

Management of *Arma* with *Nayansukha Varti Anjan*: a clinical study

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Abstract

Eyes are the most sensitive and vulnerable part of our body. Air born infection, UV rays, pollutants, dust and other particles can land directly on the surface of eye, causing eye disease. *Arma* is defined as gradually developing continuous wing like growth in *Shukla Mandala* from either *Kaninika Sandhi* (inner canthus) or *Apang Sandhi* (outer canthus) towards *Krishna Mandala*, causing discomfort in eye. Pterygium is found in people residing tropical and subtropical area. Risk factors include outdoor work, exposure to sunlight, dry and dusty climate etc. Due to geographic and climatic conditions, Pterygium is a common ocular disorder in India. Ayurvedic science can be explored to find a better alternative to manage this condition. *Arma* which is at early stage having thin membrane and curd like bluish/ red coloured and smoky should be treated with *Lekhana Anjana* and recurrent rate is very low after *Anjana Kriyakalpa*. Considering all these facts *Nayansukha Varti Anjana* was selected for *Arma Chikitsa*. In the present study, 10 patients of *Arma* were selected and administered *Nayansukha Varti Anjana (Pradhan Karma)* after *Deepan-pachan* and *Nasya Karma (Poorva Karma)* and *Shamana Chikitsa* with *Triphala Churna*. *Nayansukha Varti Anjana* have *Lekhaniya* and *Rasayana* property which is useful in *Arma Chikitsa*. A significant relief was found in signs and symptoms of *Arma* after the treatment and no any adverse effects were found after treatment. Drugs used in treatment are easily available and cost effective.

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