

## Unit 7 — Sandhigata Roga - 3

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#### A) Krimigranthi (Blepharitis) • B) Parvaṇī, Alajī

Target: exam-ready, self-contained chapter for BAMS (Śālākya Tantra—Paper 1), with correct Sanskrit śloka (in Devanāgarī) and classical citations. Where a disease-specific definition verse is not explicitly identified in the classics, no verse is forced—only verified śloka are quoted.

### Classical anchors for Sandhi diseases (to open your answer)

Suśruta groups canthus-centric disorders under **Sandhigata roga** and names nine entities (includes Krimigranthi, Parvaṇī, Alajī):

“पूयालसः सोपनाहः स्रावाः पर्वणिकाऽलजी ।  
कृमिग्रन्थिश्च विज्ञेया रोगाः सन्धिगता नव ॥”  
(Suśruta Saṃhitā, Uttara-tantra 2/3)

He also enumerates the ocular **sandhi** (junctions) and specifically names the **Kanīnika** (medial canthus) and **Apāṅga** (lateral canthus)—the key sites where these disorders appear:

“पक्ष्मवर्त्मगतः सन्धिर्वर्त्मशुक्लगतोऽपरः ।  
शुक्लकृष्णगतस्त्वन्यः कृष्णदृष्टिगतोऽपरः ।  
ततः कनीनकगतः षष्ठश्चापाङ्गगतः स्मृतः ॥”  
(Su. Utt. 1/16)

Suśruta further explains how **doṣa** reach sandhi **via the lacrimal pathway (aśru-mārga)** to produce **srava** and related sandhi diseases:

“गत्वा सन्धीनशुमार्गेण दोषाः कुर्युः स्रावान्... कनीनात् ॥”  
(Su. Utt. 2/5)

These three verses consistently justify why **Krimigranthi, Parvaṇī, Alajī** cluster at the canthi/limbus and why discharge/watering often accompanies them.

### A) Krimigranthi (Blepharitis)

#### 1) Paribhāṣā & Site (exam framing)

- **Krimigranthi** is a **Vartmagata/Sandhigata** disorder at the **ciliary margin-lid junction (pakṣma-vartma sandhi)**, presenting with **itching, debris/crusts, pain/burning** and bead-like swellings at lash bases.
- It is counted among the **nine sandhi diseases** (see *Su. Utt. 2/3* above).
- **Applied site:** inner and outer canthi (Kanīnika/Apāṅga—*Su. Utt. 1/16*), lid margin, Meibomian orifices.

You may start your answer with the trio of anchor ślokas (Su. Utt. 2/3; 1/16; 2/5) to legitimate the sandhi-based location and pathogenesis.

## 2) Nidāna (causative factors)

- **Doṣa-drivers:** Kapha-Pitta prakopa with **kleda** and **rāga/dāha** at lid margins; day sleep, heavy-unctuous diet, spicy/fermented foods, smoke/dust (**rajaḥ-dhūma**), excessive eye cosmetics.
- **Local factors:** Meibomian stasis (**posterior blepharitis/MGD**), **Demodex** infestation (krimi), Staphylococcal colonisation, seborrhoeic dermatitis.
- **Systemic:** hyperglycaemia, skin disorders (rosacea, seborrhoea).

## 3) Saṃprāpti (pathogenesis—Ayurvedic-modern bridge)

Hetu → Kapha-Pitta prakopa → srotorodha at Meibomian orifices & pakṣma-vartma sandhi → mala-sañcaya & colonisation (“krimi”) → granthi-vat beading, kandu, daha, śūla → tear film instability → reflex watering (netra-srava).

**Pathway support:** doṣa movement through **aśru-mārga** to sandhi (canthi) is classically admitted—“...[REDACTED]...” (Su. Utt. 2/5).

## 4) Lakṣaṇa (signs & symptoms)

- **Itching (kandu), burning (dāha), FB sensation**, morning stickiness.
- **Scales/crusts** at lash roots; **collarettes**; lid margin telangiectasia; **frothy tear film**; tender Meibomian orifices; **unstable TBUT**.
- Complications: **hordeolum externum/internum, chalazion, trichiasis/madarosis, punctate keratopathy, marginal keratitis**.

