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Ayurveda Emergency Management of Chemical Injury to Right Eye: A Case Study

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ABSTRACT:

Employees working in chemical companies, house wives and youth exposed to chemicals are frequently injured in acute chemical incidents. Chemical injuries of the eye are ocular emergencies requiring immediate medical intervention to prevent conjunctival and corneal damage leading to loss of vision. Conventional treatment protocols rely heavily on antibiotics, steroids or surgery. Early recognition and quick management alone can prevent potential blindness. A 50-year-old woman, not on any medication; presented with an accidental chemical injury to her eye following accidental chemical exposure while cleaning solar pipes. She complained of pain, redness, epiphora, photophobia, orbital swelling and difficulty in opening the affected eye. Immediate irrigation using tap water and saline water helped reduce burning sensation. Clinical assessment was made using Duas classification of limbal involvement and prognosis was and recorded as 50 - 75% involvement as Good to guarded. The patient was managed exclusively with Ayurvedic treatment. The cornea, iris and visual apparatus were not involved, hence the prognosis was good. Repeated *Seka* with *Panchavalkala Hima* (PVH) and *Bidalaka* mitigated orbital swelling, mild photophobia and the patient became normal. The patient was given *Amalaki Churna* orally, which has multiple benefits. *Bidalaka* and *Seka* along with oral consumption is a holistic way of treating. The emergency management of this case solely with Ayurveda proves otherwise, showing that when applied early and decisively, classical Ayurveda can act as a fast, safe, and powerful primary line of care.

KEYORDS: Ayurveda, *Bidalaka,* Eye injury, *Kiryakalpa, Seka.*

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INTRODUCTION:

Eye injuries are challenging and the global data shows that it is one of the leading causes of blindness and disability. WHO estimates 55 million eye injuries restricting day to day activities and is causing a concern as a global burden. Injuries from alkalies are more common than acids and these injuries are listed as 7.7 to 18% [1]. Eyes are one of the most important sense organs that require the utmost care and protection. External injury, foreign body, or chemical injuries to the eyes should always be treated with the primary goal of preserving vision[2]. Injuries leading to partial or total blindness have a direct impact on the quality of life and work.

Among these, chemical injuries of the eye are certainly ocular emergencies requiring immediate medical intervention to prevent conjunctival and corneal damage leading to loss or distortion of vision[3]. It requires a prompt response as the resultant damage to the periorbital tissues, superficial ocular tissues, or intraocular structures can lead to temporary or permanent visual dysfunction[4]. There is a widespread belief that Ayurveda works too slowly to handle chemical burn injury. However, this case proves otherwise.

CASE REPORT:

A healthy lady aged around 50 years, not on any medication and not allergic to any chemicals or pollution, while cleaning solar pipes accidentally got injured by a cleaning chemical falling into her right eye. Immediately she splashed cold water onto her eyes for 10-12 minutes to reduce the burning sensation. But afterwards pain, orbital swelling and redness was noted. She immediately came to get Ayurveda first aid as her daughter is also one. On examination it was noted that the cornea was not damaged. The patient could not open her affected eye.

Roga* and *Rogi Pareeksha

Acute condition demanding emergency management. Patient was apparently healthy, not on any regular medication and has been of *Pravara Bala* and *Pravara Satwa*.

Astavidha pareeksha :

- *Nadi: Vata-pittajaja,*
- *Mala: Samyak,* Once a Day
- *Mutra: Samyak,* 3-4 D/0 N
- *Jihva: Nirama*,
- *Shabda: Prakrita*,
- *Sparsha : Ushna*
- *Drik* (eye & vision): Epiphora & *Sambramba*
- *Akriti: Madhyam*

- **Examination:**
- Conjunctiva- *Sambramba* (swelling of eyelids & conjunctiva)
    - *Raga of Shukla bhaga* [Ischemia of limbal involvement]
    - *Drstibhaga* not involved much [Visual acuity not disturbed]
- Pain - *Toda,* & *Kandu* reported for 6 days
- Burning sensation in the eye after chemical exposure - *Daha*
- Epiphora for nearly a week.
- Redness on the eye for nearly 6days

- Mild blurred vision for less than two days.

ICD-9-CM: ICD-10 : T26.60XA corrosion of cornea and conjunctival sac, unspecified eye, initial encounter. 940.2 alkaline chemical burn to cornea and conjunctiva; 940.3 acid chemical burn to cornea and conjunctiva; 372.06 chemical conjunctivitis.

