

Review Article

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## A REVIEW ON UNDERSTANDING OF *ABHISHYANDA* IN AYURVEDA WITH CORRELATION OF CONJUNCTIVITIS

Dr Balkrishna S. Patil<sup>1</sup>, Dr Prasanna B. Ahire<sup>2</sup>, \*Dr Atul L. Chaudhari<sup>3</sup>

<sup>1</sup>Associate Professor, Department of Shalakya Tantra, KDMGS Ayurvedic Medical college, Chalisgoan, Dist.- Jalgaon, Maharashtra, India. Email Id- [drbalkrishnapatil@gmail.com](mailto:drbalkrishnapatil@gmail.com)

<sup>2</sup>Associate Professor, Department of Rachana Sharir, KDMGS Ayurvedic Medical college, Chalisgoan, Dist.- Jalgaon, Maharashtra, India. Email Id- [prasannahire22@gmail.com](mailto:prasannahire22@gmail.com)

<sup>3</sup>Assistant Professor, Department of Kayachikitsa, KDMGS Ayurvedic Medical college, Chalisgoan, Dist.- Jalgaon, Maharashtra, India. Email Id- [Atul11chaudhari@gmail.com](mailto:Atul11chaudhari@gmail.com)

\*Corresponding Author: Dr Atul L. Chaudhari

### Abstract:

*Abhishyanda* is described in Ayurvedic classics as a primary ocular disorder and is considered the underlying cause of most eye diseases. It is categorized under *Sarvagata Netra Roga* and manifests with symptoms such as redness, discharge, itching, and burning sensation of the eyes. These clinical features closely resemble conjunctivitis as described in modern ophthalmology. Conjunctivitis represents inflammation of the conjunctiva caused by infectious, allergic, or environmental factors and is one of the most prevalent ocular disorders worldwide. The present article aims to analyze the concept of *Abhishyanda* as described in Ayurveda and correlate it with conjunctivitis based on etiology, pathogenesis, clinical features, and classification. This review highlights the conceptual and clinical similarities between the two systems and explores the scope for integrative understanding in the management of conjunctivitis.

### Keywords:

*Abhishyanda*, Conjunctivitis, *Ayurveda*, *Netra Roga*, ocular disorder.

## Introduction:

Ayurveda provides a comprehensive description of ocular diseases under the branch of *Shalakya Tantra*. Among all eye disorders, *Abhishyanda* holds a pivotal position. Acharya Sushruta states that *Abhishyanda* is the root cause (*Moola Roga*) of almost all *Netra Rogas* and that improper or delayed management can lead to severe ocular complications. The disease is characterized by excessive discharge and inflammation affecting the entire eye. In modern medicine, conjunctivitis is one of the most frequently encountered ocular conditions, affecting individuals across all age groups. It is a major cause of outpatient ophthalmology visits and poses a significant public health burden. Despite differences in terminologies and explanatory models, *Abhishyanda* and conjunctivitis show remarkable similarity in their clinical presentation. Exploring this correlation is essential for validating Ayurvedic concepts and developing integrative approaches to ocular health.

## **Abhishyanda as per ayurveda:**

### **Nirukti (Definition):**

*Abhishyanda* is derived from the Sanskrit root “*Syand*”, meaning excessive flow or discharge. It is classified under *Sarvagata Netra Roga*, indicating involvement of all ocular structures.

### **Bheda (Classifications):**

Based on *Dosha* predominance, *Abhishyanda* is classified into:

1. *Vataja Abhishyanda*
2. *Pittaja Abhishyanda*
3. *Kaphaja Abhishyanda*
4. *Raktaja Abhishyanda*

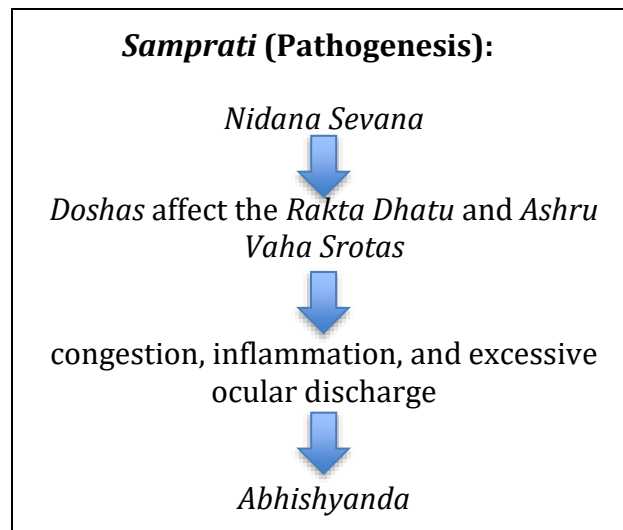
### **Nidana (Causative factors):**

The causative factors of *Abhishyanda* include:

