



REVIEW OF *ANJANA* AS PER AYURVEDIC CLASSICS

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ABSTRACT

Eyes hold special status among all the sense organs because good vision is crucial for social and intellectual development of human beings, hence Ayurvedic classics have prescribed several preventive and curative measures for management of ophthalmic disorders. Among them, “*Netra Kriyakalpa*” is unique and effective in preventive and curative aspect of ophthalmology. *Netra kriyakalpa* which includes *Tarpana*, *Putapaka*, *Seka*, *Aschotana*, *Anjana*, *Pindi* and *Bidalaka* procedures are tissue targeted. The type of procedure is selected based on condition and severity of disease. *Anjana* is procedure of applying medicinal pastes/ powders to inner part of lower lid either from *kaneenika sandhi* (inner canthus) to *apanga sandi*(outer canthus)or vice versa with *anjana shalaka* (applicator) .There are several *Anjana kalpa* depicted in classics which shows its prime importance among all *kriyakalpa*. Here sincere attempt is made to review regarding *Anjana karma* in detail as per Classics and compellation of *anjana yogas* from *bruhatraya*.

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INTRODUCTION

Anjana (collyrium) is procedure of applying medicinal pastes/ powders to inner part of lower lid either from *kaneenika sandhi* (inner canthus) to *apanga sandi*(outer canthus)or vice versa with *anjana shalaka*(applicator) . *Anjana* word is derived from- “*Anakti anena iti anjanam*” - mean the one which spreads in the eye^[1].

Eye is predominantly composed of *agni mahabhuta* with *suryadeva adhistana*^[2] . *Darshana pariksha* performed by eye alone is considered 1st among *rogi pariksha*^[3]. *Loha* (metals) are born from stones; they derive sharpness from them itself and lose sharpness by them; so also is the eye with *tejas* ^[4]. So, every person need to protect the eyes by performing *netra kriyakalpa* , if vision is lost ,night and day looks same^[5]and the colourful world becomes dark^[6]. By performing *netra*

kriyakalpa, eyes will shine like moon in clear sky (*nabasi induvat*) and as gold lustres when cleaned by different materials^[7].

There are 5 *netra kriyakalpa* as per sushruta acharya -*Tarpana, Putapaka, Seka, Aschotana and Anjana* ^[8]. According to Sharangdhara acharya there are 7 *kriyakalpa* - *Tarpana, Putapaka, Seka, Aschotana, Anjana, Pindi* and *Bidalaka* ^[9]. Acharya vagbhata mentions 4 types, *Aschotana,Anjana* are told in *aschotanjana vidhi adyaya* ^[10] and *Tarpana, Putapaka* in *tarpanaputapaka adyaya*^[11].

Anjana is used in healthy for maintenance of health and in unhealthy persons in order to get rid of diseases. *Anjana* in healthy persons is described in *Dinacharya* and *Rutucharya* and in unhealthy persons in treatment of *visha*(poison) and *netra roga chikitsa*

CLASSIFICATION OF ANJANA

Table 1 showing classification of *Anjana* based on action

SUSHRUTA ^[12]	ASTANGA SANGRAHA ^[13]	ASTANGA HRUDAYA ^[14]	SHARANGDHARA SAMHITA ^[15]	YOGARATNAK ARA ^[16]	BHAVAPRAK ASA ^[17]
<i>Lekhana</i>	<i>Lekhana</i>	<i>Lekhana</i>	<i>Lekhana</i>	<i>Lekhana</i>	<i>Lekhana</i>
<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>
<i>Prasadana</i>	<i>Drusti prasadana</i>	<i>Snehana</i>	<i>Snehana</i>	<i>Snehana</i>	<i>Snehana</i>
-	<i>Prasadana</i>	<i>Prasadana</i>	-	-	-

2. Based on forms

a. *Gutika- Vartyanjana*(Su.ut.17/18-19)

b. *Rasakriya- Saindhavadi*

rasariyanjana(Su.ut.9/20-21)

c. *Churna- Lekhaniyachurna Anjana*
(Su.ut.15/25)

As per acharya sushruta they are greater in potency in succeeding order ^[18], but as per acharya sharangadhara^[19] and bhavaprakasa^[20] potency decreases in succeeding order.