The assessment applying Dua's classification puts this chemical injury into the Acute stage with a good to guarded phase as per the tables below (Table 01 and Table 02). The details of the progress during the treatment is depicted in Chart 01 - Relief in Symptoms and Table 03 - Clinical images.

Table 01: Chemicals causing ocular emergencies

Substances	**Chemical composition**	**Found in**
Ammonia	NH3	Cleaning agents, fertilizers, refrigerants
Potassium hydroxide	KOH	Caustic potash
Lye	NaOH	Drain cleaners, airbags
Magnesium hydroxide	$MG(OH)_2$	Firework sparklers, flares
Lime	$Ca(OH)_2$	Plasters, cement, white Ash, mortars

Table-2: Dua's Classification of Ocular Chemical Burns [5]

Grade	**Limbal involvement**	**Conjunctival involvement**	**Prognosis**
I	0 clock hours	0%	Very good
II	≤ 3 clock hours	≤ 30%	Good
III	> 3–6 clock hours	> 30–50%	Good to guarded
IV	> 6–9 clock hours	> 50–75%	Guarded
V	> 9–< 12 clock hours	> 75–< 100%	Poor
VI	12 clock hours	100%	Very poor

Table-3: Treatment Time line

Date & Day	**Procedure**	**Medicine**
27/7/26, Sunday, Morning	*Seka*	*Panchavalkala hima*
28/07/26 Monday	*Seka* *Bidalaka* Orally	*Panchavalkala hima* *Dadima patra + Saidhava lavana* *Amalaki churna + Madhu*
29/07/26 Tuesday	*Seka*	*Panchavalkala hima*

	Orally	*Amalaki churna + Madhu*
30/07/26 Wednesday	*Seka* *Bidalaka* Orally	*Panchavalkala hima* *Dadima patra + Saidhava lavana* *Amalaki churna + Madhu*
31/06/26 Thursday	*Seka* *Bidalaka* Orally	*Panchavalkala hima* *Dadima patra + Saidhava lavana* *Amalaki churna + Madhu*
1/08/26 Friday	*Seka* *Bidalaka* Orally	*Panchavalkala hima* *Dadima patra + Saidhava lavana* *Amalaki churna + Madhu*

