

Chandraprabha varti anjan in the management of vataj timir (age related ocular changes) : A case study**Authors****1. Pranjal Arun Salve, 2.Dr. Pournima Vilas Fasale**

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ORCID ID: 0009-0007-8022-9188

DOI No.: <https://doi.org/10.5281/zenodo.21349809>

Date of Acceptance: 27 Feb 2026

Date of Publication: 20 March 2026

Abstract:

Vataj Timira is described in Ayurvedic classics as a disorder of vision caused by vitiation of Vata Dosha affecting the visual organ of the body.¹ The eye is the primary visual organ of the the body.The clinical presentation of Vataj Timira resembles age-related ocular degenerative conditions such as early stages of age-related macular degeneration and senile visual impairment. Degeneration of ocular tissues with advancing age leads to progressive diminution of vision, dryness, and visual disturbances.²

In Ayurvedic ophthalmology, Anjana Karma is considered as an important local therapeutic procedure for the management of Netra Rogas.³ Chandraprabha Varti is a classical formulation indicated in Timira and other ocular disorders due to its Chakshushya, Vata-Pitta shamaka, and

Rasayana properties.³ The present study evaluates the effectiveness of Chandraprabha Varti Anjana in the management of Vataj Timira corresponding to age-related ocular changes.

The therapy was administered locally in the form of Anjana and the outcomes were assessed through subjective and objective parameters such as visual acuity and ocular symptoms. The results indicate improvement in vision and reduction in ocular discomfort, suggesting that Chandraprabha Varti Anjana may be beneficial in managing Vataj Timir.

Keywords:

Vataj Timira, Chandraprabha Varti, Anjana Karma, Age-related ocular changes, Ayurvedic ophthalmology.

Introduction:

Netra (eye) is considered one of the most important sense organs in Ayurveda. Preservation of vision has been given great importance in classical Ayurvedic texts. Among various ocular disorders described in Ayurveda, Timira is a major disease affecting vision. Timira occurs due to vitiation of the Doshas which affect the Patalas of the eye, leading to progressive visual impairment.

According to Ayurvedic literature, Vata predominance plays a significant role in degenerative conditions. With advancing age, Vata Dosha naturally increases, resulting in degeneration and functional impairment of tissues. Vataj Timira manifests with symptoms such as blurred vision, dryness of eyes, difficulty in seeing distant objects, and visual fatigue.

Age-related ocular changes such as early macular degeneration and senile refractive changes show clinical similarities with Vataj Timira.¹⁰ Modern ophthalmology describes these conditions as degenerative changes occurring due to aging, oxidative stress, and nutritional deficiencies.

Anjana Karma is one of the important therapeutic procedures in Ayurvedic ophthalmology used for treating various ocular diseases.³ Chandraprabha Varti is mentioned in classical texts as beneficial in Timira and other eye disorders. It possesses Chakshushya (beneficial for eyes), anti-inflammatory, and nourishing properties that help maintain ocular health.⁴

Therefore, the present study was undertaken to evaluate the therapeutic efficacy of Chandraprabha Varti Anjana in the management of Vataj Timira corresponding to age-related ocular changes.⁶

Material and method

Material:

Chandraprabha varti :

रजनी ननम्बपत्रानि नपप्पली मररचानन च ।

निडङ्गं भद्रमुस्तं च सप्तमी त्वभया स्मृता ॥ १ ॥

अजामूत्रे

संनपष्य छायायां शोषयेद्वटीः ।

ारि नतनमरं हन्ति

गोमूत्रे तु नपनिकाम् ॥ २॥

मधुना पटलं हन्ति नारीक्षीरे

पुष्पकम् ।

एषा चन्द्रप्रभा िनततीः स्वयं रुद्रे ि नननमता ॥

३॥

यो.र. नेत्ररोगनवनकत्सा अध्याय 1,2, 3⁴

Table:Chandraprabha varti ingredient and proportion ^{7,8}

Ingredients ⁹	Quantity
Rajani	10gm
Nimba	10 gm
Pippali	10 gm
Marich	10 gm
Vaya vidang	10 gm
Nagarmotha	10 gm
Haritaki	10 gm

CASE REPORT

A male aged 60 years consulted Shalakya Tantra OPD of Hon Shri Annasaheb Dange Ayurvedic Medical College, Ashta. on 25/2/2026 complaining of blurring of vision , dryness in eyes ,ocular discomfort on both eyes since 6 months .

History of Present Illness :

The subject was apparently normal 6 months ago and he gradually developed diminished vision, blurring of vision, dryness, ocular discomfort on both eyes. he approached shalakyanetra OPD.

History of Past Illness :

No history of systemic diseases like asthma, hypertension, diabetes.

No history of diseases like, Lagophthalmus, Meibomian gland dysfunction.

- Bowel: Regular
- Appetite: Good
- Micturition: 4-6 times/day
- Sleep: Sound

Ashtavidha Pareeksha

- Nadi: 78/min
- Mutra: 4-5times/day
- Mala: Regular
- Jihwa: Niram
- Shabda: Spashta
- Sparsha: Anushna

▪ Druk: Vikrutha

▪ Akruthi: Krusha

Vitals

- Pulse rate: 78/min
- Respiratory rate: 24/min
- Temp: 98.60 F
- BP: 120/80mm of Hg

Systemic examinations: All the systemic examinations revealed no abnormalities.