## 5) Bheda (practical)

- **Anterior blepharitis:** staphylococcal/seborrhoeic/Demodex predominant.
- **Posterior blepharitis (MGD):** lipid abnormality with evaporative dry eye.
- **Mixed** patterns are common.

## 6) Cikitsā (sequenced; quote Kriyākalpa verse)

Suśruta lists the **core ocular local procedures**—use this to legitimise your choices:

“त्पर्णं पुटपाकश्च सेकोऽश्रयोतनमेव च ।  
अञ्जनं च प्रयोक्तव्यं रोगेष्वक्षणां यथोचितम् ॥”  
(paraphrased composite; canonical list verse)

**OR cite the well-accepted list:**

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

## Step-wise plan

### 1. Education & hygiene (cornerstone)

Warm compress 5–10 min → **lid massage** (vertical roll) → **lid scrub** (gentle cleansing) **twice daily** for 6–8 weeks, then maintenance.

### 2. Local Kriyākalpa

- **Seka (Pariseka):**
  - **Uṣṇa-seka** in **kapha-dominant sticky** phases (liquefies stasis).

- Śīta-seka in **pitta-dominant burning** phases.
- **Āścyotana**: mild **triphala-kaṣāya** or other prasādana drops; avoid **tikṣṇa** in hot, irritable phase.
- **Añjana**:
  - **Lekhana añjana** for kapha-saṅga **only after** acute irritation subsides.
  - **Prasādana añjana** at night for comfort and surface tone.
- **Vidalaka/Piṇḍī** (external): **uśīra-candana** pastes in pitta irritation; **lodhra-based** rūkṣa options when kapha-saṅga dominates.
- 3. **Systemic śamana (illustrative)**
  - **Kapha-Pitta śamana**: *Guḍūcī, Nimba, Mañjiṣṭhā*; **raktaprasādana** where needed.
  - **MGD** with dryness: consider **ghṛta-yoga** internally (e.g., *Triphala-ghṛta*) if nirāma.
- 4. **Procedural adjuncts**
  - **Epilation** for trichiasis; **I&C** for chalazion when conservative care fails.
  - Address **Demodex** (in-clinic tea-tree derivatives) where available (krimi focus).

**Exam tip:** Justify *seka/āścyotana/añjana* choices with **doṣa & sāma-nirāma** logic—and **quote Su. Utt. 18/4** to earn easy marks.

## B) Parvaṇī & Alajī

### 1) Paribhāṣā & Site (how to introduce)

Both are **Sandhigata** lesions at or near the **kṛṣṇa-śveta sandhi** (corneo-scleral limbus) and palpebral folds, included in Suśruta's **nine sandhi diseases**:

“... स्रावाः पर्वणिकाऽलजी... कृमिग्रन्थिश्च... रोगाः सन्धिगता नव ॥”  
(*Su. Utt. 2/3*)

- **Parvaṇī**: classically described as a **smaller, painful, copper-hued, hot swelling** at the limbal sandhi.
- **Alajī**: a **larger, more severe** counterpart at the same site, with pronounced photophobia/tearing.

**Note on ślokas:** In this unit we quote only **verified** anchor verses. Disease-specific definitional half-lines for Parvaṇī/Alajī are tersely transmitted across editions; to avoid risking incorrect text, we keep to **certain** ślokas (2/3; 1/16; 2/5) and build the exam answer with **clear clinical profiling** that is universally accepted in commentarial traditions.

### 2) Nidāna (drivers)

- Recurrent surface inflammation (allergy, chronic follicular states), dusty-smoky exposure, lid disease (**blepharitis**) acting as antigen source; **kapha-pitta** dominance at the limbal sandhi.
- In children/young adults: nutritional debility, occasional tubercular diathesis (for *phlycten-like* patterns).

### 3) Lakṣaṇa (clinical picture)

**Parvaṇī** (think: **chronic follicular/palpebral disease with limbal irritation**)

- **Symptoms**: foreign-body sensation, watering, mild-moderate pain/burning (*sūla-dāha*), photophobia.
- **Signs**: **beading/follicles** on tarsal conjunctiva; **rough palpebral surface**; **early limbal congestion**; superior **punctate keratopathy/pannus** if chronic.

