

# AN OVERVIEW ON EFFECT OF MANASHILADI VIDALAKA IN ANJANANAMIKA

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## Abstract

### Background:

*Anjananamika* is a *Raktapradhana Sadhya Vartmagata Roga*, caused due to the vitiation of *Rakta* characterized by soft, slightly painful, burning, pricking, copper coloured *Pitaka* in the lid. It is compared to as Stye or External hordeolum, an acute suppurative inflammation of the eyelash follicles, more common in children and young adults, treated by hot compress, anti-inflammatory drugs, oral and topical antibiotics. More than one million cases of stye are reported per year. The *Ayurvedic* intervention of *Anjananamika* includes *Swedana*, *Nispidana*, *Bhedana*, *Pratisarana* and *Jaloukavacharana*. In the initial stages due to its *Amavastha*, *Ropana* chikitsa can be adopted.

### Aim and objectives:

The aim of the study is to assess the efficacy of *Manashiladi Vidalaka* in *Anjananamika*

### Materials and methods:

The study was conducted in 20 diagnosed patients of *Anjananamika* for 5 days and they were treated with *Manashiladi Vidalaka* told by *Acharya Sharangadhara* among the *Vidaklaka* yogas. The pre and post findings were recorded in the research profoma and patients were followed up for next 10 days.

### Results and conclusion:

Response to the treatment was recorded after 5 days of continuous application of *Manashiladi Vidalaka* and the therapeutic effect was evaluated through symptomatic relief. The study yielded statistically significant results.

### Key words:

*Kriyakalpa*, *Anjananamika*, External hordeolum, *Vidalaka*

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