

CASE STUDY

Ayurvedic Insights into Allergic Conjunctivitis: A Holistic Approach through the Management of Vataja Abhishyanda- A Case Study

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ABSTRACT

Allergic conjunctivitis is a common inflammatory eye condition, often triggered by allergens such as pollen, dust, and mould. Conventional treatments provide temporary relief but may come with side effects or recurrence. Ayurveda offers a holistic approach to managing allergic conjunctivitis by balancing doshas and addressing underlying imbalances. In Ayurvedic terms, allergic conjunctivitis corresponds to Vataja Abhishyanda, characterized by symptoms like itching, redness, lacrimation, and photophobia. A 26-year-old woman with a history of repeated allergic conjunctivitis came in complaining of pain, itching, redness, and watering in her right eye. The patient had a history of nasal congestion and sneezing exacerbated by dust and smoke. Laboratory investigations revealed elevated eosinophil count (650 cells/mm³). Symptoms correlated with Vataja Abhishyanda based on Ayurvedic classification. The treatment protocol included: Sadhyo Virechana (purgation) using Erand Taila. Nasya with Shunthiyadi Taila, Netra Seka with milk and rock salt, and Vidalaka with Madhukadi kalka. Combination of Haridrakhandha churna, Sitopladi churna, and Triphala churna and Tab.Sudarshan ghanvati. The treatment lasted one month, with a 7-day intensive phase followed by follow-up visits on the 8th and 15th day. After treatment, the patient showed significant relief in symptoms like pain, Itching, redness, and photophobia. Hyper Lacrimation was reduced, and the absolute eosinophil count decreased to 350 cells/mm³. The patient's overall health remained stable during follow-up visits. Ayurvedic interventions, including detoxification, localized treatments, and herbal formulations, proved effective in alleviating the symptoms of allergic conjunctivitis by balancing doshas. The holistic approach not only provided symptomatic relief, but also addressed the root cause, offering a sustainable alternative to conventional treatments and reducing the likelihood of recurrence.

Keywords: Allergic conjunctivitis, Ayurveda, Vataja Abhishyanda, Kriyakalpa, holistic treatment.

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INTRODUCTION

Allergic conjunctivitis [1] is a common inflammatory condition affecting the eyes, characterized by symptoms such as pain, redness, itching, and watering. This condition is typically triggered by exposure to environmental allergens like dust, pollen, and mould spores. The conjunctiva, a transparent and protective outer layer of the eye, is particularly vulnerable to such allergens, leading to an immune response designed to counteract perceived harmful substances. In some cases, allergic conjunctivitis may occur in conjunction with other allergic reactions, such as a runny nose or allergic rhinitis. The prevalence of allergic conjunctivitis is significant, affecting an estimated 5–22% [2] of the general population, with children being particularly prone to the condition, either in isolation or in combination with allergic rhinitis. The increasing incidence highlights the need for effective management strategies to address the condition's burden. Conventional medical approaches to allergic conjunctivitis primarily emphasize avoiding known allergens and providing symptomatic relief through topical or systemic medications. These include corticosteroids, decongestant eye drops, mast cell stabilizers, antihistamines, and anti-inflammatory agents. While these treatments may offer temporary relief, they often come with

limitations, such as unsatisfactory outcomes, recurrence of symptoms, and potential side effects or adverse reactions. In Ayurveda, allergic conjunctivitis can be correlated with the condition known as Vataja Abhishyand [3]. This disorder is described in classical Ayurvedic texts and is characterized by symptoms such as *toda* (pricking pain), *sangharsha* (foreign body sensation), *achchasruta* (watery discharge), *alpa shopha* (mild chemosis), and *vishushka bhava* (dryness). These signs closely align with those of allergic conjunctivitis as understood in modern medicine. The treatment protocols for *Vataja Abhishyanda* in Ayurveda offer a holistic and promising alternative to conventional methods.

