

Clinical Trials on Rasanjana (Aqueous Extract of Berberis aristata Roots) & Honey Eye Drops in Netra - Abhishyanda (Infective conjunctivitis)

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Abstract

Netrabhishyanda a Pitta dominant tridoshaja disease of the eye affecting it as a whole, is contagious in nature. Often it is said to be the cause of all eye disease; particularly it leads to acute painful vision compromising (Adhimanth) conditions of the eye, if ignored or not treated properly. Keeping in view the gravity of the problem and to search a safe, cheap and effective Ayurvedic remedy of netrabhishyanda, two consecutive clinical studies in the P.G.Shalakyantra department of R.G. Govt. P.G. Ayurvedic College Paprola Dist. Kangra (H.P.) were conducted.

Rasanjana (aqueous extract of Berberis aristata roots) with honey as base was selected for these studies; as Rasanjana has been indicated locally in Kapha Pitta/ Rakta dominating eye ailments. Honey being anti- inflammatory and healing as well as a preservative, was selected for synergistic action and to avoid side effects. Berberine an alkaloid isolated from Rasanjana has been reported to be an anti-microbial due to protoplasmic (poison) coagulating action.

It was observed that the results of Rasanjana Honey (RH) eye drops were curative within a period of one week whereas chronic phase of Netrabhishyanda persisted in many cases even after two weeks with Rasanjana-Rose water (RRw) eye drops and Honey Rose water (HRw) eye drops. Both the studies proved the safety, efficacy and stability of RH eye drops.

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