

Vaidya Manorama Projects Light on Numerous Clinically Tested Myth Kerala- Style Medicinal Medications

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Abstract

Vaidya Manorama is a myth Kerala Ayurveda literature that encompasses time- tested low- budget phrasings that can be prepared from fluently available coffers. Ayurveda Ophthalmology has been described in Chapter twenty- eight of the literature. numerous unique phrasings like eating firefly (Khadyota), preparing ghee from fresh-water shellfish (tadaka-shuktika), Kadali phala (a special type of banana) bidalaka, dropping of juice of palasha (Butea monosperma) into eyes for colorful clinical conditions are described. We review the unique ophthalmology phrasings in this chapter to bring them to spotlight. Many herbo-mineral phrasings are also described for which toxin and safety studies are warranted. All these handy phrasings may help clinicians in day- to- day practice or may be a lead for new exploration.

Keywords: Ayurveda; Ayurveda ophthalmology; Kerala; Vaidya Manorama

Introduction

Vaidya Manorama, also known as 'Chikitsa kramam', is a famed traditional Ayurveda literature of Kerala. Considering the similarity in erudite kidney, it's believed to be written by an Ashtavidha child. The lucre of Vayaskara.N.S. Mooss's pioneering sterling work in gathering miscellaneous win-splint calligraphies from different Ashtavidha families was originally in the form of a composition in the magazine 'Vaidya Sarathi'. It was latterly published as a published book in two volumes in June 1944 by Vaidya Sarathi Press Pvt. Ltd, Kottayam, and Kerala. The revised third conjoint edition of the two volumes was published in August 2020 by Unnimooss foundation, SNA Oushadhashala, Thrissur.

Formulation

Forty- seven phrasings are recited in to out of which fourteen phrasings are described in forenamed literatures. The unique phrasings for oral and topical use have been described below [1].

Oral specifics

Eating firefly (Lampyris noctilucaL.): Eating Khadyota (firefly) along with food is said to be effective in night blindness (andhatam aashu santyajya). The bioluminescence of firefly is due to the presence of luciferase enzymes in them. Exploration shows that injection of luciferin substrates in laboratory creatures induces enzymatic responses to produce light [2]. Hence, consuming fireflies can be hypothesized to have an effect on mortal retina, which needs to be scientifically and clinically proved. Its possible part in conditions like retinitis pigmentosa (RP) needs to be explored. Similar studies may pave way for a paradigm shift in the treatment of RP.

Nandyarvarta pushpa svarasa aschyotana

Nandyarvarta pushpa svarasa (Juice of crushed flowers of Tabernaemontana divaricate (Linn.)R.Br. partner Roem & Schult.) With honey is said to be effective in reducing corneal nebulosity (shuklahara). Tabernaemontana divaricate (Linn.)R.Br. partner Roem & Schult. is said to be effective in colorful optical conditions [3]. This simple and easy to prepare expression may be helpful in managing the corneal ulcers darkness in day-to-day practice in a cost-effective manner. Substantiation grounded exploration data on this is justified. In Traditional practice, water is filled in a brass vessel and sufficient

volume of fresh undamaged flowers is sprinkled over it, so as to cover the entire water face [4]. These flowers are kept as similar for 4 hours. The water is filtered without squeezing or damaging the flowers and also used for eye-marshland which is an excellent eye cooler.

Palasha rudhira aschyotana

This is an expression which is unique in having a time- phased medicine collection pattern. Red coloured feces of tire of Palasha tree (Butea monosperma (Lam.) Taub.) nominated as Bengal Kino, collected during dusk is salutary in night blindness [5]. Former studies have shown that methanol excerpt of Butea monosperma (Lam.) Taub. is helpful in reducing colorful serum enzymes like serum glutamate oxaloacetate transaminase (SGOT), serum glutamate pyruvate transaminase (SGPT), superoxide dismutase (SOD), catalase (CAT), and glutathione peroxidase. Since, eye is the residence of alochaka pitta, it can be indeed hypothesized that Butea monosperma (Lam.) Taub May correct it for getting better night vision [6].

Clinical confirmation of this expression may be useful in delayed dark adaption diapason diseases. A Phyto- molecular study in the direction of time- phased variation in chemical ingredients of tire of Bengal kino may give deeper perceptivity into scientific reason for selection of dawn for its collection.

