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## **Ayurvedic Treatment of Primary Pigmentary Degeneration of Retina**

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### **ABSTRACT**

Primary Pigmentary degeneration of retina is a dreaded eye disease and is one of the largest causes of youth blindness in the developed world. In spite of tremendous research all over the world, the problem remained unsolved and there is no way to arrest the degeneration of retina. There are nearly 3 million sufferers all over the world. Ayurvedic treatment has opened a new horizon in the treatment of primary pigmentary degeneration of retina.

With the intention to find out solution for this incurable disease, it was observed that old Ayurvedic physicians used Gold Powder (Suwarna Bhasma) for degenerative conditions in the body and triphala powder for improving vision. A combination of triphala powder and Suwarna Bhasma was used as a treatment for this dreaded disease.

Key words: Retina, degeneration, Ayurveda , Gold powder, Triphala powder, Suwarna Bhasma.

### **INTRODUCTION**

Robert Koch observed that gold inhibited mycobacterium tuberculosis in vitro and led to its trial in arthritis and Lupus erythematosus. Gold compounds are found useful in arresting the progress of the disease called Rheumatoid arthritis. However the degenerative lesions do not regress once formed.

According to modern science it is a toxic drug. Ayurveda also mentions that it is toxic. Ayurveda has given a special process to remove the toxic nature of the drug by reacting it with some plant extract. Ayurveda mentions that such processed and purified gold can be administered orally for number of years without any side effects.

Accordingly, processed gold powder, triphala and Ghruta was given orally to all the patients of Primary Pigmentary degenerations of retina.

### **INVESTIGATIONS**

Personal and family history, routine, general and local examinations were recorded before starting treatment. Special importance was given to vision, field of vision and ophthalmoscopic findings.

VEP (Visual evoked potential) assessment of the Ayurvedic treatment was done in the department of physics of the Pune University. Visual evoked potential measurement is a totally non invasive technique for assessing the function of the visual system. In this method the eye is stimulated with a pattern stimulus and the electro physiological responses were recorded, using a microprocessor controlled instrument known as neuromatic 2000 C.

Twenty five normal men and twenty five normal female in the age group of 20 to 30 years were subjected to VEP recording and normal data was prepared. Latency and amplitude of P<sub>1</sub> P<sub>2</sub> N<sub>1</sub> N<sub>2</sub> were measured systematically in the control group of fifty years.

### **CLINICAL DATA**

75 patients suffering from primary pigmentary degeneration of retina and 4 patients suffering from "usher's syndrome"

were subjected to VEP recording under same conditions.

VEP recording was done before starting Ayurvedic treatment. After every 4 months of treatment vision, field of vision, fundus findings and VEP were recorded under identical experimental condition.

Duration of Treatment : 1 Year.

### **OBSERVATIONS**

(A) Subjective : (after Ayurvedic treatment)

1. Detorioration in the vision and field of vision was arrested in all the patients.
2. Slight improvement in the vision was observed in 50 R.P. patients.
3. 10° to 20° improvement in the field of vision was observed in nearly 50 patients.
4. Improvement in the night vision was observed in 5 patients.
5. Improvement in hearing was observed in 2 (Usher's syndrome) patients.

(B) Objective : (after ayurvedic treatment)

VEP assessment of the patients shows following characteristics.

1. Signal to noise ratio is improved.
2. There is a considerable improvement in the formation of peaks in the low intensity and high intensity of light.
3. Considerable improvement in the latency value was observed. Wave form before and after Ayurvedic treatment at low and high intensity of light is attached herewith for information. VEP in normal patients and in patients suffering from retinitis pigmentosa are shown in Figures 1 and 2.

## VEP IN NORMAL PATIENT

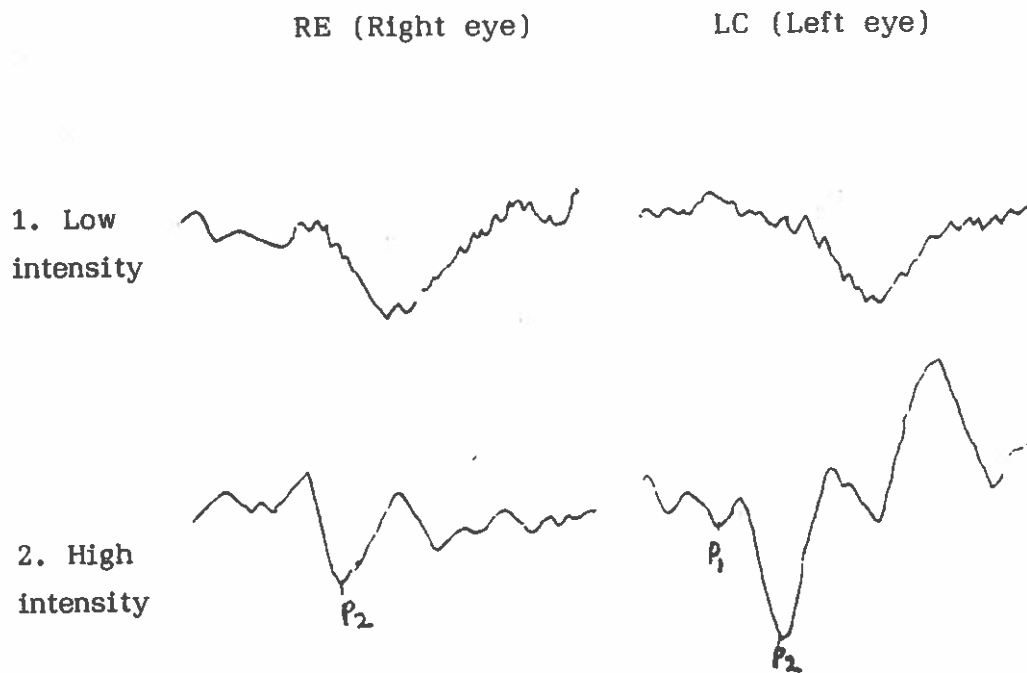


Fig.1. Normal VEP waveform indicating sharp peaks.

