

Unit 5 — Sandhigata Roga - 1

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Applied Anatomy of the Lacrimal Apparatus; Pūyalasa & Upanāha (Acute and Chronic Dacryocystitis)

Learning goals (exam-oriented)

By the end of this chapter you should be able to: (i) draw and label the lacrimal apparatus with applied points; (ii) explain the classical basis for sandhi-gatarogas near the canthi; (iii) define and differentiate **Pūyalasa** (acute dacryocystitis) and **Upanāha** (chronic dacryocystitis / mucocele) with **Nidāna-Pañcaka**, **Samprāpti**, **Lakṣaṇa**, **Bheda**, **Sādhyā-Asādhyā**, and **Cikitsā** (including Kriyākalpa and surgical alignment).

Key classical anchors

सुश्रृत enumerates sandhi-gatarogas and defines Pūyalasa & Upanāha:

“पूयालसः सोपनाहः सावाः पर्वणिकाऽलजी ।
कृमिग्रन्थिश्च विज्ञया रोगाः सन्धिगता नव ॥” (*Suśruta Saṃhitā, Uttara-tantra 2/3*)
“पक्वः शोफः सन्धिजः संस्खेद्याः सान्द्रं पूर्यं पूर्ति पूयालसः सः ।
ग्रन्थिर्नाल्पो दृष्टिसन्धावपाकः कण्डप्रायो नीरुजस्तूपनाहः ॥” (*Su. Utt. 2/4*)

A) Applied Anatomy of the Lacrimal Apparatus (शरीर – दृष्टि/अश्रु मार्ग)

Classical touchpoint—Netra-sandhi & Aśrumārga

Suśruta explicitly connects **aśru-mārga** (tear pathway) and **netra-sandhi** (ocular junctions):

- “आकाशादश्रुमार्गाश्च जायन्ते नेत्रबुद्धैः ॥” (*Su. Utt. 1/12*) — tear channels arise (conceptually) in the eye.
- “मण्डलानि च सन्धीश्च पटलानि च लोचने... पञ्च षट् च षडेव च ॥” (*Su. Utt. 1/14*) — 5 mandalas, **6 sandhis**, 6 paṭalas.
- “पक्वमर्त्तमगतः सन्धिर्वर्त्तशुक्लगतोऽपरः । ... ततः कनीनकगतः षष्ठश्चापाङ्गगः स्मृतः ॥” (*Su. Utt. 1/16*) — the six sandhis include **Kanīnika** (medial canthus) and **Apāṅga** (lateral canthus), clinically crucial for lacrimal disease.

These verses justify why sandhi-gatarogas cluster at canthi and why tears/drainage feature centrally in their pathogenesis.

Modern anatomical detailing (applied)

- Lacrimal gland** (serous, tubulo-acinar): orbital (larger) and palpebral (smaller) parts in supero-lateral orbit; **8-12 ducts** open into superior fornix (lateral).
Nerve: **parasympathetic secretomotor** via greater petrosal → pterygopalatine ganglion → zygomatic (V2) → lacrimal (V1); sympathetic vasomotor (deep petrosal); sensory (V1).
- Tear film**: lipid (meibomian) — aqueous (lacrimal gland) — mucin (goblet cells). Stability of these layers influences **epiphora** and secondary infections.
- Drainage pathway**: puncta (superior & inferior) → canaliculi (2 mm vertical + 8 mm horizontal) → **common canaliculus** (valve of Rosenmüller) → **lacrimal sac** (in lacrimal fossa between anterior & posterior lacrimal crests) → **nasolacrimal duct** to inferior meatus (valve of Hasner).
The sac's **medial canthus (Kanīnika-sandhi)** proximity explains tenderness and swelling pattern in dacryocystitis.
- Lacrimal pump**: deep head of **orbicularis oculi (Horner's muscle)** + medial canthal tendon create negative pressure; eyelid malposition hampers drainage.
- Blood supply & lymphatics**: lacrimal artery (ophthalmic), angular/facial veins; pre-auricular & submandibular

nodes—**pre-auricular enlargement** may accompany infections.

- **Relations & surgical notes:** sac is **anterior to the posterior lacrimal crest**; **DCR (dacryocystorhinostomy)** creates a bony ostium into middle meatus area; avoid injury to angular vessels; probe passes **downwards, backwards, laterally** in canaliculus then **downwards, backwards, medially** into sac—useful in exams and OT.

Classical-modern bridge

Suśruta also explains how doṣas reach sandhi **via the aśru-mārga** producing discharge:

“गत्वा सन्धीनश्चुमार्गेण दोषाः कुर्यात् स्रावान्... कनीनात्।” (Su. Utt. 2/5)

This anticipates the modern understanding that **stagnation/obstruction** in the tear pathway precipitates infection, first as **acute inflammation (Pūyalasa)** and later as **chronic distension (Upanāha/mucocele)**.