Table: ocular structure¹¹

Ocular structure	Right eye	Left eye
Eye brow	No abnormalities detected	No abnormalities detected
Eyelash	No abnormalities detected	No abnormalities detected
Eyelid	No abnormalities detected	No abnormalities detected
Conjunctiva	No congestion	No congestion
Sclera cornea	Clear	Clear
Anterior chamber	Normal depth	Normal depth
Pupil	Round regular reactive	Round regular reactive
Lens	Normal	Normal
Iop	15 mm of Hg	15 mm of Hg

Fundus examination: Table

Ocular structure	Right eye	Left eye
Fundus	Drusen	Drusen
Media	Normal	Normal

Optic disc	WNL	WNL
CDR	0.3	0.3
Macula	Normal	Normal
FR (Foveal reflex)	Present	Present

Table: visual acuity

Visual acuity	Without spectacles		With spectacles	
	OD	OS	OD	OS
Distant vision	6/12	6/12(p)	6/6	6/6(p)
Near vision	N/8	N/8	N/6	N/6

Materials Used :

Chandrababha Varti (classical Ayurvedic formulation)

Sterile applicator

Distilled water or rose water for preparation

Procedure (Anjana Karma)⁵:

Poorva Karma (Preparation Phase):

- Materials including the medicine, Chandrababha Anjana varti, a smooth grinding stone, an glass rod (shalaka), and sterile saline water.
- The solid Chandrababha stick (varti) was rubbed on a clean stone slab with a few drops of clean water to create a smooth, fresh, thin paste.
- The patient comfortably lay down in supine position.
- Gently cleaned the patient's eyes using a sterile saline water .

Pradhana Karma (Application Phase):

- The smooth tip of glass rod (shalaka) is dipped into the freshly prepared chandrababha varti paste.
- Left hand is used to gently hold and open the patient's eyelid.
- Right hand is used to apply a rice-grain sized amount of the paste along the inner edge of the lower eyelid, moving smoothly from the inner canthus to the outer canthus.

- The patient was asked to keep their eyes closed gently and roll their eyeballs around underneath the lids to help the medicine spread evenly.
- Told patient not to squeeze, rub, or wash their eyes immediately, allowing natural tearing to flush out impurities.

Paschat Karma (Aftercare phase):

- Waited until the natural watering process stops completely.
- A soothing eye wash was performed (Netra Prakshalana) using sterile water.
The area wiped out and cleaned with a soft, sterile gauze pad or cloth.
- The patient was advised to rest their eyes and avoid bright screens, dust, or harsh wind for the remainder of the day.
- The procedure was repeated daily for 7 days.

Assessment Criteria**Subjective Parameters :**

- Eye strain
- Dryness of eyes
- Difficulty in distant vision

Objective Parameters

- Visual acuity
- Fundoscopic examination findings

Assessment was done before and after completion of treatment.

Results:

Table: Visual Acuity

Visual acuity	Before treatment		After treatment	
	OD	OS	OD	OS
Distant vision	6/12	6/12(p)	6/9	6/9
Near vision	N/8	N/8	N/6	N/6

The results of the study showed improvement in both subjective and objective parameters.

Observed Improvements:

Symptoms	Before treatment	After treatment
Eye strain	Present	Reduced
Dryness of eye	Moderate	Mild
Visual acuity	Reduced	Improved

Patient reported improvement in clarity of vision and reduction in ocular discomfort after the therapy.

Discussion

Timira is one of the major vision-affecting disorders described in Ayurveda. Vataj Timira specifically represents degenerative changes caused by aggravated Vata Dosha. With increasing age, degeneration of ocular tissues leads to functional impairment and visual disturbances.

Chandraprabha Varti contains ingredients that possess Chakshushya, Rasayana, and antiinflammatory properties. These properties help nourish ocular tissues and pacify vitiated Doshas.

Anjana Karma plays a significant role in the management of eye diseases by delivering the medicine directly to the ocular tissues. It helps remove accumulated Doshas, improves ocular circulation, and enhances the nourishment of eye structures.

The observed improvement in visual symptoms may be attributed to the therapeutic properties of Chandraprabha Varti and the local effect of Anjana therapy. The formulation helps reduce dryness, improves lubrication, and supports ocular health.

Thus, Chandraprabha Varti Anjana may be beneficial in slowing degenerative changes associated with Vataj Timira and improving visual function.

Conclusion

Vataj Timira can be correlated with age-related ocular degenerative changes. The study suggests that Chandraprabha Varti Anjana is effective in improving visual symptoms and reducing ocular discomfort. The therapy acts by pacifying Vata Dosha and nourishing ocular tissues. Therefore, Chandraprabha Varti Anjana can be considered a safe and beneficial Ayurvedic treatment modality for managing Vataj Timira associated with aging.

However, further studies with larger sample sizes and longer follow-up are recommended to validate these findings.

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