



# A COMPILATION OF DIFFERENT ANJANA YOGAS EXPLAINED FOR ADHIMANTA CHIKITSA IN SUSRUTHA SAMHITHA, ASHTANGA HRUDYA, ASHTANGA SANGRAHA, YOGATRATNAKARA, CHAKRADATTA

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## ABSTRACT

*Adhimantha is one of the detailed explained diseases in context of netra rogas by all acharyas. Even though an exact correlation is not available from the detailed explanation in the samhithas we can correlate diseases ranging from conjunctivitis to glaucoma under the context of adhimantha and abhishyanda. Wide variety of treatment modalities as both sarvanga shodana and kriyakalpa are available in ancient literature. of which anjana yogas play a major role. however an attempt to compile the various anjana yogas mentioned for abhishyanda and adhimantha can help in aiding to plan the treatment depending on the availability of drugs and efficacy of use. here an attempt is made to compile the various anjana yogas mentioned in susrutha samhitha, ashtanga hrudya, ashtanga sangraha, yogatratnakara, chakradutta*

**KEYWORDS:** Adimantha, Anjana, Abhishyanda

## INTRODUCTION

- Adhimantha is one among the sarvagata netra roga explained by Acarya Susruta<sup>1</sup> and Vagbatta<sup>2</sup> which are of 4 types mainly
  - Vataja
  - Pittaja
  - Kaphaja (Kriyakalpas) have been explained by different Acharyas in Samhithas. This article is a compilation of different Anjana Yogas explained in Susrutha Samhitha, Ashtanga Hrudaya, Ashtanga Sangraha, Yogaratnakara and Chakradutta
  - Raktaja
- All Acaryas explain Adimanta samprapti as when the Abhishyanda left untreated it will lead to the disease called Adimanta which presents with symptom of *Nayane teevra vedana*<sup>3</sup>
- Acarya Yogaratnakara explains the symptoms of Adimanta as *Atyarta Utpata, nirmadyade arda siraso atyartam*<sup>4</sup>

All Acaryas have not given a special treatment protocol for adimanta everyone explains that the same treatment protocol followed for abhishyanda is to be followed.<sup>5</sup>

## AIMS AND OBJECTIVES

### Aim

To compile and analyse the different anjana yogas explained for adhimantha chikitsa in susrutha samhitha, ashtanga hrudya, ashtanga sangraha, yogatratnakara, chakradutta



## Objectives

To compile and study the references regarding the various anjana yogas scattered in susrutha samhitha, ashtanga hrudya, ashtanga sangraha, yogatratnakara, chakradutta mentioned in adhimantha chikitsa  
To study and understand the role of anjana yoga in adhimantha chikitsa

## MATERIALS AND METHODS

The literature study was done from the ayurvedic texts, contemporary textbooks and all the available e-resources regarding the treatment protocols, especially anjana yogas in adhimantha

## RESULTS

### ADHIMANTHA CHIKITSA

#### Acarya sushruta

#### Vataja adimanta cikitsa<sup>6</sup>

Acharya explains that for vataja abisyanda and adimanta should be given the following<sup>6</sup>

- Snehana
- Raktamokshana
- Sneha virecana followed by sneha or kasaya vasti
- Then he explains to go for **tarpana, putapaka, ascotana, dhoomapana, nasya, snehadara and sirovasti**

#### Pittaja adimanta cikitsa<sup>7</sup>

- Raktamokshana and virecana
- Netra seka, lepa nasya and anjana
- And pitta visarpa cikitsa to be followed
- Tarpana seka and nasya

#### Kaphaja adimanta cikitsa<sup>8</sup>

- Rakta mokshana
- Swedana
- Avapeeda nasya
- Dhooma
- Seka, pralepa
- Kavalagraha
- Rooksa ascyotana
- Rooksa putapaka
- The patient is advised to take tiktaka grita every fourth day also advised to follow apatarpana
- Prevent intake of kapha vardhaka ahara

#### Raktaja adimanta<sup>9</sup>

- Snehana with koumbi sarpi or mamsa rasa
- Followed by siravyadha
- Virecana with sneha dravya added with sita and sarpi
- Sirovirecana
- Followed by pralepa, parisheka, nasya, dhoomapana
- Ascyotana, abyanga, tarpana and putapaka
  - In vataja adimanta & abisyanda ie for the pitta and kaphaja condition in the pragroopa avasta only one has to start with tiksna gandusa nasya and upavasa<sup>10</sup>
  - For all varieties of disease acarya explains to use bidalaka made of patra, ela, marica, swarna gairika, rasanja, yasti, candana, saindava<sup>11</sup>
  - Avakundana with sita, marica, manohva-4parts, lodra -16 parts
  - Avacoornana with aranya and kulatta made into potali and boiled in juice of cowdung skin is peeled of and dried and powdered and used to relive pain
  - Vyosa abaya, yasti, tutta, lodra powdered and fine powder is made tied into a potali and soaked into bronze vessel containing dhanyamla and the water is used for seka
  - One pala of kantakari is boiled in sixteen pala of water and decoction reduced to one eighth. This deloction mixed with honey, used for seka
  - Sigru pallavarasa is mixed with ksoudra and seka is done