3. Based on *Rasa*^{[21],[22]}

a. *Mudurarasanjana- Drakshadi Anjana*(A.H. Ut.13/74)

b. *Amlarasanjana- Rasakriyanjana*(Su.Ut.12/42)

c. *Lavanarasanjana- Saindhavadi*

Anjana(Su.Ut.12/16)

d. *Katurasanjana- Mahaushadadi Anjana*
(Su.Ut.11/13),

kshudranjana(Su.Ut.17/16)

e. *Tiktarasanajana- Karanjadi*

Rasakriya(A.H.Ut.16/50),
Sarivadibhirvarti Anjana (A. H.Ut.13/65)

f. *Kashayarasanjana- Aladi Churnanjanana*
(A.H. Ut.16/56)

4. Based on potency^[22]

a. *Mruduanjana*

b. *Tikshnanjana*

A.H. Ut.- *Astanga Hrudaya Uttarantra* ;
Su.Ut.- *Sushruta Uttarantra*

TIME OF APPLICATION

Table 2 - Time of application as per season^[23]

SEASON	TIMING
<i>Shisira, Hemanta</i>	<i>Madyana</i>
<i>Grishma</i>	<i>Purvanha</i>
<i>Sharat</i>	<i>Aparanh</i>
<i>Varsha</i>	<i>Sudina</i>

Table 3- Time of application within day^[24]

Timing for <i>Anjana</i>	Indications
<i>Purvahna</i> (morning)	Sleshma rogi
<i>Sayaanha</i> (evening)	Vataja rogi
<i>Raatiri</i> (night)	Pittaja, Raktaja rogi

COMPOSITION OF ANJANA AS PER TYPES ^[25]

Table 4- Composition and action of anjana as per types

Type of <i>Anjana</i>	Composition	Action
<i>Lekhana</i>	<i>Tikta, Kashaya, Amla, Katu, Lavana Tastes Kshara, Tikshna Guna</i>	Drain out <i>Doshas</i> from eye lids, vessels, sacs, <i>Srotas</i> & <i>Sringataka Marma</i> through

		mouth, nostrils & eyes
<i>Ropana</i>	<i>Kashaya, Tikta + ghee/oil</i>	Healing, improves the colour and visual acuity
<i>Prasadana/Snehana/ Prasadana</i>	<i>Drishti Madhura + ghee/oil</i>	Pacifying the <i>Doshas</i> in vision, oleation

Kashaya dravya includes *haritakkyadi gana*,
Tikta dravya includes *nimbadi gana*, *amla*
dravya includes *matulungadi gana*, *madhura*

dravya includes *Ghrita, Gudadi dravya* which are unctuous^[26].

ANJANA MATRA ^[27]

Table 5- Anjana Matra

Type of Anjana	Lekhana	Prasadana	Ropana
<i>Gutika</i>	1 Harenu	1 1/2 Harenu	2 Harenu
<i>Raskriya</i>	1 Harenu	1 1/2 Harenu	2 Harenu
<i>Churna</i>	2 Shalaka	3 Shalaka	4 Shalaka

INDICATIONS

Table 6- Indications as per avasta

INDICATIONS	SUSHRUTA SAMHITA ^[28]	ASTANGA HRIDAYA ^[29]	SARANGADHARA SAMHITA ^[30]	BHAVAPRAKASA ^[31]
<i>Vyaktarupa</i>	+	-	-	-
<i>Netrashraya mala</i>	+	+	-	-
<i>After samshodana</i>	+	+	-	-
<i>Pakwa dosa</i>	-	+	+	+
<i>Manda raga, ashru, garsha</i>	-	+	-	-
<i>Vataja, pittaja, kaphaja, raktaja vyadi</i>	-	+	-	-

Anjana is performed after *dosa* attaining *pakwavasta* i.e, having symptoms like *alpashopha* (reduced orbital swelling), *na atikandu* (slight itching) ,*na ati paichilya*(slight slimy discharge) and signs of slight watering, redness, foreign body sensation^[29].

- Indications as per *roga*^[22]

In *Suklarmadi - lekhanjana* is indicated.

In *Abhishyana - ropananjana* is indicated.

In *Vataja timira - snehanajana* is indicated.

In *swasta*, last stage of *abhishyanda*, fatigueness of eye due to exposure to bright sunlight, lightning, evil spirits – *prasadananjana* is indicated.

CONTRA-INDICATIONS^{[32],[33],[34]}

- Srama*-tiredness
- Udavarta*-upward movement of vata
- Ajirna*- indigestion
- Rudita*- crying
- Madya*- addicted to alcohol
- Krodha*- anger
- Jwara*- fever
- Vegaghata*- suppression of natural urges

eye), *pashana* (stone), *shrunga,swarna*(gold) and *anguli*(finger).

Action of applicator as per material.

- Shoka*- depression
- Dhuma*-smoking
- Arka*-exposure to light
- Agni*-exposure to heat
- Divaswapna*-day sleep
- Jagara*- awakening in night
- Bitva*- afraid

In presence of *raga*(congestion) ,*ruk*(pain), *timira*(opacity), *srava*(epiphora) ,*shula*(pricking type of pain),*samramba*(hyperemia).

