

Conjunctivitis with Special Reference to Netra Abhishyanda: An Integrative Ayurvedic and Contemporary Review**Author****Dr. Pragati Dagadu Chougule, Dr. Pournima Vilas Fasale**

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ORCID ID: 0009-0007-8000-9188**DOI No.:** <https://doi.org/10.5281/zenodo.21427485>**Date of Acceptance:** 15 Jun 2026**Date of Publication:** 20 Jun 2026**Abstract**

Conjunctivitis is among the most common ocular disorders encountered worldwide. It is characterized by inflammation of the conjunctiva resulting in redness, irritation, watering, discharge, itching, and discomfort. Ayurveda describes a comparable condition under Netra Abhishyanda, which is considered the root of many ocular diseases. Classical Ayurvedic literature explains the role of Dosha vitiation, dietary indiscretions, environmental exposure, and lifestyle factors in its pathogenesis. This review explores conjunctivitis through both modern ophthalmological and Ayurvedic perspectives, emphasizing etiopathogenesis, classification, clinical features, diagnosis, prevention, and management. An integrative approach combining Ayurvedic principles with modern evidence-based care can provide comprehensive and holistic ocular healthcare.

Introduction

The conjunctiva is a transparent mucous membrane covering the anterior sclera and inner aspect of the eyelids. Inflammation of this membrane is termed conjunctivitis. Although generally self-limiting, it contributes significantly to outpatient ophthalmic visits and may adversely affect quality of life. Infectious, allergic, and irritative causes are commonly implicated.

In Ayurveda, eye diseases are extensively discussed under Shalakyatantra. Netra Abhishyanda is described as a major ocular disorder and a precursor to several other eye diseases. The term 'Abhishyanda' denotes excessive discharge or oozing due to aggravated Doshas affecting ocular tissues. The similarity between the symptoms of conjunctivitis and Netra Abhishyanda makes this comparison clinically relevant.

Keywords: Netra Abhishyanda

Epidemiology

Conjunctivitis affects people of all age groups. Viral conjunctivitis is the most common infectious form, whereas allergic conjunctivitis is increasingly prevalent because of environmental pollution and allergens. School-going children, healthcare workers, contact lens users, and individuals exposed to dust and pollutants are at higher risk. Seasonal outbreaks are frequently observed, particularly in tropical countries.

Ayurvedic Correlation

Ayurveda classifies Abhishyanda into four types: Vataja, Pittaja, Kaphaja, and Raktaja. Vataja Abhishyanda presents with pain, roughness, dryness, and pricking sensation. Pittaja Abhishyanda is characterized by burning sensation, redness, yellowish discharge, and photophobia. Kaphaja Abhishyanda presents with itching, heaviness, swelling, and mucoid discharge. Raktaja Abhishyanda exhibits marked congestion, redness, and pain. These descriptions closely resemble the various clinical presentations of conjunctivitis recognized in modern medicine.

Nidana and Samprapti

According to Ayurveda, excessive exposure to dust, smoke, sunlight, wind, night vigil, suppression of natural urges, emotional stress, and incompatible diet contribute to Dosha aggravation. These vitiated Doshas localize in the ocular channels, producing inflammation, congestion, discharge, and discomfort.

The Samprapti can be summarized as:
Nidana Sevana → Dosha Prakopa → Srotodushti → Localization in Netra → Inflammatory Changes →

Manifestation of Abhishyanda.

Modern Classification

Viral conjunctivitis is highly contagious and usually presents with watery discharge and follicular reaction. Bacterial conjunctivitis causes mucopurulent discharge and sticking of eyelids. Allergic conjunctivitis is characterized by severe itching, watering, and recurrent episodes. Irritant conjunctivitis results from exposure to chemicals, smoke, dust, or foreign bodies. Less common forms include autoimmune and neonatal conjunctivitis.

Clinical Features and Diagnosis

Patients commonly present with redness, watering, itching, burning sensation, foreign-body sensation, discharge, eyelid edema, and mild photophobia. Vision generally remains unaffected unless complications develop.

Diagnosis is primarily clinical and includes visual acuity assessment, slit-lamp examination, and evaluation of conjunctival congestion and discharge. Laboratory investigations such as conjunctival swab culture are reserved for severe, recurrent, or atypical cases. Ayurvedic diagnosis includes assessment of Dosha predominance, nature of symptoms, and systemic involvement.

Management

Management depends on the underlying cause and severity. General measures include hand hygiene, avoiding eye rubbing, reducing exposure to allergens, adequate rest, and maintaining ocular cleanliness.

Ayurvedic management includes Netra Prakshalana (eye cleansing), Aschyotana (eye drops), Seka (medicated eye irrigation), and Anjana where indicated. Internal medicines may be prescribed according to Dosha predominance under the guidance of an Ayurvedic physician.

Modern management includes lubricating drops for viral conjunctivitis, topical antibiotics for bacterial infections, and antihistamines or mast-cell stabilizers for allergic conjunctivitis. Corticosteroids should be used only under specialist supervision.

Preventive Measures

Preventive strategies include maintaining personal hygiene, frequent hand washing, avoiding sharing towels and cosmetics, protecting eyes from dust and smoke, reducing screen strain, and ensuring adequate sleep. Ayurveda emphasizes proper Ahara and Vihara, seasonal regimens, and strengthening immunity to

prevent recurrence.

Discussion

Netra Abhishyanda provides a comprehensive framework for understanding ocular inflammation. Unlike a purely symptom-based approach, Ayurveda emphasizes correction of underlying Dosha imbalance and prevention of recurrence. Modern ophthalmology offers rapid diagnosis and effective symptomatic treatment. The integration of both systems can improve patient comfort, reduce recurrence, and promote holistic eye health. Increasing environmental pollution, digital eye strain, and allergic disorders make such integrative approaches particularly relevant in contemporary practice.

Conclusion

Conjunctivitis can be effectively correlated with Netra Abhishyanda described in Ayurvedic classics. The similarities in symptomatology and pathogenesis support this correlation. Ayurvedic principles provide valuable insights into prevention and holistic management, while modern medicine offers evidence-based therapeutic interventions. An integrative approach combining both systems can enhance patient outcomes and contribute to comprehensive ocular healthcare.

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