1. VEP at low intensity
2. VEP at high intensity

Average 100signals Electrode position  $O_z - P_z$  Stimulus  
checkerboard pattern reversal Frequency 2 Hz Full  
Field.

**VEP IN PATIENT SUFFERING FROM RETINITIS PIGMENTOSA  
BEFORE AND AFTER AYURVEDIC TREATMENT**

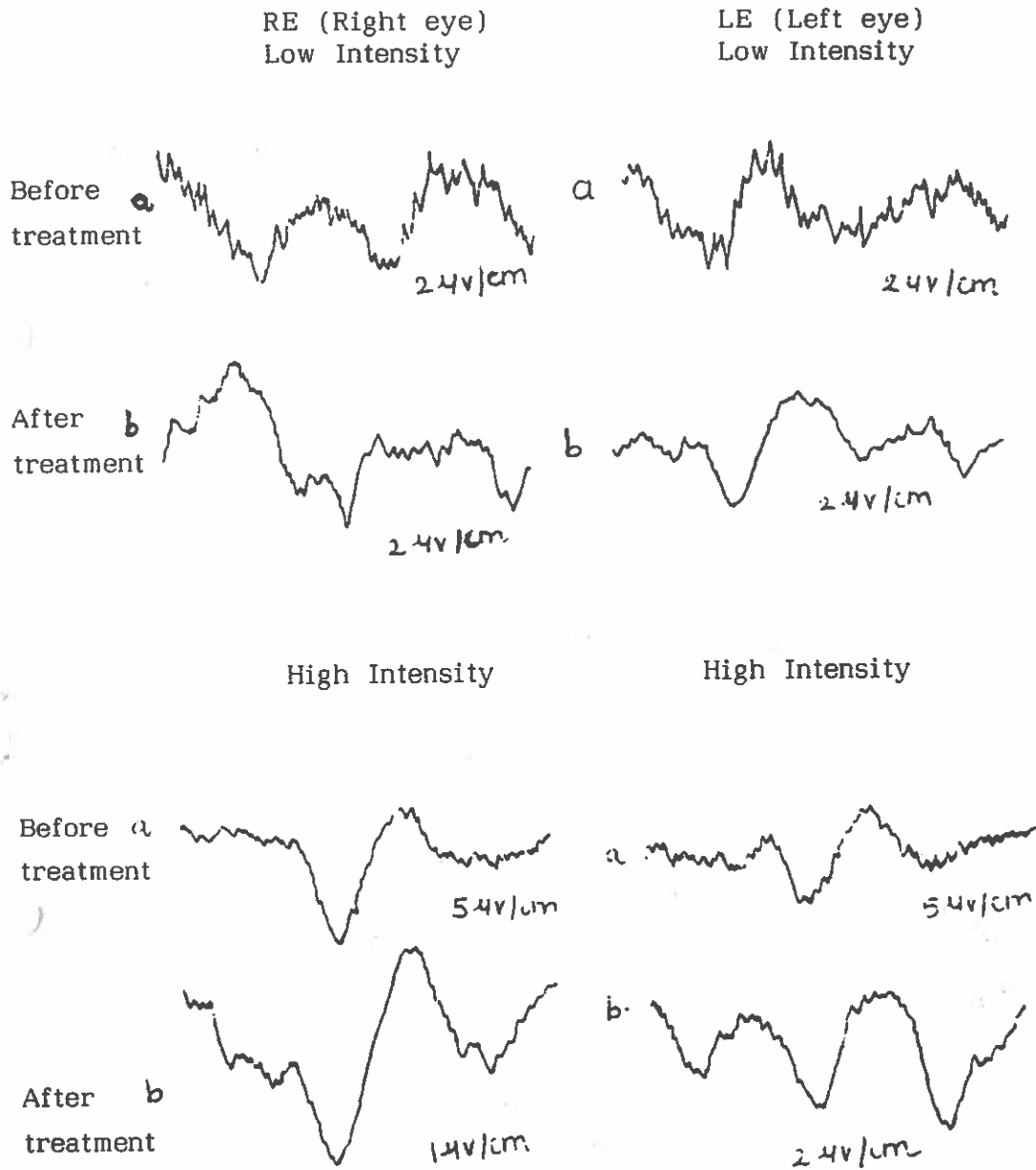


Fig. 2. RP case No.1

- a. VEP waveform before treatment
- b. VEP waveform after treatment.

## CONCLUSION

On the basis of subjective examination and objective study by VEP analysis it was observed that degeneration of retina can be arrested by giving Ayurvedic treatment.

It has also been observed that Ayurvedic treatment not only arrests the losing vision, but it improves the vision and field of vision in majority of the patients under treatment. No untoward side effects were observed, though the treatment was continued for one year without interruption. Rapid improvement was observed in children and in younger patients. Patient of Usher's syndrome shows considerable improvement in the vision as well as in hearing.