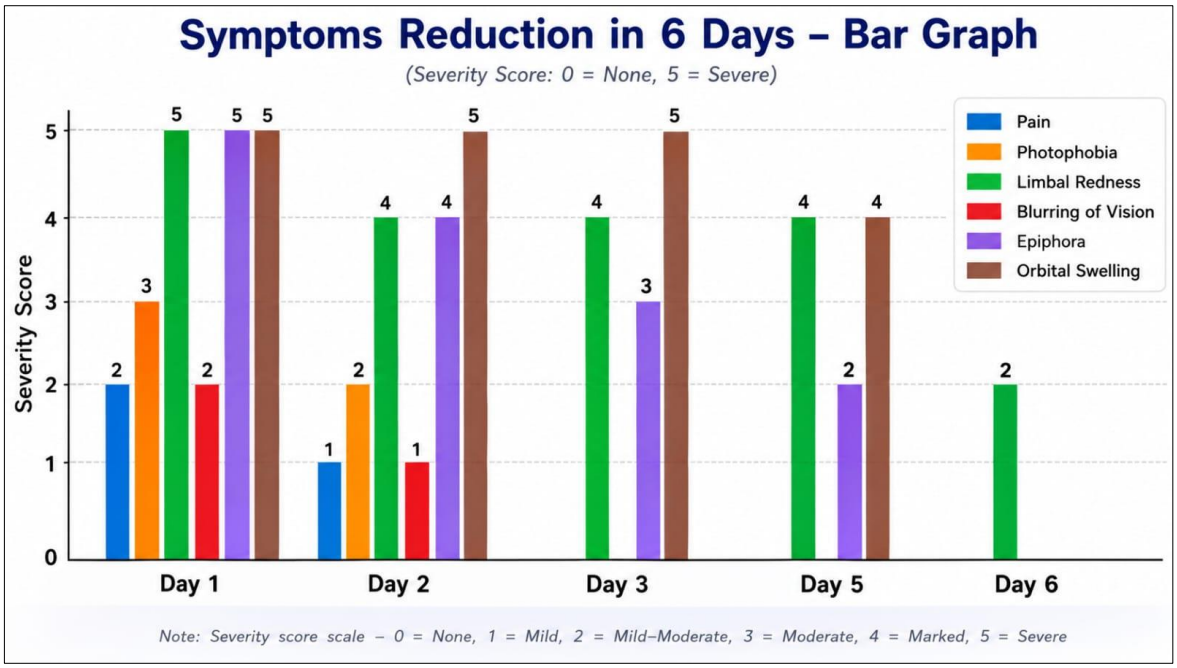


Chart 01: Relief in Symptoms

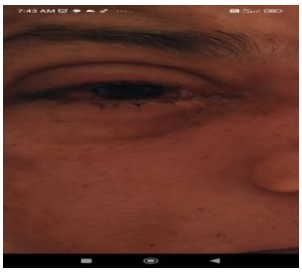


Figure-1: status of eye on 27/6/26

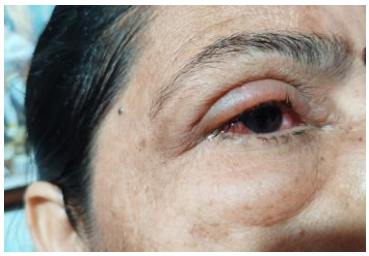


Figure-2: status of eye on 27/6/26 (evening)



Figure-3: status of eye on 28/6/26

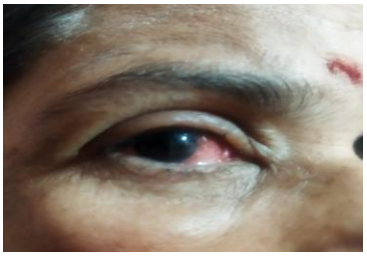


Figure-4: status of eye on 29/6/26



Figure-5: status of eye on 30/6/26

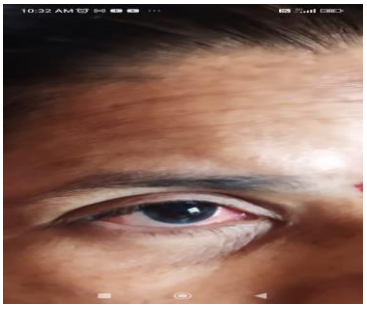


Figure-6: status of eye on 31/6/26



Figure-7: status of eye on 01/7/26



Figure-7: status of eye on 6/7/26

DISCUSSION:

Seka, also known as *Parisheka*, helps improve circulation when done recurrently. [6] By reducing inflammation at all levels, cellular level improvement is noted and hence orbital swelling and pain comes under control immediately. *Panchavalkala*[7] *Kwatha* or *Hima* made into a suitable temperature to suit the patient is used in this case. The patient, being *Pitta prakruti,* the choice of *Panchavalkala* (all the constituents are of *Sheeta Virya*) is commendable. It is known for its anti-inflammatory, anti microbial and cellular immune booster properties.

Bidalaka is a special application on eye lids (not touching the lashes) which is made up of super fine paste enabling deep infiltration. [8] *Bidalaka* is recommended in early symptoms (*Purvarupa*) to prevent the progress of the condition to *Rupa avastha*. A fine paste prepared with the tender leaves of *Dadima Patra* (Pomegranate) with a pinch of *Saidava Lavana* is highly beneficial to alleviate pain and inflammation of eye lids. *Saidava lavana*

also supports mitigating fluid inside the eye.

Along with these external therapies, *Amalaki* powder (*Emblica officinalis*) mixed with honey is administered orally in a dose of half a teaspoon to get best & fast results. The patient was also advised palming frequently after meals to enhance the microcirculation. Every therapy was added for quick recovery so the case got total relief in less than a week.

CONCLUSION:

Ayurveda recommends early treatment for better management and prognosis. Understanding *Netra Shareera*, *Kriyakalpa* and adopting holistic management can make effective recovery in emergency conditions Repeated *Seka, Bidalaka* along with most promising oral medication has been suggested to combat *sambramba* (mild swelling), *srava, daha*, and most premonitory symptoms.

Limitation of the study:

This is a single case study of ophthalmic injury. A large scale study on similar therapeutic measures is required for a precise conclusion.

Consent of patient: Received consent to use photos and details.

Conflict of interest: The author declares that there is no conflict of interest.

Guarantor*:* The corresponding author is the guarantor of this article and its contents.

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