RESEARCH PAPER

Ayurvedic Management of Simple Allergic Conjunctivitis using Shunthi Churna Bidalaka: A Case Study

Dr. Mayur Nakade[1], Dr. Santosh Mulik[2*], Dr. Sarita S. Mulik[3], Dr. Sanjay Dhurve[4]

[1]PG Scholar, Department of Shalakyatantra, College of Ayurved and Hospital, Bharati Vidyapeeth (Deemed to be University), Pune, India

[2*]Professor and HOD, Department of Shalakyatantra, College of Ayurved and Hospital, Bharati Vidyapeeth (Deemed to be University), Pune, India (Corresponding Author)

[3]Associate Professor, Department of Shalakyatantra, Bharati Vidyapeeth (Deemed to be University) College of Ayurved, Pune, India

[4]Associate Professor, Department of Kayachikitsa, Bharati Vidyapeeth (Deemed to be University) College of Ayurved, Pune, India

ABSTRACT

Allergic conjunctivitis, a widespread ocular disorder characterized by inflammation and hypersensitivity, closely correlates with the Ayurvedic diagnosis of Vataja Abhishyanda. This correlation is based on shared clinical features such as Toda (pain), Kandu (itching), Shishirashruta (tearing), and Vishushkabhava (dryness), indicating a predominant Vata-Kapha imbalance.

In this case study, Shunthi Churna Bidalaka (dry ginger paste applied to the eyelids) was employed as a local therapeutic intervention. Shunthi (Zingiber officinale) was selected for its Vata-Kapha shamak and anti-inflammatory properties, specifically to target itching and swelling.

Results: The intervention yielded significant symptomatic relief, effectively reducing redness, irritation, and lacrimation with no observed adverse effects. These findings suggest that Shunthi Churna Bidalaka is a safe, cost-effective, and potent Ayurvedic modality for managing simple allergic conjunctivitis, bridging traditional practice with clinical efficacy.

Keywords: Shunthi Churna, Bidalaka, Allergic Conjunctivitis, Vataja Abhishyanda, Kandu.

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Introduction

Ayurveda is one of the most ancient medical sciences in the world. The term “Ayurveda” is derived from two words: “Ayu,” meaning life, and “Veda,” meaning knowledge. Thus, Ayurveda signifies the knowledge of life. It is not merely a system of treatment but a comprehensive way of living.

Ayurveda comprises eight specialized branches, collectively known as “Ashtanga Ayurveda.” One of these branches is Shalakya Tantra, which deals with diseases occurring above the clavicle (Urdhva Jatrugata Roga). The eyes (Netra) are included in this region and are considered one of the most important organs among the Panchendriya (five sense organs) described in classical texts.

Therefore, proper care of the eyes is essential to prevent various ocular diseases. Abhishyanda is considered the root cause of most eye disorders and should be treated promptly to avoid complications. If left untreated, it may lead to conditions such as Vataja Adhimantha, Akshi Pakatyaya, Avrana Shukla, Hatadimantha, and others.

Vataja Abhishyanda is characterized by symptoms such as Toda (pricking pain), Sangharsha (foreign body sensation), Acchaashruta (watery discharge), Alpa Shopha (mild swelling or chemosis), and Vishushkabhava (dryness). These symptoms closely resemble those of simple allergic conjunctivitis. Based on this similarity, Vataja Abhishyanda can be correlated with simple allergic conjunctivitis.

The prevalence of this condition ranges from 5% to 22% in the general population, with recurrence observed in 41% to 62% of cases. This makes Vataja Abhishyanda a commonly encountered condition in daily clinical practice, highlighting the need for an effective Ayurvedic treatment. Moreover, contemporary medicine often has associated side effects, further emphasizing the importance of exploring safer alternatives within Ayurveda.

While contemporary pharmacological treatments offer symptomatic relief, they are frequently associated with adverse side effects. Consequently,

there is a growing clinical interest in traditional Ayurvedic local therapies, specifically **Bidalaka**—the application of medicated paste to the eyelids for inflammatory ocular disorders.

This study investigates the efficacy of **Shunthi** (*Zingiber officinale*), a botanical agent recognized for its *Katu rasa* (pungent taste), *Ushna virya* (heating potency), and *Kapha-Vata shamaka* properties. Given its established anti-inflammatory and anti-allergic profile, this research evaluates the therapeutic role of **Shunthi Churna Bidalaka** in the management of simple allergic conjunctivitis.

Case History

A 30-year-old patient presented to the outpatient department with complaints of pricking sensation, dryness, lacrimation, and itching in both eyes. The patient also reported irregular appetite and disturbed bowel movements for the past 15 days as associated symptoms. There was no history of trauma, ocular surgery, or any systemic illness. This episode was noted to be the second occurrence of similar symptoms within a month, causing significant distress due to repeated allergic bouts. Family history revealed that the patient's father had suffered from allergies involving the eyes, nose, and skin, which were successfully managed through Ayurveda and yoga. Considering this background, the current study focuses on the role of Shunti Churna Bidalaka in effectively controlling *Simple Allergic Conjunctivitis*.