- Exposure to dust, smoke, wind, and sunlight (*Raja, Dhuma, Vayu, Atapa*)
- Excessive crying, eye strain, and improper visual habits
- Consumption of incompatible, spicy, sour, or heavy food
- Suppression of natural urges
- Seasonal variations and environmental irritants

**Samprapti (Pathogenesis):**

In the *Samprapti* of *Abhishyanda* Vitiated *Doshas* affect the *Rakta Dhatu* and *Ashru Vaha Srotas*, leading to congestion, inflammation, and excessive ocular discharge. If untreated, *Abhishyanda* may progress to more severe eye disorders such as *Adhimantha* and *Drishtigata Rogas*.

**Lakshanas (Clinical features):**

Types	Lakshanas
<b>Vataja Abhishyanda:</b>	Pain, foreign body sensation, dryness
<b>Pittaja Abhishyanda:</b>	Redness, burning sensation, yellowish discharge
<b>Kaphaja Abhishyanda:</b>	Itching, heaviness, thick white discharge
<b>Raktaja Abhishyanda:</b>	Severe congestion, burning, intolerance to light

**✚ Conjunctivitis as per Modern:****Definition:**

Conjunctivitis is defined as inflammation of the conjunctiva characterized by redness, discharge, irritation, and discomfort of the eyes.

### Etiology:

- Infectious (bacterial, viral)
- Allergic condition
- Chemical or environmental irritants

### Classifications:

Based on Onset:

1. Acute conjunctivitis
2. Chronic conjunctivitis

Based on infection & Allergy:

1. Bacterial conjunctivitis
2. Viral conjunctivitis
3. Allergic conjunctivitis

Other types:

1. Giant papillary conjunctivitis (GPC)
2. Chemical conjunctivitis
3. Neonatal conjunctivitis

### Clinical Features:

- Conjunctival hyperemia
- Watery or mucopurulent discharge
- Itching and burning sensation
- Photophobia in severe cases

### Correlation of Abhishyanda & Conjunctivitis:

**Correlation based on Clinical features:**

C/F of <i>Abhishyanda</i>	C/F of Conjunctivitis
<i>Netra Raga</i> (redness)	Conjunctival hyperemia

<i>Ashru Srava</i>	Watery/mucopurulent discharge
<i>Daha</i>	Burning sensation
<i>Kandu</i>	Itching

**Correlation based on classification:**

<b>Types of <i>Abhishyanda</i></b>	<b>Types of Conjunctivitis</b>
<i>Vataja Abhishyanda</i>	Allergic conjunctivitis
<i>Pittaja Abhishyanda</i>	Bacterial conjunctivitis
<i>Kaphaja Abhishyanda</i>	Bacterial conjunctivitis
<i>Raktaja Abhishyanda</i>	Viral conjunctivitis

**Correlation based on Discharge from eyes:**

<b>Types of <i>Abhishyanda</i></b>	<b>Types of discharge from eyes</b>
<i>Vataja Abhishyanda</i>	Sub-acute conjunctivitis
<i>Pittaja Abhishyanda</i>	Acute conjunctivitis
<i>Kaphaja Abhishyanda</i>	Acute Mucopurulent conjunctivitis
<i>Raktaja Abhishyanda</i>	Chronic Mucopurulent conjunctivitis

**Discussion:**

Ayurveda views *Abhishyanda* as a systemic disorder influenced by diet, lifestyle, and environmental exposure, while modern medicine primarily focuses on local inflammatory pathology. The Ayurvedic classification based on *Dosha* dominance allows individualized treatment and preventive strategies. Concepts such as *Dinacharya*, *Ritucharya*, and *Netra Kriya Kalpa* emphasize prevention and long-term ocular health. Integrating these principles with modern diagnostic and therapeutic measures may help reduce recurrence and improve outcomes in conjunctivitis.

## Conclusion:

Abhishyanda described in Ayurveda shows strong conceptual and clinical correlation with conjunctivitis of modern ophthalmology. Both conditions share maximum similarities in etiology, clinical features, discharge from eyes, and disease progression. Understanding this correlation provides a scientific basis for integrative ophthalmic approaches.

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