

Case Study of Ushiradi Siddha Taila Pratimarsha Nasya in Immature Senile Cataract in a 60 Year Old Patient

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Received: 06th Feb, 2026 | Revised: 08th Mar, 2026 | Accepted: 22nd Mar, 2026 | Available Online: 29th Mar, 2026

ABSTRACT

Senile cataract is one of the most common causes of visual impairment in the elderly population worldwide. It is characterized by progressive opacification of the crystalline lens, leading to gradual diminution of vision. In Ayurveda, this condition can be correlated with Timira and Kacha, which are caused by vitiation of Vata and Kapha doshas affecting the visual apparatus. Although modern management primarily focuses on surgical intervention, early-stage cataract can be managed conservatively.

The present case study evaluates the efficacy of Ushiradi Siddha Taila Pratimarsha Nasya in immature senile cataract. A 60-year-old female patient presented with complaints of gradual diminution of vision in both eyes. Visual acuity was recorded as 6/9 in both eyes. The patient was treated with Pratimarsha Nasya using Ushiradi Siddha Taila for 30 days. Assessment was done based on subjective symptoms and objective parameters like visual acuity. After treatment, there was noticeable improvement in visual acuity and reduction in symptoms such as blurring and eye strain.

The therapeutic effect may be attributed to the Chakshushya, Rasayana, and Vata-Kapha shamaka properties of the formulation. Nasya therapy helps in nourishing ocular tissues through nasal route, improving functional efficiency. This case suggests that Ushiradi Siddha Taila Nasya may help in delaying progression of cataract. It is safe, cost-effective, and easy to administer. However, further large-scale studies are required to validate these findings.

Keywords: Ushiradi Taila, Pratimarsha Nasya, Senile Cataract, Timir, Ayurveda, Kapha, Visual Acuity

How to cite this article: Mal P, Mulik SS, Mulik SS, Dhurve S. Case Study of Ushiradi Siddha Taila Pratimarsha Nasya in Immature Senile Cataract in a 60 Year Old Patient. Int J Drug Deliv Technol. 2026;16(76s): ; DOI: 10.25258/ijddt.16.76s.8

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Introduction

Cataract is defined as the opacification of the crystalline lens, leading to progressive visual impairment and, if untreated, blindness. It remains one of the leading causes of reversible blindness globally, especially in developing countries like India. Senile cataract is the most common type, usually occurring due to aging changes in lens proteins and fibers. The early stage of cataract is known as immature cataract, where partial lens opacity causes gradual diminution of vision without complete loss of transparency.

In contemporary ophthalmology, surgical removal of the lens is considered the definitive treatment. However, surgery may not always be preferred in early stages or by all patients due to economic, psychological, or medical reasons. Therefore, there is a need for safe and effective conservative management to delay progression.

In Ayurveda, cataract can be correlated with Timira, which is described as a progressive disorder affecting vision. If neglected, Timira advances into Kacha and ultimately Linganasha, leading to complete loss of vision. The pathogenesis involves vitiation of Vata dosha along with Kapha dosha, affecting Drishti mandala. Hence, treatment focuses on Vata-Kapha shamana and Rasayana chikitsa.

Among various therapeutic procedures, Nasya karma is considered highly effective for diseases of the head region (Urdhvajatrugata roga). The classical statement "Nasa hi Shiraso Dwaram" signifies that the nose is the gateway to the head, allowing direct drug delivery to ocular structures. Pratimarsha Nasya is a mild and safe form that can be administered daily without complications.

Ushiradi Siddha Taila is a medicated oil containing Ushir, Lodhra, Triphala, Priyangu, and Tila Taila. These drugs possess properties like Chakshushya (beneficial for eyes), Rasayana (rejuvenative), Lekhana (scraping), and Tridosha shamaka. Triphala is well known for its antioxidant and eye-strengthening properties, while Lodhra and Priyangu help in reducing Kapha-related changes. Ushir provides cooling and Pitta balancing effects, and Tila Taila acts as a nourishing base.

Thus, Ushiradi Siddha Taila administered through Pratimarsha Nasya may help in improving ocular nourishment, delaying degenerative changes, and enhancing visual function. The present study aims to evaluate its role in the management of immature senile cataract through a clinical case study.