**Alajī** (think: **phlycten-like limbal nodule**)



- **Symptoms:** severe photophobia, lacrimation, blepharospasm; localized tenderness.
- **Signs:** small grey-white, tender nodules at limbus with surrounding congestion; may ulcerate superficially and leave a fine leash of vessels; tends to recur at same clock hours.

#### 4) Bheda & differentials

Entity	Key differentiators	Important differentials
Parvaṇī	Smaller lesions, follicular/papillary palpebral changes; chronic irritation	Trachomatous follicles/pannus, allergic palpebral disease
Alajī	Larger, tender limbal nodules; more severe photophobia	Phlyctenular keratoconjunctivitis, marginal keratitis, pinguecula (non-tender), episcleritis

#### 5) Saṃprāpti (common frame)

Inciting irritants/antigen load (often from lid disease) → kapha-pitta prakopa at sandhi → limbal/tarsal śoṭha with pain/photophobia. In Alajī, a stronger cell-mediated response produces tender limbal nodules and migratory superficial keratopathy. Reflex lacrimation ensues (aśru-mārga link—*Su. Utt. 2/5*).

#### 6) Cikitsā (sequenced; supported by Kriyākalpa śloka)

Use the **Kriyākalpa list** (*Su. Utt. 18/4*) to frame your care; then tailor by doṣa and stage.

##### Acute “hot” phase (especially Alajī-like)

- Śīta-seka (cool infusions of uśīra-utpala-candana) to calm pitta-rakta.
- Āścyotana (prasadana)—soothing, non-tikṣṇa; avoid lekhana in the hot, irritable phase.
- Systemic śamana: pitta-rakta śamana (e.g., Mañjiṣṭhā, Sārivā, Guḍūcī), light diet, protect from wind/sunlight.

##### Subacute/chronic “sticky” phase (Parvaṇī-dominant, follicular)

- Uṣṇa-seka when kapha strings predominate;
- Lekhana añjana only after acute irritability settles—light, careful use;
- Treat source lids as in Krimigranthi (warm compress, massage, hygiene).

##### Surface nourishment (nirāma stage)

- If dry-eye features persist, tarpāna later with ghṛta-yoga (e.g., Triphala-ghṛta) to rebuild surface tone.

##### Procedural / surgical notes

- Trichiasis/entropion from scarring → early correction to protect cornea.
- Non-resolving limbal nodules with suspicion of atypical infection → evaluate and treat specific cause (e.g., TB work-up where clinically indicated).

**Why these steps are “classical”?** Because Suśruta allows local ocular procedures in a doṣa-wise, stage-wise manner; your justification line is the Kriyākalpa verse (*Su. Utt. 18/4*). The sandhi and aśru-mārga verses (*1/16; 2/5*) explain the site and reflex watering.

### Integration table (quick revision)

Aspect	Krimigranthi	Parvaṇī	Alajī
Primary site	Pakṣma-Vartma sandhi (lid margin)	Kṛṣṇa-Śveta sandhi (limbus) + palpebral folds	Kṛṣṇa-Śveta sandhi (limbus)
Doṣa tilt	Kapha-Pitta (kleda + dāha) ± krimi	Kapha-Pitta (chronic irritation)	Pitta-Rakta (hot, tender nodules)



Aspect	Krimigranthi	Parvaṇī	Alajī
Hallmarks	Crusts, collarettes, MGD; recurrent chalazion	Follicles/papillae; pannus risk	Tender limbal phlycten-like nodule; strong photophobia
First line	Hygiene, warm compress + Kriyākalpa	Cool/warm seka as per doṣa; treat lids	Śīta-seka + prasādāna āścyotana; <b>no lekhaṇa</b> acutely
Later	Lekhāna/Prasādāna añjana; I&C if needed	Lekhāna (only when nirāma)	Surface restoration (tarpana) when quiet

## Assessment (Exam-ready)

### Long Essays (10 marks—attempt any 1)

1. **Define Krimigranthi** and discuss Nidāna-Saṃprāpti-Lakṣaṇa-Cikitsā with **Kriyākalpa** sequencing. Begin with **Sandhigata enumeration** (*Su. Utt. 2/3*) and **sandhi/aśru-mārga** anchors (*1/16; 2/5*).
2. **Compare Parvaṇī and Alajī**—site, symptoms, differentials, and stage-wise management. Justify local procedures with **Su. Utt. 18/4**.

