

# A Literary Review on Role of *Vidalaka* in Eye Disorders

Sangram Singh Rajput<sup>1</sup>, Shiromani Mishra<sup>2</sup>, Ravindra Sharma<sup>3</sup>,  
Shikha Sharma<sup>4</sup>

<sup>1</sup>P.G.Scholar, Department of Dravyaguna Vigyan, Govt. Dhanwantari Ayurved College, Ujjain (M.P.).

<sup>2</sup>Reader, Department of Dravyaguna Vigyan, Govt. Dhanwantari Ayurved College, Ujjain (M.P.).

<sup>3</sup>Lecturer, Department of Dravyaguna Vigyan, Govt. Dhanwantari Ayurved College, Ujjain (M.P.).

<sup>4</sup>P.G. Scholar, Department of Shalakyata Tantra, National Institute of Ayurveda, Jaipur (Raj.)

Corresponding Author: Sangram Singh Rajput

## ABSTRACT

*Shalakyata Tantra* is one of the most unique branches of Ayurveda dealing with disorders of all supraclavicular regions. Apart from all these region eye possess prime importance as they are the gateway to the external world. Netra is said to be the *Pradhana Indriya* and to protect the eye sight should be the prime objective. Without the eyes the whole world appears black and one depends on others for the lifetime. There are 94 eye disorders mentioned in Ayurveda text this can cause many symptoms from minute itching in eyes upto even complete loss of vision. In managing these ocular diseases Acharyas have mentioned various local and systemic measures. *Kriyakalpa* is one of the therapy in treatment of *Netra Gata Rogas*. *Vidalaka* is one of the *Kriyakalpa* procedure used in eye disorders.

**Keywords:** *Vidalaka*, *Netra Gata Roga*, *Sarva Netra Rogahara Vidalaka*

## INTRODUCTION

*Kriyakalpa* is the most distinct branch of *Shalakyata Tantra*. Acharya Sushruta has mentioned five types of *Kriyakalpa* i.e., Tarpana, Putapaka, Seka, Ashchyotana & Anjana. Apart from these five Sharangdhara has included Pindi & *Vidalaka*. *Vidalaka* is one of the types of *Lepa Kalpana*. It is used in acute ocular conditions. <sup>1</sup> It is used in condition of Daha (burning sensation), Updeha (stickyness), Ashrusrava (watering), Shopha (oedema) & Raga (congestion) in the eyes.

A semisolid paste of drugs is applied around the eyes leaving the eyelashes is called as *Vidalaka*. <sup>2</sup>

### Aims & objective:

1. To provide detailed description of *Vidalaka* given in *Ayurvedic Samhitas*.

2. To mention the drugs that can be applied in the form of *Vidalaka* in various ocular disorders.
3. To understand the mode of action of *Vidalaka Karma*.

## MATERIALS & METHOD

### Time of administration:

*Vidalaka* can be applied at any time of the day or whenever the symptoms are exaggerating. <sup>3</sup>

### Vidhi:

The medicines are made into a fine paste. Then eyes are cleaned with luke warm water and paste is applied over the closed eyes leaving the area of eye lashes. After that it is washed with warm water before or after drying depending upon the condition.

**Dose:**

As *Vidalaka* is a type of *Lepa Kalpana*, which is considered as an initial *Chikitsa of Vrana Shotha*. The amount of *Vidalaka* is same as the dose of *Mukha Lepa*-

1/4th of the thickness of thumb- Kanistha Matra

1/3rd of the thickness of the thumb- Madhyama Matra

1/2nd of the thickness of the thumb- Uttama Matra

It is removed before it gets dried because after drying it loses its properties.

After *Vidalaka* is applied following things are contraindicated-

Sleeping during day time, being in sunlight for a long time and excessive speaking, laughing, weeping etc. <sup>4</sup> If these measures are not followed it will cause itching, dryness, Pinasa and dimness of vision.