ANJANA SHALAKA^[35]

Instrument used for application of *anjana* is called *anjana shalaka* (applicator). Features of applicator are *ruju*(straight), *sukruta*(well made), *sadhunigraha*(easy handling), similar to rod of 8 *angula* in length which is thin at centre , ends of applicator are like bud of *mallikapushpa* (type of flower) with thickness of *kalaya* (pea).

Materials used for preparation of *shalaka* are *Tamra*(copper), *Aya*(iron), *Vaidurya*(cats

ANJANA PATRA^[36]

Anjana patra(vessel to store *Anjana*) should be of same property of *anjana dravya* to protect the potency of *anjana dravya*. *Ayasi-ropanarta* ,*Tamra-lekhanarta* ,*Hema-prasadanarta* , other materials are used as per *dosa* involved in disease.

Table 7- *Anjana Patra* as per type of *anjana*

<i>Anjana</i>	<i>Paatra</i>
<i>Madhuranjana</i>	<i>Swarna</i>
<i>Amlanjana</i>	<i>Meshashrunga</i>
<i>Lavanajana</i>	<i>Rajata</i>
<i>Katukanjana</i>	<i>Vaidurya</i>
<i>Tiktanjana</i>	<i>Kamsya</i>
<i>Kashayanjana</i>	<i>Tamra,Loha</i>

ANJANA VIDHI^[37]

Poorvakarma:

After deciding the type and dose of *Anjana* the desired amount of it can be applied in the eye using the different applicator mentioned for particular purpose. To avoid the anxiety of the patient the procedure should be explained to them.

Kala-Anjana should be applied in the morning and evening.

Position-*Anjana* can be applied in supine or sitting position.

Pradhanakarma:

Eyelids are retracted with left hand, while with the help of right hand *anjana* is applied with shalaka from inner canthus to outer canthus. After applying the *anjana*, the patient is asked to close the eyelids gently and to rotate the eyeball, which helps in spreading of medicine in the eye. Blinking, rubbing of lids,

washing the eye is contra-indicated during the procedure. The dissolved dosas comes out through lacrimation.

Paschatkarma:

After lacrimation stops, the *netra prakshalana* (Eye wash) is performed with pure water or with suitable decoction as per dosa, disease, and season. After *prakshalana*, eye is wiped with clean cloth and *pratyanjana* of opposite quality of *anjana* is applied.

Prakshala vyapad- If *prakshalana* is done prior to elimination of dosas there is a fear of recurrence of dosas thereby causing disease.

In case of improper *prakshalana* symptoms like itching, inertness occurs. In that condition *tikshnaanjana* or *tikshna dhuma* is indicated.

*Tikshnaanjana vyapad chikitsa-*When eye get afflicted by *tikshnanjana* than *pratyanjana* in *churna* form is beneficial.

SAMYAK, ATIYOGA, HINAYOGA OF ANJANA

[38]

LEKHANANJANA SAMYAK YOGA - Eye becomes clean, no discharge with symptom of lightness, clarity in vision and proper activity of eyelids and free from complications.

ATIYOGA LAKSHANA , *CHIKITSA* - Causes squint, hardness, discoloration dryness and excessive discharge. These conditions should be treated with nourishing therapies that alleviate vata.

HINAYOGA LAKSHANA , *CHIKITSA* - Aggravation of dosas occurs. Measures such as dhuma, nasya, anjana are advocated to eliminate the dosas.

PRASADANANJANA and *ROPANANJANA Samyak yoga, atiyoga* and *ayoga* of *ropananjana* is described same as that of *prasadananjana*.

SAMYAG YOGA- Eye become pleasant with devoid of dosas, attains unctuous, normal colour, strength and able to perform proper eye movements.

ATIYOGA- Symptoms such as heaviness of eye, eye filled with tears, excessive unctuousness, lacrimation, itching, sticking of eyelashes with less severity than that of *atiyoga of tarpana*.

AYOGA- doesn't serve the purpose of application.

MODE OF ACTION

Lekhananjana eliminates dosas present in eyelids, vessels and in *shrungataka marma*

through oral cavity, nose, and eyes by virtue of its vigour [25]. A medicine applied to eye spreads to eye joints, vessels of nose, *shrungataka marma* and takes the dosas to upper orifice (eye) and expels them [39].

