Degeneration refers to the process by which tissue deteriorates and loses its functional ability due to traumatic injury, aging and wear and tear. Because of the surface of the eye is exposed to various external influences, disorders of conjunctiva are becoming more common. The degenerations of conjunctiva includes Pinguecula, Pterygium, Concretions, Amyloid degeneration, Conjunctivochalasis. Concretion is a small, hard, yellowish – white lesion, superficially buried beneath the palpebral conjunctiva. The deposits were found in patients as young as 20 years of age, with range of occurrences from 30-80 years old. The cause for these concretions is variable but most commonly associated with aging and chronic inflammation.

A female patient aged 20 years approached to OPD with complains of burning sensation and redness of eyes since one month. On clinical findings based on slit lamp examination it was diagnosed as a case of concretion. It can be correlated to Vartma sharkara, where there will be sasukshma ghana pidakas which will be khara and sthula in the inner aspect of Vartma which can be taken as palpebral conjunctiva. Based on the presenting lakshanas, drugs were selected and different modalities of kriyakalpa like Seka and pratisarana were adopted. After seven days of treatment, there were no concretions on the conjunctiva and the patient was also asymptomatic.
INTRODUCTION:
Concretions are formed due to accumulation of inspissated mucus and dead epithelial cell debris into conjunctival depressions called loops of Henle. The name concretions are a misnomer, as they are not calcareous deposits. The cause for the concretions is variable but most commonly associated with aging and chronic inflammation. Long standing inflammation, such as chronic conjunctivitis, severe atopic conjunctivitis and Meibomian gland disease have been associated with the formation of concretions. It has also been associated with recrystallization of certain eye drops (e.g., sulfadiazine). Following inflammation, the debris becomes trapped in the subconjunctival depressions and recesses and they often undergo calcification. It is seen on palpebral conjunctiva, more commonly on the upper than the lower. They may also be seen in lower fornix. On examination, these are yellowish white, hard raised areas, varying in size from pin point to pin head. Foreign body sensation as concretions can be so hard that when they project from the surface the cornea is scratched. Occasionally they may even cause corneal abrasions. If large, may erode overlying epithelium and causes marked irritation. Treatment includes removal with the help of a hypodermic needle under topical anesthesia.

As per Ayurvedic classics, Vartma sharkara is characterized by sasukshma ghana pidakas which will be khara and sthula in the inner aspect of Vartma which can be taken as palpebral conjunctiva. It is a Sannipataja Lekhana sadhya vyadhi. Acharya Vagbhata has advised pratisarana with saindhava.

CASE REPORT:
A female patient aged 20 years approached to OPD with complains of burning sensation and redness of eyes since one month. Before one month the patient was not having any complaints pertaining to eye. Gradually she noticed itching sensation in both the eyes. On rubbing, she noticed redness. Since a week she noticed watering of eyes. On exposing to sunlight and while using mobile phones, redness and watering used to aggravate. For these complaints she consulted nearby ophthalmologist where some eye drops were prescribed. By using eye drops (details are unknown) she did not feel any relief.

<table>
<thead>
<tr>
<th></th>
<th>Right eye</th>
<th>Left eye</th>
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</thead>
<tbody>
<tr>
<td>Visual acuity</td>
<td>6/9p</td>
<td>6/9p</td>
</tr>
<tr>
<td>Conjunctival congestion</td>
<td>++</td>
<td>++</td>
</tr>
<tr>
<td>Papillae</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Concretions</td>
<td>+++</td>
<td>+++</td>
</tr>
</tbody>
</table>

Other external ocular examinations were found to be normal.