B) Pūyalasa & Upanāha (Acute and Chronic Dacryocystitis)

Definitions with classical proof

- **Pūyalasa—Acute dacryocystitis**
“पूयः शोफः सन्धिजः... सान्द्रं पूयं पूति—पूयालसः” (Su. Utt. 2/4)
Ripened, suppurated swelling at a netra-sandhi discharging thick, fetid pus.
- **Upanāha—Chronic stage / Mucocele (Ayurvedic description is cystic, usually painless)**
“...प्रस्त्रिनाल्पो दृष्टिसन्धावपाकः कण्डूप्रायो नीरुजः—उपनाहः” (Su. Utt. 2/4)
A large, mostly painless, cystic swelling at a sandhi (classically at drṣṭi-sandhi) with itching and minimal suppuration. **Clinical alignment:** In **sandhigata roga of the canthi**, many teachers correlate **Upanāha** with **chronic dacryocystitis / mucocele at Kanīnika-sandhi**, reflecting a **painless cystic distension** after repeated acute episodes.

Enumeration context:

“पूयालसः सोपनाहः स्रावाः पर्वणिकाइलजी | कृमिगन्धिश्च...” (Su. Utt. 2/3) — nine **sandhi-gatarogas** include Pūyalasa & Upanāha.

Nidāna-Pañcaka

1) Hetu (causative factors)

- **Local:** nasolacrimal duct stenosis/obstruction (congenital valve of Hasner, mucosal edema after URTI, rhinitis, sinusitis), canaliculitis, meibomitis, poor lid hygiene, trauma at medial canthus.
- **Systemic/doṣa-drivers:** kapha-pitta aggravating ahāra (guru-snigdha-abhisyandī, dairy excess), ritu exposure (cold winds), immunosuppression, diabetes.

Classical pathway: **doṣas reach sandhi via aśru-mārga:** “...अश्रुमार्गेण दोषाः...” (Su. Utt. 2/5).

2) Pūrvarūpa (prodromal)

- Mild watering (**netra-srava**), pricking/heaviness at Kanīnika-sandhi, morning stickiness, intermittent discharge.

3) Rūpa (cardinal signs)

- **Pūyalasa (Acute):** sudden painful, tense, **tender swelling at medial canthus**, erythema, warmth, fever; **mucopurulent regurgitation** on sac pressure; abscess/pointing → **spontaneous fistula** if untreated.

- **Upanāha (Chronic): painless, cystic, recurrent swelling**, chronic epiphora, mucous regurgitation, skin normal unless secondarily infected; may present as **mucocele/dacryocoele**.

4) Upashaya-Anupashaya

- Warm fomentation, kapha-pitta-śāmaka lepa give relief in acute; cold, dusty exposure worsens. Chronic cases feel better after sac emptying; worsen with URTI.

5) Samprāpti (pathogenesis)

- **Stasis-infection sequence** at **Kanīnika-sandhi** (medial canthus) with **kapha-pitta-rakta** vitiation → **Pūyalasa (pakva-śopha, pūya-srava)**; repeated episodes + fibrosis/ostial block → **Upanāha (granthi-like cystic distension)**.
Sandhi vulnerability and **aśru-mārga** involvement are doctrinally grounded in: **Su. Utt. 1/16; 2/5** (sandhi list; doṣa flow via aśrumārga).

Bheda (Acute vs. Chronic) and clinical comparison

Feature	Pūyalasa (Acute dacryocystitis)	Upanāha (Chronic / Mucocele)
Onset	Sudden, post-URTI/sinusitis	Insidious, recurrent epiphora
Pain/tenderness	Marked pain, tenderness	Minimal or none (नीरुज)
Swelling	Hot, tense; may point/abscess	Cystic, soft, mobile over sac
Discharge on sac pressure	Mucopurulent; regurgitation positive	Mucoid; recurrent
Skin	Erythema; cellulitis possible	Usually normal; fistula in long-standing
Classical anchor	“पक्वः शोफः... सान्द्रं पूयं पूतिः...” (Su. Utt. 2/4)	“...यन्त्यन्तर्लिपो... कण्डूप्रायो नीरुजः...” (Su. Utt. 2/4)
Modern procedure	I&D when abscess; antibiotics	DCR/DCT after control of sepsis

Investigations (exam lines)

- **Lacrimal sac syringing** (avoid in cellulitis/abscess phase); regurgitation test; Fluorescein dye disappearance test; nasal endoscopy for deviated septum/spurs; blood sugar; culture of discharge when recurrent.

