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Review article

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## Review on shobhana varti - anajana netra kriya kalpa

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### ABSTRACT

It is said that, loss of eye sight will immerse a person into the world of darkness so one should try to protect his vision. To achieve this many netra kriya kalpa are explained in ayurvedic classics. Anjana is one of the Netra kriya kalpa applying medicinal paste or powder to the inner side of the lid. Shobhana Varti Anjana is Lekhanajana explained in Gadanigraha and it is Indicated in Arma,Netra srava,Patala,Timir and Arbuda.

### ANJANA

Anjana is one of the topical drug administrations in netra rogas, which is usually adopted in many eye diseases and it can be an approach in advanced stages of all the eye diseases. Thus anjana is a topical application of drugs into the eye in the form of a smooth paste with the help of a shalaka (a special instrument) or finger. This clears the defects in vision due to accumulation of doshas, thus enhancing the power/function of eye.

### TYPES OF ANJANA

**A. Karma Bhedha:** - According to the action:

1. Lekhana Anjana

2. Ropana Anjana
3. Snehana / Prasadana Anjana

**LekhanaAnjana:** Prepared with tikta, kashaya, amla, katu, lavana and kshara dravyas are used as lekhanan anjana.

**RopanaAnjana:** Prepared from kashaya, tikta dravyas and oil or ghee is used as ropana anjana.

**Snehana/PrasadhanaAnjana:** Prepared with madhura dravyas, oil and ghee, is used as snehana / prasadana anjana.

**B. Akruithi Bhedha:-** According to the form they can be made into 3 types:

1. Pindi or gutika
2. Rasakriya
3. Choorna

In conditions where the doshas are prabala, Pindi / gutika anjana is used. In cases of

madhyama dosha, Rasakriya is used. Choorna is used in case of durbala dosha.

**C. Based on Dravya Veerya:-** According to Potency of Drug.

1. Mrudu anjana → Snehana, Ropana, Prasadana
2. Teekshna anjana → Lekhana

## DOSE OF ANJANA

### According to Sushruta

Lekhananjana - 1 harenu  
 Ropananjana - 1 ½ harenu  
 Snehana / Prasadananjana - 2 harenu.

### According to Sharangadhara:

Gutikanjana with Tikshna (lekhana) - 1 harenu  
 Madhyama (ropana) - 1 ½ harenu

Mrudu (snehana) - 2 harenu  
 Rasakriyanjana Uttama matra -3  
 vidanga (Semisolid form)  
 Madhyama matra - 2 vidanga  
 Heena matra - 1 vidanga  
 Choornanjana Lekhana - 2 shalakas (Powder form)  
 Ropana - 3 shalakas  
 Snehana - 4 shalakas.

### Drug Review

The yoga selected in the present study 'Shobhanavarti Anjana'. Shobhana varti anjana is one among lekhana anjana explained in Gadanigraha, in Netrarogadhikara. this drug contains Trikatu, Haritaki, Nilotphala, Kusta and rasanjana

**Table no. 5: Ingredient of shobhanavarti anjana and its rasadi guna**

sl.no	Ingredient	Rasa	Guna	veerya	Vipaka	doshagnatha
1	Pipali	Katu	Laghu,snigda,tikkshna,pramati	Anushna sheeta	Madhura	Kapha,vata shamaka
2	Maricha	Katu	Laghu,tikshna,pramati	Ushna	Katu	Kapha,vatashamaka
3	Shunti	Katu	Guru,ruksha,tikshna	Ushna	Madhura	Kapha,vatashamaka
4	Haritaki	Lavan varjit Sadarasa	Laghu,ruksha	Ushna	Madhura	Tridosha shamaka
5	Nilotphala	Madur,tikta,kashya	Laghu,snigha,pichila	sheeta	Madhura	Pitta,kappa shamaka
6	Kusta	Titka,Katu,Madhur	Laghu,rukha,tikshna	Ushna	Katu	Kapha shamaka
7	Rasanjana	Katu,Kashaya	Laghu,ruksha	Ushna	Katu	Kapha,pitta shamaka

## DISCUSSION

The durgs of Shobhana Varti Anjana having katu,tikta pradhana properties and Laghu,Tikshna and Rukha guna's Having ushna veerya and katu and madhura vipaka. By these Rasapanchakas, we can understand that, this varti is capable of mitigating Kapha pradhana tridoshaja diseases. Arma being a tridoshaja vyadhi and the signs and

symptoms of this disease can be reduced by using this varti on the basis of dosha-vyadhi viparita principle.

## CONCLUSION

As Shobhana varti anjana is directly having reference in Netra roga adhikara the phalashruti of this yoga includes- Arma, Netra srava, Patala roga,

Arbuda and Timira. Hence clinical trials can be tried using this varti as anjana dravya in abovesaid diseases and its efficacy can be documented.

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