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Role of chakshusya rasayana (neuroprotective) effect in the management of progressive glaucomatous optic neuropathy- A clinical study

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Open Angle Glaucomatous Optic Neuropathy (OAGON) is one of the Neurodegenerative condition affecting Optic Nerve leading to a Progressive Vision Loss and ultimately blindness if not treated in time. The disease is progressing inspite of good Intra Ocular Pressure (IOP) control by topical antiglaucoma medication and surgeries with this the concept of Neuroprotection in GON treatment came to existence. Ayurveda the science of life which has given a science of rejuvenation (Rasayana) to the mankind may also help in treating GON by its Chakshusya-Rasayana (Retino-neuroprotective) strategies. A total of 91 patients (174 Eyes) of POAG were included in the study. The type of study was Randomized Controlled Clinical Study. Group A 45 Patients Chaksushya Treatment protocol along with continuation of previous non Brimonidine drops) (86 Eyes) & Group B (Iobrim 0.1%) 46 Patients (88 Eyes). The staging of GON was done by HODAPP Staging; Parameters were assessed by using Applanation Tonometre, OCT, Automated Perimetry. The changes before and after treatment were analysed using Paired & Unpaired 't' test. The Ayurveda line of management shown statistically significant improvement in better management of IOP, Loss of Retinal Sensitivity (<6dB), thickness of Superior Retinal Nerve Fibre Layer Thickness (RNFL). Follow up period was fixed to 60 days and Visual Acuity & IOP were best maintained throughout the period. The results shows significance of adopting chakshusya Rasayana therapy in early stages of Glaucoma along with antiglaucoma medication helps in slowing/heralding/improving optic neuropathy.

Biography

Kartar Singh Dhiman has completed his M.D. at the age of 26 years from Gujarat Ayurveda University, Jamnagar and Ph.D. from Sampurnananda Sanskrit University, Varanasi. He is the Professor & Head of department of the Ophthalmology at the Institute for Post Graduate Teaching & Research in Ayurveda, Jamnagar, Gujarat- India, an premier institute of Ayurveda Education & Research. He has published more than 30 papers in reputed journals and has been serving as an editorial board member of repute. He has guided more than 25 post graduate research Dissertation and 5 Ph.D. research projects. Five books are published by him.

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