**Various Vidalaka Yoga:**

| S.no. | Name  | Drugs  | Use   |
|-------|---|--|---|
| 01.   | <i>Sarvanetra Rogahara Vidalaka</i>   | <i>Madhuyashthi, Gairika, Saindhava, Daruharidra, Rasanjana</i>                          | All types of eye disorders <sup>5</sup>                   |
| 02.   | <i>Saindhava Lodhardi Lepa</i>  | <i>Saindhava, Lodhra Twak, Ghrita, Madhicchishtha</i>                                    | <i>Netra Ruja</i>   |
| 03.   | <i>Arma Nashaka Vidalaka</i>  | <i>Maricha, Kesharaja Swarasa</i>  | <i>Arma (Pterygium)</i>                                   |
| 04.   | <i>Gairikadi Lepa</i>   | <i>Gairika, Lalchandana, Shunthi, Vacha</i>  | <i>Netra Abhishyanda</i>                                  |
| 05.   | <i>Darvyadi Rasakriya</i>   | <i>Darvi, Patola, Madhuka, Nimba, Padmaka Utpala, Prapaundarika, Madhu</i>               | <i>Daha, Ashru, Raga, Ruja</i>                            |
| 06.   | <i>Bhumyamalaki Lepa</i>  | <i>Saindhava, Bhumyamalaki, Kanji</i>  | <i>Netra Abhishyanda Ruja</i>                             |
| 07.   | <i>Shunthi, Saindhava, Ghrita Manda</i>   |  | <i>Vataja Netra Roga<sup>6</sup></i>                      |
| 08.   | <i>Gairika, Saindhava, Madhu</i>  |  |   |
| 09.   | <i>Ghrita Bhrishtha Haritaki &amp; Ghrita Bhrishtha Lodhra</i>                          |  |   |
| 10.   | <i>Chandana, Anantamoola &amp; Manjishtha</i>   |  | <i>Pittaja Netra Roga</i>                                 |
| 11.   | <i>Yashthi, Padmaka, Kaliyaka &amp; Jatamansi</i>                                       |  |   |
| 12.   | <i>Leaves of Kumari &amp; Dadima</i>  |  | All types of <i>Netra Roga</i>                            |
| 13.   | <i>Manasiladi Lepa</i>  | <i>Manasila, Tagara, Ela, Saindhava Lavana mixed with Madhu</i>                          | <i>In Anjana-namika after Swedana Bhedana<sup>7</sup></i> |
| 14.   | <i>Chandanadi Vidalaka</i>  | <i>Chandana, Maricha, Ela, Swarna Gairika, Patna, Rasanjana, Saindhava, Madhuyashthi</i> | <i>Vataja Abhishyanda &amp; Adhimantha<sup>8</sup></i>    |
| 15.   | <i>Daruharidra, Tuttha and Haritaki</i>   |  | <i>Pittaja Abhishyanda &amp; Adhimantha<sup>9</sup></i>   |
| 16.   | <i>Shunthi, Rasajana, Swarna Gairika</i>  |  | <i>Kaphaja Abhishyanda &amp; Adhimantha<sup>9</sup></i>   |
| 17.   | <i>Kushtha, Chandna, Utpala, Misi, Pippali</i>  |  | <i>Netra Ruja<sup>9</sup></i>                             |
| 18.   | <i>Musta, Chandana, Agaru, Madhu</i>  |  | <i>Netra Ruja, Daha, Raga<sup>9</sup></i>                 |
| 19.   | <i>Trikatu, Trijataka, Saindhava, Agaru, Swarna Gairika, Kushtha, Tagara, Saileyaka</i> |  | <i>Netra Ruja, Daha, Raga<sup>10</sup></i>                |

**DISCUSSION**

**Mode of action:** It depends upon-

**Route of administration-**

As *Vidalaka* is applied over the skin. It rapidly penetrates the intact skin. Since the epidermis act as lipid barrier the solubility of the drug depends upon the lipid solubility of the contents. Whereas the dermis is freely permeable to many solutes. This helps in easy and fast absorption of drugs thus causing efficient results.

**Solubility and Bioavailability:**

Absorption of drug depends upon solubility and the local condition of the site of application. In *Vidalaka* the tissue contact time of the drug is more as compared to *Ashchyotana* and *Seka*. This increases the bioavailability. As more the contact time of drug more is the rate of absorption and more is the effect.