- Acarya cakradutta explains cikitsa in 59<sup>th</sup> chapter
- It is explained that the same treatment of abisyanda is to be continued and if it fails then dahana karma is done above bhru region
- For abisyanda he explains treatment as
  - Langana
  - Lepana
  - Sweda
  - Siravyada
  - Virecana
  - Anjana
  - Ascyotana

**Anjana yogas**

	<b>Susrutha samhitha</b>	<b>Ashtanga hrudaya</b>	<b>Ashtanga sangraha</b>	<b>Yogaratanakara</b>	<b>Chakradutta</b>
<b>Vataja adhimantha</b>	Madhuka +rajani+pathya+ devadaru in goats milk <sup>12</sup>		Prapaundarika amlaki bruhati dvaya darbha dasamoola satavari talisapatra manjishta and nilotpala with sita and sthanya or with madhuka kantakari kashaya	Haridradi anjana-haridra,daruharidra, madhuka,draksa,devadaru,aja ksira <sup>28</sup>	Brihatyadi varti-brihati,eranda mula &tvak, sigrumula and saindava lavana powdered wit aja ksira <sup>30</sup>
	1 part gairika 2 part saindhava 4 part pippali 8 part sunti turned to anjana <sup>13</sup>		Swetalodra madhuka- ghrita bharjita(equal quantity )soaked in sthanya		
	Snehanjana <sup>14</sup>		Sankha madhuka saindhava bruhati moola bhavana with aja dugdha in copper vessel for 7 days mascerated for 7 times made into gutika		
			Suvarna gairika soaked in divya ambasa in nisi and dried in diva for 7days made into anjana gutika		
			Darvi 50 pala sarib=va madhuka kakoli 1 pala nishadvaya mrudvika kasmarya sunisannaka manjishta lodhra usira candan in 1 drona jala reduced to 1/8 <sup>th</sup> and made to rasakriya		
<b>Pittaja</b>	Juice of palasa or sallaki with honey and sarkara <sup>15</sup>	Sumanakhoraka,sanka,triphal,madhuka,anjanana made into gulika with divya vaari <sup>25</sup>	Prapaundarika amlaki bruhati dvaya darbha dasamoola satavari talisapatra manjishta and nilotpala with sita and sthanya or with madhuka kantakari kashaya		Haridradi anjana-haridra,daruharidra,madhuka,draksa,devadaru,aja ksira <sup>31</sup>
	Rasakriya made of palindi or madhuka with honey and sugar <sup>16</sup>		Swetalodra madhuka- ghrita bharjita(equal quantity )soaked in sthanya		



	Rasakriya made of musta phena vidanga dhatri bijaka <sup>17</sup>		Sankha madhuka saindhava bruhati moola bhavana with aja dugdha in copper vessel for 7 days mascerated for 7 times made into gutika		
	Talisa+ ela+ gairika +usira+ sankha- made into anjana <sup>18</sup>		Suvarna gairika soaked in divya ambasa in nisi and dried in diva for 7days made into anjana gutika		
	Rasakriya made of dhataki +syandana in breast milk <sup>19</sup>		Darvi 50 pala sariva madhuka kakoli 1 pala nishadvaya mrudvika kasmarya sunisannaka manjishta lodhra usira candan in 1 drona jala reduced to 1/8 <sup>th</sup> and made to rasakriya		
	Lodra+draksha+sarkara+utpala+ya shti+vaca in breast milk <sup>20</sup>				
	Varnaka+candana+udumbara – in sudha jala <sup>21</sup>				
	Samudraphena+stanya+honey <sup>22</sup>				
<b>Kaphaja</b> <sup>23</sup>	Hingu+tuta+triphala+maduka+prapoundarika in suda jala	Saindava,triphalava,vyosa,sankhanabi,samudraphena,saileya,sarga made into varti <sup>26</sup>	Bruhati twak suti rajata and kamsya bhasma bhavana with dahi pasted in tamra patra for 7 days and mixed with marica abhaya haridra trikatu triphala vidanga and rolled into gutika	Sriparni, patala,datri,dhataki,tilvaka,arjuna,bruhati puspa, bimbi,lodra and manjista ground with iksu or ksoudra <sup>29</sup>	Parijata valkaladyanjana- parijata valkala swarasa,tilataila,kanjika and saindhava lavana <sup>32</sup>
	Pathya+haridra+maduka in suda jala		Haritaki+ tutta+ marica(1/8 <sup>th</sup> of tutta) made into varti		Saindava,pippali,kushta and parni with triphala kashaya and suramanda <sup>33</sup>
	Triphala+trikatu+haridra+vidanga in suda jala		Vidanga churna soaked in varuna		
	Valaka+kusta+devadaru+sanka+patata+amlavyosa+mansila in suda jala		Sanka bhasma soaked in bijapuraka		
	Jati+karanja+sob anjana+ in suda jala		Varti made of swarnagairika saindhava manasila lakshana karanjaka surasa sankha talisa kushta kalingaka devadaru naladajatimukula and rasanja in suramanda		
	Fruit of kantakari+sigru+ flower of brihati daya+ rasanjana+candan		Powder of pushpa kasisa soaked in juice of surasa kept in tamra patra for 7 days		