Case Report

A 26-year-old woman reported experiencing severe itching and frequent eye rubbing over the past seven days, along with redness and watering of the right eye. Over time, she developed photophobia, which disrupted her daily routine. The patient reported similar recurring episodes over the past three years, along with symptoms like excessive sneezing and nasal congestion, which worsened with exposure to dust and smoke. Despite consulting various ophthalmologists, she did not find satisfactory relief, leading her to seek Ayurvedic treatment at Parul Ayurved Hospital for further management.

Table 1: Slit Lamp Examination (Before Treatment)

PARTS OF EYE	RIGHT	LEFT
Head Posture	Erect	Erect
Ocular Posture	Normal	Normal
Eye brows	Normal position	Normal position
Eye lashes	Normal	Normal
Eye lid margin	Congestion (+)	Normal
Eye lids	Swelling (+)	Normal
Conjunctiva	Congestion (+)	Normal
Sclera	Normal	Normal
Cornea	Clear	Clear
Anterior Chamber	Normal Depth	Normal Depth
Iris	Normal pattern, brown	Normal pattern, brown
Pupils	Round regular reactive	Round regular reactive
Lens	Transparent	Transparent

Table 2: Visual Acuity Assessment

EYE	VISUAL ACUITY		
	DV	NV	PH
RE	6/6(P)	N6	NI
LE	6/6	N6	-
BE	6/6	N6	-

INVESTIGATIONS

A complete blood count revealed that CBC and AEC were within the normal range. However, lymphocyte and eosinophil counts were elevated. The absolute eosinophil count was significantly elevated at 650 cells/mm³. But after treatment AEC are having in normal range which is 342 cells/mm³.

Table 3: Figure before and after treatment

Sign & Symptoms reference	Ayurvedic correlation reference
Pricking sensation	<i>Nishtoda</i>
Watery discharge	<i>Shishirabh Ashruta</i>
Oedema	<i>Alpashopha</i>
Tearing pain	<i>Sphutana</i>
Breaking pain	<i>Bhedana</i>
Photophobia	
Congestion	
Excessive itching	

INTERVENTION

The intervention included Shodhana Vidhi, as described by the Acharyas, which involves the use of detoxifying drugs to eliminate toxins from the gut and cleanse the body internally. This was followed by Sthanik Chikitsa (localized treatments) such as Nasya, Netra Seka, and Vidalaka. In this case, a blend of herbal and herbo-mineral formulations was used to attain therapeutic effects.

Table: 4 Treatment with Dose

Treatment	Date	Medicine and Dose
Sadhyo virechana [4]	07/02/25	Erand taila 60 ml Vegas (5+2)
Nasya [5]	08/02/25 to 14/02/25	Shunthiyadi taila (6-6) drops in bilateral nostrils OD (morning)
Netra seka [6]	08/02/25 to 14/02/25	Seka with ksheer + saindava in eyes (BD)
Bidalaka [7]	08/02/25 to 14/02/25	Madhukadi kalka (BD) in eyes
Internal medicine	08/02/25 to 14/02/25	Combination of Haridrakhanda churna (1.5 gm), Sitopladi churna (1.5 gm), and Triphala churna (1.5 gm) mixture [8] with honey after meals (bd)
	08/02/25 to 21/02/25	Tab. Sudarshan ghanvati ⁹ 2 tab with warm water (BD) after meals



Figure 1: Before and After Treatment

TIMELINE

The total treatment period spanned 15 days, with an intensive treatment phase of seven days, followed by follow-up visits on the 8th and 15th days.

Follow up medicine: Tab. Sudarshan ghanvati 2 tab. with warm water (BD) after meals for 7 days.

OUTCOME

During IPD Admission:

There was a significant reduction in lacrimation, and symptoms such as itching and foreign body sensation resolved completely. Photophobia were no longer present.

Follow-up on the 15th Day:

The absolute eosinophil count (AEC) decreased to 350 cells/mm³, the patient's overall health remained stable.