Case History

Patient aged 60 years presenting with blurring of vision left eye, Glare, Visualization of dots, lines, threads like structure in front of left eye, since 2 months was brought to the outpatient department. There was no history of trauma, surgery, or any systemic health conditions in the patient. Hence the current study of Ushiradi Siddha Taila Pratimarsha Nasya will be taken for effective role in the controlling Immature Senile Cataract.

Chief complaints and associated symptoms:

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Blurring of vision left eye, Glare , Visualization of dots,lines, threads like structure in front of left eye.

General Examination:

Weight- 69kg, Height-150cm, Pulse rate- 88/min, BP- 130/80 mmHg

Personal History : No any personal history.

Previous History : No history of previous illness.

Family History : No any family history.

A. Local Examination

Visual acuity: OD -6/9 and OS -6/9(0.18)

B. Slit Lamp Examination:

Ocular Examination	Right eye(OD)	Left Eye(OS)
Eyelashes	Normal	Normal
Eyelids	Normal	Normal
Conjunctiva	No congestion	No congestion
Cornea	Clear	Clear
Anterior Chamber	Normal	Normal
Iris	Normal	Normal
Pupil	NSRL	NSRL
Lens	Clear	IMSC
Retina	Normal	Normal

Intervention:

Drug Used: Ushiradi Siddha Taila Ingredients

1. Ushir (*Vetiveria zizanioides*)
2. Lodhra (*Symplocos racemosa*)
3. Triphala (*Haritaki, Bibhitaki, Amalaki*)
4. Priyangu (*Callicarpa macrophylla*)
5. Tila taila (*Sesame oil base*)

Dravya	Rasa	Virya	Vipak	Guna	Karma	Doshaghna
Ushir	Tikta, madhur	Sheeta	Madhur	Laghu, ruks ha	Kapha-pittahara, pachan, stambhan	Pitta-kapha shamak
Lodhra	Kashaya	Sheeta		Laghu, ruks ha	Kapha-pittahara, pachan, stambhan	Kapha-pitta shamak

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Triphala	Madhur, amla, Anush tikta, (Kashaya Pradhan)	na	Madhur	Laghu, ruks ha	Kapha-pittashamak, tridoshahar	Tridoshahar, chakshushya, raktashodhan
Priyangu	Kashaya, madhur	Sheeta	Katu	Guru, ruksha	Kapha-pittahara, sangrahan iya.	Pitta-kapha shamak
Tila taila	Madhur, tikta, kashaya	Ushna	Madhur	Guru, snighda	Kapha-pittahara, chakshushya	Kapha-vata shamak

Methods of preparation of Ushiradi Siddha Taila

A. Kalka Dravya (Paste form)

Ushir, Lodhra, Triphala, Priyangu.

(All taken in equal quantity, finely powdered and made into paste.)

B. Sneha Dravya

Tila Taila (Sesame oil)

C. Drava Dravya

Kwatha was prepared from same drugs for enhanced potency.

Classical Ratio (as per Sneha Kalpana) From

Sharangdhar Samhita:

Kalka: Sneha : Drava = 1:4:16

Procedure

Step 1: Preparation of Kalka

All herbal drugs in equal quantity were taken

↓

Wash, dry, and powder them

↓

Add small quantity of water paste (Kalka) make fine

Step 2: Preparation of Drava plain water

was used

Step 3: Mixing

Kalka, Tila Taila, Water into vessel in classical ratio (1:4:16)

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Step 4: Heating (Sneha Paka) Heated on mild fire (Mandagni)
(Was stirred continuously to avoid sticking) Continued heating till Sneha Siddhi Lakshana appear **Sneha Siddhi Lakshana**

There was no froth formation No Crackling sound

Kalka became soft, non-sticky, varti-like Taila became clear with characteristic odor When Kalka was rolled forms wick (Varti) **Filtration**

Siddha Taila was filtered and packed in airtight plastic dropper bottles and was labelled and stored in cool and dry place.

Drug	Dose	Method of Administration	Duration
Ushiradi Siddha Taila	2 drops once a day	2 drops of Taila was poured in both nostrils after stanik snehan with tila taila and hasta sweda.	4 months

A. Subjective Parameters:

1. Blurring of vision
2. Visualization of non-existing things like dots, lines, threads, etc in front of eyes.
3. Difficulty in day vision, glare.
4. Difficulty in night vision or dim light.

