* is included in 87% applications. Among external applications it is 80%; *Anjana* and 13% *Ashchotana* formulas of Ghee. According to *Ashtanga Hridaya Samhita*, *Chatur Sneha* is used in 22 external applications and 14 internal applications. Ghee is the main drug of over 80% external applications. *Anjana* (65%) and *Tarpana* (15%) are the major external applications which include ghee. Therefore, it can be concluded that, according to *Brhatrayee*, ghee is the mostly used *Sneha* among *Chatur Sneha* in treating *Netra Roga* internally and externally. Ghee possesses *Yogavahi* and *Sanskara Anuvartana Guna* and increases absorption efficiency in lipid media.

Key words: *Netra Roga*, *Chatur Sneha*, *Grita*,
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