### Short Essays (5 marks—attempt any 3)

- Role of **lid hygiene** and **Kriyākalpa** in Krimigranthi.
- Explain why **lekhaṇa añjana** is avoided in the **hot** limbal phase (Alajī-like).
- Palpebral follicular disease causing **pannus**—mechanism and care (Parvaṇī).
- Mapping **aśru-mārga** (*Su. Utt. 2/5*) to reflex watering in sandhi diseases.

### Short Notes (3 marks—attempt any 4)

- **Kanīnika/Apāṅga** as sandhi (quote *Su. Utt. 1/16*).
- Kriyākalpa verse (quote *Su. Utt. 18/4*)—enumerate and one line on each.
- Demodex (krimi) clues on slit lamp.
- Distinguishing **Parvaṇī** from **Alajī** at bedside.
- Why **tarpana** is deferred until **nirāma**.

### MCQs (1 mark × 5)

1. Krimigranthi, Parvaṇī and Alajī are grouped under:  
a) Vartmagata roga b) Śvetagata roga c) **Sandhigata roga** d) Dṛṣṭigata roga
2. The limbal junction referred to by Suśruta as a sandhi is:  
a) Vartma-Śveta b) **Śveta-Kṛṣṇa** c) Dṛṣṭi-Kṛṣṇa d) Pakṣma-Vartma
3. In **hot limbal nodules (Alajī-like)** the first local measure is:  
a) **Śīta-seka** b) Uṣṇa-seka c) Lekhaṇa añjana d) Tikṣṇa añjana
4. The verse linking doṣa movement through the lacrimal path to sandhi disease is in:  
a) **Su. Utt. 2/5** b) *Su. Utt. 1/16* c) *Su. Utt. 18/4* d) *Su. Utt. 2/3*
5. Primary site emphasized in Krimigranthi is:  
a) Limbus b) **Lid margin (pakṣma-vartma sandhi)** c) Lacrimal sac d) Corneal endothelium

**Answer key:** 1-c, 2-b, 3-a, 4-a, 5-b.

## References

### Classical

- **Suśruta Saṃhitā, Uttara-tantra** — **Adhyāya 1** (Maṇḍala-Sandhi-Pāṭala; esp. *1/16* for Kanīnika/Apāṅga),



**Adhyāya 2** (*Sandhigata-roga-vijñānīya*: 2/3 for enumeration; 2/5 for aśru-mārga and sandhi involvement),  
**Adhyāya 18** (*Kriyākalpa*: 18/4 for the procedural list).

- **Aṣṭāṅga Hṛdaya**, Uttara-sthana — netraroga and kriyākalpa sections supporting śīta/uṣṇa upakrama logic.

#### Modern (standard study texts)

- Kanski & Bowling, *Clinical Ophthalmology* — blepharitis/MGD; phlyctenular and follicular disease.
- AAO BCSC, *External Disease & Cornea; Orbit, Eyelids & Lacrimal System* — practical differentials and care pathways.

#### 60-second viva recap

- Open with **three anchors**: **Sandhigata list (Su. Utt. 2/3)**, **sandhi map (1/16)**, **aśru-mārga link (2/5)**.
- **Krimigranthi** = lid-margin disease; start with **hygiene + doṣa-wise Kriyākalpa**; reserve **lekhana** for **nirāma**.
- **Parvaṇī vs Alajī** = limbal spectrum: **Parvaṇī smaller/chronic**, **Alajī larger/hot/tender** → **Śīta-seka first**, correct lids, restore surface later (**tarpana** when quiet).
- Always justify local procedures by quoting **Kriyākalpa (Su. Utt. 18/4)**.