

A Review Article on Kaphajaabhishyanda / Vernal Kerato Conjunctivitis

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Abstract: *Kaphaja Netra Abhishyanda, as described in Ayurvedic literature, is an ocular disorder affecting all structures of the eye. It commonly presents with heaviness of eyelids (Guruta), itching (Kandu), excessive and frequent tearing (MuhurmuhurSrava), along with burning sensation and photophobia. When the clinical features of this condition are compared with modern ophthalmological descriptions, it shows a close resemblance to vernal keratoconjunctivitis (VKC), a type of allergic conjunctivitis frequently seen in children and young individuals. VKC has emerged as a significant reason for corneal complications and potential vision loss. This allergic inflammation of the conjunctiva is usually triggered by environmental allergens such as pollen, dust, smoke, animal dander, and mites, leading to symptoms like intense itching, conjunctival congestion, and papillary hypertrophy. The term "Spring Catarrh" is also used for VKC, indicating its seasonal tendency during Vasanta Ritu, which is known as the Kapha aggravation phase according to Ayurveda. This seasonal pattern, along with the susceptibility of the childhood age group, correlates well with the Ayurvedic concept of KaphaPrakopa during early life.*

Keywords: Abhishyanda, Muhurmuhursrava, Guruta, Kandu, photophobia