Sr.no	Symptom	Gradation
1.	Blurred vision	0- Absent
		1- Mild
		2- Moderate
		3- Severe
2.	Visualization of non-existing things like dots, lines, threads, etc	0- Absent
		1- Mild
		2- Moderate
		3- Severe
3.	Difficulty in day vision ,glare	0- Absent
		1- Mild

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		2- Moderate
		3- Severe
4.	Difficulty in night vision or dim light	0- Absent
		1- Mild
		2- Moderate
		3- Severe

B. Objective Parameters:

1. Visual acuity(logmar chart).
2. Slit lamp photography.

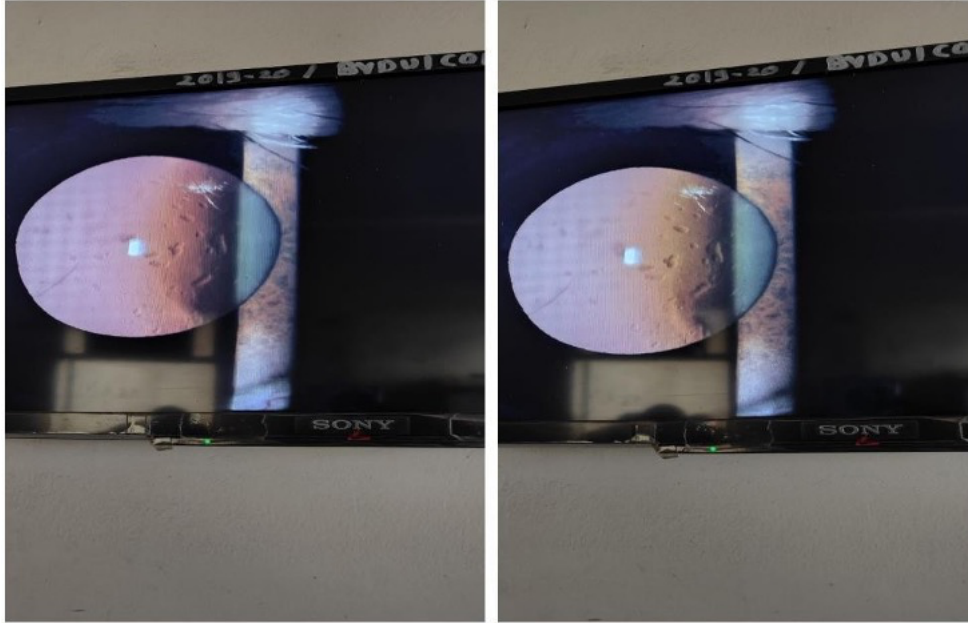
Observation and Result

Sr. no	Symptoms	1 st day	30 th day	60 th day	90 th day	120 th day
1.	Blurring of vision	1	1	1	1	1
2.	Visualization of non-existing things like dots,lines,threads,etc .	2	2	2	1	1
3.	Difficulty in day vision ,glare	1	1	1	0	0
4.	Difficulty in night vision or dim light	0	0	0	0	0

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Sr.no	1 st day	30 th day	60 th day	90 th day	120 th day
Visual acuity	1	1	1	1	1

2. Slit Lamp Photography:



Before and after treatment slit lamp photography.

Discussion

Pratimarsha Nasya works by delivering medicine through nasal mucosa, which is considered the gateway to the head ("Nasa hi Shiraso Dwaram"). It nourishes ocular tissues and improves microcirculation.

Triphala: Prasiddha for Chakshushya and antioxidant action Lodhra &

Priyangu: Reduce Kapha and provide Lekhana effect Ushir: Cooling and

Pitta shamaka

Tila Taila: Acts as a carrier and provides nourishment

This combination helps in delaying lens opacity progression and improving visual function.

Conclusion

Ushiradi Siddha Taila Pratimarsha Nasya showed significant improvement in visual acuity and symptoms in immature senile cataract. It can be considered as a safe, cost-effective, and non-invasive management in early stages. However, larger clinical studies are required for validation.

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