Karpoora anjanadi gulika

Cinnamomum camphora (L.) J.Presi, Sauveeranjana (Stibnite-Sb2S3), purified lead and mercury, Piper longumL L, Piper nigrumL. Is soddened in juice of flowers of Tabernaemontana divaricate (Linn.) R.Br. partner Roem & Schult [7] And is also allowed to dry. This procedure is repeated several times. Eventually it's mixed with honey and is saved in a vessel made of Sphatika (glass bottle). This emulsion

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can be therefore hypothecated to have salutary goods on negating diabetic retinopathy (DR) patho- physiology. Hence scientific clinical studies are warranted to explore its effectiveness in conditions like DR. Theoretically, strothoanjana, which is oculo-specific has to be used, but traditional interpreters in Kerala use sauveeranjana, which has analogous parcels with the former [8].

Palasha taru shonita prayoga

One part of Chandana (*Santalum readerL.*), two corridor of Saindhava (Rock swab), three corridor of *Terminalia chebulaRetz*, four corridor of red juice of *Butea monospermous (Lam.)* Tau are well soddened dried, pulverized and applied as collyrium with suitable adjunct [9]. It's salutary in corneal nebulosity. Scientific attestation of its extent of effectiveness on which type of corneal nebulosity needs to be explored.

Karpasa bhasma anjana

Karpasa bhasma (Ash of *Gossypium arboreumL.*) mixed with sufficient volume of bone milk is placed in a brass vessel and is soddened with bobby pestle. It's also applied to eyes as collyrium. It's salutary in pilla Roga (habitual seditious conditions of eye). Operation of ash to eyes is generally not a routine practice. Hence, scientific attestation of this simple expression may help in diving habitual eye conditions through Ayurveda.

Rasanjana prayoga

Collyrium prepared from Rasanjana, Tuttha (Bobby sulphate), *Glycyrrhiza glabra L.*, Stibnite is effective in Jalasrava (Epiphora of non-inflammatory origin) [10]. Rasanjana is a circumfluous end product of heating homogenized milk- grounded decoction of *Berberis aristata DC.* It's largely salutary medicine in optical conditions.

Anantaadi Aja- Ghrita

Equal amounts of roots of Ananta (*Tragia involucrataL.*), *Santalum reader L.*, Sugar, *Glycyrrhiza glabraL* tuberous roots of *Nymphaea pubescent wild.* Lotus stem, Vidari (*Pueraria tuberosa (Willd.) DC.*), Kasheruka (*Cyperus scariosusR.Br*) is soddened in scapegoat's milk and also cooked in ghee made from scapegoat's milk. It's salutary in Timira, Kacha, Netrashula (optical pain), Abhishyanda, Adhimantha and corneal opacification. Goat Milk may be hypothecated to be veritably specific for eye on account of its 47 advanced Vitamin A content, further calcium, presence of medium chain triglycerides, lower fat droplets and its capability to neutralize the acids and poisons.

Discussion

Provides raspberry's eye view of the unique herbal, herbo- mineral and beast product- grounded phrasings described in the book 'Vaidya Manorama'. It can be epitomized that myth Kerala Ayurveda Ophthalmology treatments has a fair operation of Jangama dravya (beast products) along with Sthavara dravya (herbal products) and Parthiva dravya (mineral products). It can be set up that actuality of

oculo-specific medicines (nutria) was assured in each expression for target- acquainted action. Certain specific corridor of the shops was traditionally used like flowers of *Sesamum indicumL.* Petioles of *Borassus flabelliferL.* Which has great affinity for eyes? Also, certain combinations that induce specific chemical responses, like operation of swab and sesame oil painting on betel leaves or tamarind splint juice along with milk in a brass vessel, are unique to Kerala myth practice. The scientific explanation for similar combinations needs to be explored. These phrasings with fairly simple and fluently acquirable medicines may give a clinician or a experimenter added advantage of cost- effectiveness. Even though these drugs are anticipated to be clinically safe and effective, some of them especially with herbo- mineral medicines should suffer strict toxicological studies. It's recommended to conduct clinical studies of the given phrasings for generating substantiation and concreting the theoretically stressed efficacy. Standardization of the medicines and phrasings should also be taken up according to the principles laid down in Ayurvedic Pharmacopoeia of India (API) and Ayurveda Formulary of India (AFI) independently.

Conclusion

Ophthalmic phrasings in Vaidya Manorama projects light on numerous clinically tested myths Kerala- style medicinal medications. These unique phrasings are made from smaller constituents that are fluently available and cost effective. This may help in day- to- day clinical practice. Indeed though they're time- tested myth clinically effective phrasings, substantiation- grounded exploration data is largely justified.

Conflict of Interest

The authors declare that there is no conflict of interest.

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