Clinical Assessment

The patient was evaluated based on the subjective characteristics (lakshanas) of Vataja Abhishyanda, along with the clinical signs of allergic conjunctivitis observed, which included the following: –

RESULT

The 26-year-old patient showed marked improvement in allergic conjunctivitis symptoms after Ayurvedic treatment. Key outcomes included complete relief from pain, itching, redness, photophobia with reduced lacrimation. The absolute eosinophil count decreased from 650 cells/mm³ to 350 cells/mm³, and overall health remained stable.

DISCUSSION

In the realm of Ayurveda, prevention is a cornerstone of treatment. Acharya Sushruta emphasizes Nidanaparivarjana, which entails avoiding the root causes of disease. In this context, patients are advised to minimize exposure to cold environments, smoke, and cold water, as these factors can aggravate the Alochaka Pitta (the functional energy associated with vision) in the eyes and lead to disorders like Abhishyanda.

Virechana

Virechana (therapeutic purgation) involves the administration of medications such as Castor Oil. These substances penetrate both micro and macro channels within the body, acting at the cellular level. They draw imbalanced doshas from peripheral tissues (shakha) to the gastrointestinal tract (kostha) and expel them through the anal route. By disrupting the pathological process (samprapti vighatana) of Abhishyanda, Virechana plays a critical role in restoring balance.

Nasya

Nasya therapy, the administration of anu taila through the nasal route helps in Urdavjatrugata rogas. The anu taila possess Sukshma guna (subtle qualities), facilitating absorption through the nasal mucosa (Shleshmika kala). From the nasal passage, these medications reach Shringataka Siramarma (a vital point in the head) and subsequently act on the Urdhvajatru (structures above the clavicle) and Uttamanga (head region) to expel morbid doshas.

For instance, Shunthiyadi Taila, with its Vataghna (Vata-pacifying), Brumhana (nourishing), and Snehana (lubricating) properties, liquefies and removes morbid doshas. It also strengthens sensory organs like the nose, ears, and eyes, enhancing overall efficacy.

Seka

Seka involves pouring a medicated liquid in a thin stream over closed eyes from a recommended height (approximately four angula). In this case, Ksheer + saindhava Seka is utilized. KSHEERA has chakshushya (eye-nourishing), antioxidant, anti-inflammatory, and antibacterial properties. Its properties help cleanse the eye's channels, alleviate congestion, and promote vasodilation, thereby reducing symptoms like redness and swelling. SANDAIVA – Its tridoshahara, it can help purify the air by absorbing water vapor and reducing allergens.

Vidalaka

MADHUKADI Vidalaka refers to the topical application of medicated pastes over the eyelids, excluding the eyelashes. It is particularly beneficial in relieving symptoms such as burning sensations, discharge, excessive lacrimation, swelling, redness, and itching. Vidalaka, specifically using Madhukadi kalka, is applied twice daily for seven days to effectively relieve symptoms.

Shamana Aushadhi (palliative therapies)

Oral formulations are also crucial in the management of Vataja Abhishyanda. For instance:

- Haridra Khanda: Acts as a rejuvenator (rasayana), improves vitality, and strengthens tissues, indirectly reducing disease recurrence.
- Sitopaladi Churna: Possesses antihistaminic properties, aiding in the management of allergies.
- Triphala Churna: Known for its significant anti-inflammatory and antimicrobial effects. By integrating these preventive, therapeutic, and palliative measures, Ayurveda provides a holistic and effective approach to managing Vataja Abhishyanda, reducing recurrence, and improving overall eye health.
- Sudarsana ghanvati – It restores balance of the doshas and improve the body immune system.

CONCLUSION

Ayurvedic interventions, including *Shodhana Vidhi* (detoxification), *Sthanik Chikitsa* (localized therapies), and herbal formulations, effectively alleviated symptoms and addressed the root cause by balancing doshas. This holistic approach offers a sustainable alternative for managing allergic conjunctivitis and reducing recurrence.

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