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An Ayurvedic Approach to Granulomatous Uveitis– A Case Study

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Abstract

Introduction:

Granulomatous uveitis is an inflammatory condition of the uveal tract characterized by granuloma formation, which can arise from infectious or non-infectious causes. It is often associated with systemic diseases and may lead to vision impairment, especially in cases involving posterior uveitis. Treatment is complex, requiring a multifaceted approach to manage both the underlying cause and inflammation. While conventional therapies typically include corticosteroids, immunosuppressants, and antimicrobial agents, Ayurvedic approaches have also been explored for managing granulomatous uveitis. This case study examines the impact of Ayurvedic treatment on a patient with bilateral non-infective granulomatous posterior uveitis.

Methods:

A 29-year-old female patient with a history of bilateral non-infective granulomatous posterior uveitis and vitritis, unresponsive to conventional steroid therapy, was treated with Ayurvedic interventions. These included Shodhana (purification therapies), Snehapana (medicated ghee), Sarvanga Abhyanga (full-body massage), Virechana (purgation), and topical treatments like Netra Parisheka (eye wash) and Nasya (nasal therapy). Internal Ayurvedic medicines, including

Panchatikta Guggulu Ghruta, were prescribed along with supportive therapies. Follow-up assessments were conducted to evaluate visual acuity and symptom relief.

Results:

The patient demonstrated significant improvement in visual acuity, with the left eye achieving 6/12 vision and the right eye improving to 6/36 with pinhole correction. Symptom relief was also noted, with reductions in eye redness, lacrimation, and floaters. These improvements were sustained over follow-up periods, with no recurrence of major symptoms, indicating positive outcomes from the Ayurvedic treatment approach.

Discussion:

The Ayurvedic approach to managing granulomatous uveitis, focusing on holistic treatments like purification and internal medicines, showed promising results in this case. The improvement in visual acuity and symptom management suggests that Ayurvedic treatments may offer an effective adjunct to conventional therapy, particularly in cases where standard treatments are inadequate or contraindicated. However, further controlled studies are needed to validate these findings and assess the long-term efficacy of Ayurvedic treatments for uveitis.

Keywords: Granulomatous Uveitis, Ayurvedic Treatment, Sashopha Akshipaka, Jalokaavacharana

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