### Vascularity of absorbing surface:

The absorption of drug is directly proportional to the vascularity of the applied surface. As *Vidalaka* is applied warm it increases the vascularity of the area hence increasing the absorption.

The drugs mixed in *Vidalaka* possess their own property for eg. *Vidalaka* prepared from *Dashamoola* will be *Shothashamaka*, *Vedanahara* and in the same way *Vidalaka* prepared from *Chandanadi* will be *dahashamaka*.

### *Vidalaka* for cosmetology-

As *Vidalaka* is one of the type of *Lepa Kalpana* it can nourish the skin and also increase its elasticity thus preventing ageing and wrinkling below the eyes. It can also be used in eye skin tag occurring with the increasing age.

### According to Ayurveda-

As it is said *Srotomaya Purusha* the whole body consist of *Sukshma Srotasa* or whole body is porous. Through this pores or channels the minute particles of drug applied in form of *Vidalaka* penetrates into the skin. At this stage the *Upshoshana Guna* of *Vata Dosha* contributes in the penetration and absorption of the drug. *Bhrajaka Pitta* present in skin is responsible for metabolism of the drug applied over the skin.

*Vidalaka* when mixed with *Ghrita* can reach into the deeper tissues of the eye as *Ghrita* is both hydrophilic and lipophilic in nature. *Vidalaka* mixed with *Madhu* can also reaches the deeper tissue because of its *Sukshma Guna* and its *Yogvahi* property.

### CONCLUSION

As *Vidalaka* is an external application procedure it can be used easily. It is useful in acute eye conditions or in *Amavastha* of the *Netra Rogas*. It gives soothing effect to the eyes. And also there are lots of references of *Vidalaka Prayoga* in various eye disorders in Ayurvedic texts. So when used in appropriate condition in

appropriate amount and for appropriate time it gives effective results.

**Acknowledgement:** None

**Conflict of Interest:** None

**Source of Funding:** None

### REFERENCES

1. Kashinath Pandey and Gorakhnath Chaturvedi, Charak Samhita , Vidyotini hindi Vyakhya Edition- 2014, Chaukhamba Vishwabharti Publication, Chikitsasthana Chapter 26 Shloka 231.
2. Dr Brahmanand Tripathi, Sharangdhar Samhita of Acharya Sharangdhar Edited by Chaukhamba Orientalia Varanasi, 2011; 13/30
3. K.P Srikanta Moorti, Astanga Sangrah Samhita by Acharya Vagbhatt, vol.1 edited by Chaukhambha Orientalia, Varanasi, 6 th edition. Sutrasthana 32/4
4. K.P Srikanta Moorti, Astanga Sangrah Samhita by Acharya Vagbhatt vol.1 edited by Chaukhambha Orientalia, Varanasi, 6 th edition. Sutrasthana 21/8
5. Dr Brahmanand Tripathi , Sharangdhar Samhita of Acharya Sharangdhar Edited by Chaukhamba Orientalia Varanasi, 2011; Uttartantra 13/31-37
6. Kashinath Pandey and Gorakhnath Chaturvedi, Charak Samhita , Vidyotini hindi Vyakhya Edition- 2014, Chaukhamba Vishwabharti Publication, Chikitsasthana Chapter 26 Shloka 232-236.
7. K.P Srikanta Moorti Astanga Sangrah Samhita by Acharya Vagbhatt vol.1 edited by Chaukhambha Orientalia, Varanasi, 6 th edition. Uttartantra 19/3
8. K.P Srikanta Moorti Astanga Sangrah Samhita by Acharya Vagbhatt vol.1 edited by Chaukhambha Orientalia, Varanasi, 6 th edition. Uttartantra 19/14

How to cite this article: Rajput SS, Mishra S, Sharma R et.al. A literary review on role of *vidalaka* in eye disorders. *Int J Health Sci Res.* 2021; 11(6): 271-273. DOI: <https://doi.org/10.52403/ijhsr.20210640>

\*\*\*\*\*