Clinical Findings

Chief Complaints & Associated Symptoms: The patient reports experiencing a pricking sensation, dryness, watering, and itching in both eyes. These symptoms have been present for the past 15 days. Alongside this, the patient notes irregular appetite and disturbed bowel movements.

General Examination:

- Weight: 62 kg
- Height: 170 cm
- Pulse: 90/min
- Blood Pressure: 110/80 mmHg

Personal History:

- Bowel habits: Constipation
- Appetite: Irregular
- Micturition: Normal
- Sleep: Sound

Past History: No significant past medical history.

Family History: Father has a history of allergic conditions affecting the eyes, nose, and skin.

Investigations:

- Vision: 6/6, N6 (Right Eye) and 6/6, N6 (Left Eye)

Slit Lamp Examination

Ocular examination	**Right eye**	**Left eye**
Lid	Normal	Normal
Conjunctiva	Congestion with papillae ++	Congestion with papillae +
Cornea	Clear	Clear
Ant. Chamber	Normal	Normal
Iris	Normal	Normal
Lens	Clear	Clear

Diagnosis

- Modern: Simple Allergic Conjunctivitis
- Ayurvedic: Vataja Abhishyanda (Kapha Anubandha)

Treatment

Shunthi Churna Bidalaka

Ingredient:

- Shunthi Churna (dry ginger powder)

Rasapanchaka	**Property**
Rasa	**Katu**
Guna	**Laghu , Snigdha**
Veerya	**Ushna**
Vipaka	**Madhura**
Prabhava	**Shothahara**

Preparation:

- Mix Shunthi Churna with sterile water or rose water to form a smooth paste.

Application:

- Apply gently over closed eyelids, avoiding the eyelashes.
- Maintain a thickness of approximately 2–3 mm.
- Leave in place for 15–20 minutes.

Frequency:

- Once daily for 5 days

Course Duration:

- 5 consecutive days

Assessment Criteria

Subjective Parameters

1. Nistoda (pricking sensation)
2. Vishushkabhava (dryness)
3. Shishirashruta (watering)
4. Kandu (itching)

Subjective criteria	**Treatment method**	**0th Day**	**5th Day**	**7th Day**
Nistoda (Pricking sensation)	Shunthi churna bidalaka	+++	++	++
Vishushkabhava (Dryness)		+	+	-
Shishirashruta (Watering)		++	++	+
Kandu (Itching)		+++	++	+

Sr. No	**Symptoms**	**Grade**
1)	Nistoda (Pricking Sensation)	0- Absent 1- Mild 2- Moderate 3- Severe
2)	Vishushkabhava (Dryness)	0- Absent 1- Mild 2- Moderate 3- Severe
3)	Shishirashruta (Watering)	0- Absent 1- Mild 2- Moderate 3- Severe
4)	Kandu (Itching)	0- Absent 1- Mild 2- Moderate 3- Severe

Objective Parameters:

1) Slit lamp bio microscopy to examine Papillae
2) Slit lamp bio microscopy to examine congestion of Conjunctiva

Presence of papillae

Sr. No.	Symptoms	Grade
1)	Presence of Papillae	0- Nil 1- Micropapillae 2- Macropapillae 3- Gaintpapillae
2)	Congestion	0- Absent 1- Mild 2- Moderate 3- Severe

Observation And Result

A) Subjective Criteria

Objective criteria	Treatment method	0th Day	5th Day	7th Day
Papillae	Shunthi churna bidalaka	+	-	-
Congestion		++	+	-

B) Objective Criteria

Assessment:

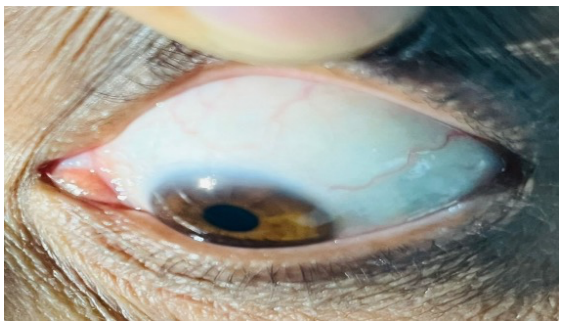
1st assessment on 0th day (i.e 1st visit)

2nd assessment on 5th day (i.e 2nd visit)

Treatment completed on 5th day.

Clinical Images Before Treatment

Clinical Images After Treatment



Discussion

Mechanism of Action

Traditional (Ayurvedic Perspective):

- *Ushna Virya* helps pacify Vata–Kapha imbalance
- *Katu Rasa* assists in clearing obstructions
- Exhibits *Lekhana* (scraping) and *Shothahara* (anti-inflammatory) properties

Probable Modern Correlates:

- Anti-inflammatory activity
- Anti-allergic effects
- Reduction of vascular congestion

Clinical Implications

Shunthi Churna Bidalaka demonstrates:

- Noticeable relief in ocular discomfort
- Reduction of papillae and congestion
- A safe, affordable, and accessible therapeutic option

Conclusion

Shunthi Churna Bidalaka shows promising results in managing ocular conditions through both Ayurvedic and modern mechanisms. Its effectiveness, safety, and cost-efficiency highlight the need for larger, well-structured clinical trials to validate these findings.

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