TREATMENT:
1. Internally:
   a. Chitrakadi vati, 1BD, before food.
   b. Haridra khanda, 1 tsp, BD, before food with warm milk.
2. Kriyakalpa:
   a. Darvi seka for 7 days.
   b. Pratisarana with saindhava, pippali churna, madhu for 7 days.

a) DARVI SEKA:
Poorva karma:
Method of preparation of kashaya: In a clean vessel, coarsely powdered Darvi of 20gm was taken. 400ml of water was added and was kept for heating over mandagni till it reduces to 300ml. It was filtered using a clean cloth and kept till it becomes sukhoshna.
Preparation of the patient:
- The patient was made to comfortably lie down in supine position, after instructing about the procedure, in kriyakalpa theatre, free from atmospheric effects like direct blow of air or dust and with sufficient light.
- Eyes were cleaned using sterile cotton pads.
Pradhana karma:
- The prepared Kashaya was taken in seka patra.
- In a thin and continuous stream it was poured slowly on to the closed eyes individually from a distance of 4 angulas for 600 matra kalah.

Paschat karma:
- The eyes were cleaned using sterile cotton pad and lukewarm water and advised to lie down in the same position for few minutes.

b) PRATISARANA:
Poorva karma:
Method of preparation of Pratisarana dravyas: 2gms of each of finely powdered sindhava, pippali churna were taken and mixed with sufficient quantity of madhu.

Preparation of the patient:
- The patient was made to comfortably lie down in supine position, after instructing about the procedure, in kriyakalpa theatre, free from atmospheric effects like direct blow of air or dust and with sufficient light.
- Eyes were cleaned using sterile cotton pads.

Pradhana karma:
- The lower lid was pulled down, the mixture was taken with the help of bud of Japa kusuma and pratisarana was done for 1 minute.

Paschat karma:
- The eyes were cleaned using sterile cotton pad and 2 drops of Mahatriphala ghrita was instilled for both the eyes.

OBSERVATION AND RESULTS:

<table>
<thead>
<tr>
<th></th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td>+++</td>
<td>+++</td>
</tr>
</tbody>
</table>

Right eye

Before treatment

![Image 1](image1)

After treatment

![Image 2](image2)
DISCUSSION:

- Vartma sharkara, a condition presenting with sasukshma khara ghana sthula pidakas in the inner aspect of Vartma can be correlated to Concretions which have the similar presentation. As she was having the symptoms from one month, it shows the long standing inflammation of the conjunctiva leading to degeneration in the form of concretions.

- The patient is a student wherein she was supposed to continuously use electronic gadgets. She used to get exposed to dust more. These can be elicited as nidanas in the present case. It can be considered as mithya yoga and atiyoga of chakshurendriya.

- The drugs used were selected based on rasapanchakas which is very much necessary in combating the lakshanas of the disease.

- Darvi, said to be netraroganut is used in the form of seka. This is having ushna virya, laghu raksha guna and is kaphapittahara. It is used in conditions like shotha, netrabhishyanda mainly. The chemical constituents are Barbrine, oxyberberine, berbamine arnoline mainly. It has the properties like antimicrobial, anti inflammatory and immune modulator.\(^10,11\)

- Saindhava is said to be chakshushya. It is having tridosahara property. It helps to facilitate cellular absorption and it is also anti microbial.\(^12\)

- Madhu is yogavahi there by combining with other drugs, helps to achieve the good results by enhancing the drug action. It is having ushna virya and it is said to be chakshushya. It is said to be anti-inflammatory, minimizes scarring.\(^13,14\)

- Pippali is having anushna virya and is said to be rasayana. The pharmacological actions of the drug pippali are anti-inflammatory, analgesic, bioavialability enhancer.\(^15,16\)

CONCLUSION:
Concretions in the early stages is asymptomatic, protruding conjunctival concretions may produce a punctuate epitheliopathy of the cornea with the blink mechanism leading to functional damage to eye causing decreased vision. In the present case study, it special care was taken to benefit the patient not to undergo any of the complications. The treatment modalities advocated here are simple and also it has the capability to control the disease very soon. Depending on the presenting lakshanas the drugs were selected appropriately and hence witnessed a promising result after seven days of treatment.
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