Sādhya-Asādhya (prognosis)

- **Sādhya** with timely śamana + śodhana + Kriyākalpa in early disease; **Upanāha/mucocele** generally **sādhya** by corrective surgery (DCR) after infection control. Neglected cases with **fistula** or recurrent cellulitis need staged care.

Chikitsā (समन-शोधन-स्थानीय; alignment with Kriyākalpa & surgery)

General line (from Kriyākalpa adhikāra)

Suśruta lists the ocular local therapies:

“तर्पणं पुटपाकश्च सेक आश्च्योतनाभ्जने।
तत्र तत्रोपदिष्टानि तेषां व्यासं निबोध मे ॥” (Su. Utt. 18/4)

1) Pūyalasa (Acute) — *control infection, drain when needed*

- **Āhāra-Vihāra:** light, non-abhisyandī diet; avoid dust/cold wind; head-end elevation.
- **Śamana aushadhi (internal):** kapha-pitta-śāmaka and raktaprasādana: *Triphala-kaṣāya, Gudūcī, Nimba, Haridrā* combinations; analgesic-anti-inflammatory support.
- **Sthāniya (local):**
 - **Seka/Parisheka** with *Triphala-kaṣāya, Daruharidrā* decoction in lukewarm form (avoid pressure on abscess).
 - **Anjana/Āścyotana** only after acute pointing subsides; use *Prasādana-anjana* (soothing), not *Lekhana* in the suppurative phase.
 - **Lepa/Vidalaka** externally over perisac area with *Haridrā-Kuṭkī-Daruharidrā* (kapha-pitta śamana).
- **Śodhana:** In congested, engorged sac with high pitta-rakta signs, **leech therapy (Jalauka)** over perisac area can be adopted (raktamokṣaṇa) to decompress tissues and reduce inflammation (standard Ayurvedic principle for raktadūṣṭi in netraroga).
- **Surgical alignment:**
 - **If abscess forms → Incision & drainage** at safe skin crease near sac, culture-guided systemic antibiotics.
 - **Avoid syringing/probing** in acute cellulitis to prevent iatrogenic spread.

2) Upanāha (Chronic / Mucocele) — *restore drainage*

- **Internal śamana:** kapha-medoghñī, dīpana-pācana; long-term *Triphala ghṛta* (if dry eye features); *Kaishora guggulu* in rakta-pitta dominance (as per physician's discretion).
- **Sthāniya:**
 - **Gentle seka & prasādana-anjana** for ocular surface hygiene in quiescent phase.
 - **Warm compress** over sac to evacuate mucus (not during acute flare).
- **Definitive procedure:**
 - **Dacryocystorhinostomy (DCR)** (external or endoscopic) is curative for nasolacrimal duct block;
 - **Dacryocystectomy (DCT)** when mucosa irreparably diseased, elderly, or DCR contraindicated.
 - **Congenital:** Crigler massage; probing if persistent beyond recommended age.

Why surgery after śamana? Chronic sac harboring biofilm re-infects; classical **Upanāha = granthi/'cyst'** notion supports the need to **remove/deroof/establish drainage**, aligning with modern DCR.

Complications to remember

- Preseptal/orbital cellulitis, lacrimal sac **fistula**, ascending cavernous sinus thrombosis (rare), keratitis from infected reflux, persistent epiphora with dermatitis.

Viva pearls tying to śloka

- **Site:** "Kanīnika-sandhi" is the medial canthus (Su. Utt. 1/16) — explains the **typical swelling**.
- **Pathway:** doṣa traffic via **āśru-mārga** (Su. Utt. 2/5) — justifies why **discharge (srava)** and **watering** are core.
- **Nature:** Pūyalasa is **pakva-śopha** with **pūya**; Upanāha is **granthi**, mostly **painless** (Su. Utt. 2/4).

Short notes & diagrams (write-up pointers)

- **Labelled sketch:** lacrimal gland (orbital/palpebral parts), ducts to superior fornix, puncta, canaliculi, common canaliculus, sac, nasolacrimal duct, inferior meatus; show **medial canthal tendon & Horner's muscle**; mark **Kanīnika-sandhi**.



- **Flow arrows:** secretion (lateral → medial), drainage (puncta → nose).
- **Safe incision line** for I&D: vertical, just medial to medial canthus, avoiding angular vessels.

Self-check (quick)

1. Quote the defining half-line of **Pūyalasa** from Suśruta and explain how it maps to **acute dacryocystitis**.
2. Which śloka mentions **āśru-mārga** in the pathogenesis of **śrava**? State its clinical implication.
3. Give **three** applied anatomy points that make the **lacrimal sac** prone to infection.

(Try answering before you read below.)

Answer cues: (i) “~~██████████ █████... ██████████~~” (Su. Utt. 2/4); (ii) “...~~█████████████████████ ██████~~...” (Su. Utt. 2/5) → role of tear duct obstruction; (iii) dependent sac position, narrow NLD with mucosal valves, close relation to nasal pathology & pump mechanics.