	a+saindava+man asila+lasuna in suda jala made into varti				
			<b>Kandacitra varti</b> saindhava vyosha vara vidanga lodra prapaundarika madhuka tuttaka trakshysasaila and tamra chuna bhavana in aja dugdha made into varti		
			Paste of manasila saindhava sweta marica macerated in matulunga swarasa		
<b>Raktaja</b> <sup>24</sup>	Patala+arjuna+ka smari+dataki+dat ri+bilva+brihatid waya+bimbilota+ manjista made into pisti with iksu rasa or madu is made into gutika and anjana is done	Sumanaksharaka,san ka,triphal,maduka,a njana made into gulika with divya vaari	Adhaki,kuryata patali, sreeeparni vidula arjuna, bhruhathi champaka malati moola bhavana wityh kharjura rasa made into gutika	Sriparni, patala,datri,dhataki,t ilvaka,arjuna,bruhathi puspa, bimbi,lodra and manjista ground with iksu or ksoudra	
	Candana+kumud a+patraka+silajat u+kunkuma+loha + tamra+rajata+tuta +nimba niryasa +anjana +tripuka + kamsyamala – made into gulika of yavakara with madu and used as anjana				
<b>Unspecified</b>		<sup>27</sup> <b>pasupada gulika</b> – Pundarika,yasti,darv i -8 pala made into kasaya with Idrona jala and reduced to 1/8 <sup>th</sup> and is still cooked and added with 10 pala of puspanja and 1 karsa of marica is added rolled into gutika and used as <i>anjana</i>	Tutta bhavana in gomutra /stanya/ajadugdha 25 times		Gairikadi gudika anjana – 1 part gairika,2 parts saindava,4 part pippali and 8 part tagara – made into gutika <sup>34</sup>
			Badari patra yashtyahva tutta dhatriphala taken sama pramana and bhasma is prepared and anjana is to be done		Darvyadi rasakriya- daruharidra,patola,maduka ,nimba,padmaka and utpala boiled in 4 times wate and reduced to quarter and reheated till it solidifies, cooled and used as anjana <sup>35</sup>



			Mastu tutta mardana in tamra patra till attains krushna varna		Bilva patra rasanjana-bilvapatra swarasa moxed with saindhava lavan and ghee rubbed with varatika in copper vessel mixed with stanya and fumigated with gomayagni <sup>36</sup>
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## DISCUSSION AND CONCLUSION

In classics acharya explains different types of anjan under the category of snehana lekhana and ropananjan.

In vataja adhimantha commonly used anjana yogas are vatahara in nature. Considering all the anjana yogas for vataja adhimantha and abhisyanda madhuka haridra, bruhathi gairika and ksheera are the key ingredients explained by all acharyas. Madhuka is madhura vipaka and seeta veerya pacifies vata, haridra being tridosha hara acts on vata. Bruhati being vata kaphahara and gairika being madhura rasa snigdha guna seeta veerya pradhana and vatahara and the common explained bhavana dravya being ksheera which has vatahara and vatanulomana guna help in pacifying vata dosha.

In the context of pittaja adhimantha the common drugs explained by all samhthas are madhuka madhu chandana usheera and gairika. Out of all madhuka being madhurara rasa snigdha guna seetaveerya and mdhuravipaka thus aid to pitta shamaka action. Chandana having madhura rasa laghu guna and seeta veerya thus reducing pitta. Ushira also having madhura rasa laghu guna and sheeta very helping in reduce the vitiated pitta. Gairika being madhura rasa snigdha guna sheeta virya and madhura vipaka have pitta shamaka action. Considering all of the above drugs it is clear that all of them have madhura rasa sita veerya and madhura vipaka hence they all are pittashamaka in action and they can thus subside all the symptoms due to pitta in abhisyanda and adhimantha caused due to pitta.

Among the kaphaja adhimantha anjana yogas the most used drugs by all acharya include saindhava trikatu triphala vidanga bruhati which have tikshna and lekhana properties, it helps in pacifying kapha

The judicious use of various anjana yogas mentioned in ayurveda for both adhimantha and abishyanda chikitsa when use properly at the right time may help in managing the cases efficiently. many such compilations on scattered yogas of shalaky tantra for every roga should be compiled for more efficient and easy use.

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