Assessment

Long Essay (LAQ)

1. **Describe the applied anatomy of the lacrimal apparatus. Add classical correlations from Suśruta regarding sandhis and aśru-mārga.**
2. **Define Pūyalasa & Upanāha with śloka-pramāṇa, and discuss Nidāna-Pañcaka, Samprāpti, Lakṣaṇa, and Cikitsā including Kriyākalpa and surgical management.**

Short Essays / SAQ

1. Six **netra-sandhis** with clinical relevance to dacryocystitis (quote Su. Utt. 1/16).
2. Role of **Horner's muscle** in lacrimal pump and its failure signs.
3. Enumerate **Kriyākalpa** (quote Su. Utt. 18/4) and indicate which you prefer in Pūyalasa vs Upanāha.

MCQs (single best answer)

1. **Which śloka first mentions the doṣas reaching sandhi via aśru-mārga in sandhigata roga?**
a) Su. Utt. 1/14 b) **Su. Utt. 2/5** c) Su. Utt. 18/4 d) Su. Utt. 2/3
2. **Painless cystic swelling at canthus, recurrent epiphora, minimal inflammation corresponds to:**
a) Parvaṇī b) **Upanāha** c) Alajī d) Krimigranthi
3. **Definitive management for chronic nasolacrimal duct obstruction is:**
a) I&D b) Syringing in acute cellulitis c) **DCR** d) Only antibiotics

OSCE-style stations

- **Identify on model/radiograph:** lacrimal fossa boundaries; direction of canaliculus probing.
- **Demonstrate** Crigler massage steps on a doll model (for congenital cases).
- **Interpretation:** Given photos of acute tender medial canthal swelling vs. mucocele, label them **Pūyalasa** and **Upanāha** with two differentiating points.

Key ślokas to quote in exam (with references)

1. **Netra sandhi enumeration:**
“पक्षमवत्स्र्गतः सन्धिवर्त्तशुक्लगतोऽपरः... कनीनकगतः... अपाङ्गगः...” (*Su. Utt. 1/16*)
2. **Counts (mandala, sandhi, paṭala):**

“भण्डलानि च सन्धीश्च पटलानि च लोचने... पञ्च षट् च षडेव च” (Su. Utt. 1/14)

3. **Aśru-mārga role in srava:**

“गत्वा सन्धीनश्चमार्गेण दोषाः कुरुः स्रावान्...” (Su. Utt. 2/5)

4. **Enumeration of sandhi-gataroga:**

“पूयालसः सोपनाहः स्रावाः पर्वणिकाइलजी। कृमिगन्धिश्च...” (Su. Utt. 2/3)

5. **Definitions:**

“पव्वः शोफः... पूयालसः” & “...नीरुजस्तूपनाहः” (Su. Utt. 2/4)

6. **Kriyākalpa list:**

“तर्पणं पुटपाकश्च सेक आश्च्योतनाभ्जने...” (Su. Utt. 18/4)

References (study and citation list)

Classical

- **Suśruta Saṃhitā**, *Uttara-tantra* — Adhyāya 1 (Aupadravika), 2 (Sandhigata Roga Vijñānīya), 18 (Kriyākalpa).
- **Aṣṭāṅga Hṛdaya**, *Uttara-sthana* — sections on Netraroga & Kriyākalpa.
- **Suśruta Saṃhitā**, *Śārīra-sthāna* and *Cikitsā-sthāna* (general principles of śopha/vrana and śodhana like raktamokṣaṇa).

Modern (standard student texts)

- Khurana A.K. **Comprehensive Ophthalmology** — Lacrimal apparatus; Dacryocystitis; DCR.
- Kanski & Bowling. **Clinical Ophthalmology** — Lacrimal disorders.
- Vaughan & Asbury. **General Ophthalmology** — Lacrimal system infections and surgery.
- Ayurveda Shālākya textbooks (Chaukhamba editions) correlating sandhigata roga with modern lacrimal pathology.

Quick recap (30-second)

- **Medial canthus (Kanīnika-sandhi)** is the hotspot for lacrimal disease—remember **Su. Utt. 1/16**.
- **Pūyalasa** = **acute** suppurative sac infection (pain, pus, tenderness) — **Su. Utt. 2/4**.
- **Upanāha** = **chronic** cystic stage/mucocele (painless, recurrent epiphora) — **Su. Utt. 2/4**.
- **Aśru-mārga** transports doṣas to sandhi → **srava** — **Su. Utt. 2/5**.
- **Kriyākalpa** support (seka, āścyotana, anjana, tarpana, puṭapāka) + **definitive DCR/DCT** in chronic obstruction.