Once applied *anjana* acts as a foreign body to ocular surface. Hence eye gets reflex secretion in response to foreign particles on cornea and conjunctiva. Due to that considerable amount of drug washes out from the eye by weeping. Apart from weeping it is eliminated from ocular surface by evaporation, metabolization by tear enzymes. Finally little amount of *anjana* is left in cul-de-sac for ocular absorption. *Gutika* and *Churna Anjana* have micro particles which may be deposited in the cul-de-sac and thereby increase the bioavailability to enhance ocular absorption. The ocular absorption of *Anjana* may initiate through the conjunctiva and cornea. Mainly lipophilic active ingredients may absorb through the cornea by trans-cellular pathway and hydrophilic from the conjunctiva by paracellular pathway. This ocular absorption may be depend on the passive diffusion, carrier mediated transport (facilitated diffusion and active transport), endocytosis, pH, viscosity, tonicity and most importantly molecular size and molecular weight of the active ingredients play a major role of the same. Once it crosses the

conjunctiva (mainly hydrophilics); the sclera is penetrate the other interior structures of the eye i.e. ciliary body, iris, aqueous humour, lens, vitreous etc. But due to high vascularization of conjunctiva, ciliary body and iris considerable amount of drug may be enter to the systemic circulation again. The drugs pass though the corneal epithelium (mainly lipophilics) directly goes to the aqueous humour and distribute to the other ocular tissues. However some of the drugs coming to the aqueous humour either via cornea or conjunctiva are undergo to metabolization by the enzymes present in the aqueous. Considering all these factors it can be said that *Anjana* therapy may be highly activated in the anterior segment of the eye because of the presence of several anatomical, biological and physiological ocular barriers^[40].

more permeable and it allows drugs to

ANJANA VYAPAD^[41]

Anjana applied in case of

- Improper sleep -causes lethargy to blink.
 - In presence of wind- causes dimness of vision
 - In presence of dust and smoke – redness, secretion and glaucoma
 - After *nasya*(errhine)-sneezing
 - In headache-aggravates the headache
 - After headbath, before sunrise - stagnation of dosas which doesn't serve the purpose.
 - In indigestion –redness, swelling
- So, *Anjana* should be planned as per *desha*(location), *kala*(time),*avasta*(stage)

Table No 7: ANJANA YOGAS MENTIONED IN BRIHATRAYI

Su- Shshruta; Ca-charaka ; A- ashtanga hrudaya ;ut- uttaratantra; ci-chikitsasthana

1.	Raktaprasada Rasakriya1 → <i>Palasarasa/shallaki, madhu, sharkara</i>	<i>Pittabhishynda, amladhushika, shuktika, arjuna</i>
2.	Raktaprasada Rasakriya2 → <i>trivrut/yastimadhu with madhu and sharkara</i>	
3.	Raktaprasada Rasakriya3 → <i>musta, samudraphena, utpala, vidanga, ela, dhatri, vijaya rasa</i>	
4.	Raktaprasada Rasakriya4 → <i>dhataki, syandana(tinisha)</i>	
5.	Vartyanjana/Talisaila → <i>Talisa, ela, gairika, ushira, shanka, stanya</i>	
6.	<i>Palasa pushpa</i> pounded with <i>satnya, madhu</i>	

7.	<i>Rodra, draksha, sharkara, utpala, yasti, vaca, stanya</i>	
8.	<i>kampillaka ,milk</i>	
9.	<i>Chandana, udumbara, balaka</i>	
10.	<i>Samudraphena, stanya, madhu</i>	
11.	Fine powder of <i>Vaidurya, spatika ,mukta, shanka ,rajata ,gold ,sharkara, madhu.</i>	<i>Shuktika</i>

Table no: 8 Anjana yogas from Su.ut.9/14-24 & Su.ut.10/7-15

12.	Madukanjana → <i>Madhuka, rajini, pathya, devadaru, aja dhugda</i>	<i>Vatajaabhishyanda</i>
13.	Gutikanjana → <i>Gairika(1part), Saindhava(2part), krushna(3part), Nagara(4part)</i>	<i>Vatajaabhishyanda</i>
14.	Saindhavadi rasariyanjana → <i>Saindhava, devadaru, shunti, ghruta, mathulungarasa, stanya and udaka</i>	<i>Suskashipaka</i>
15.	<i>Ghruta made out of shunti, sthanya Anupajala vasa(vasa of fish, other aquatic animals), saindhava and shunti</i>	<i>Vataja abhishyanda Suskashipaka</i>

Table no. 9 Anjana yogas from Su.ut.11/6-17

Table no. 9 Anjana yogas from Su.ut.11/6-17		
	<i>Saindava, hingu, triphala, madhuka, prapaundrika, sauviranjana, tuttha, tamra /haridra, haritakki, madhuka and sauviranjana pounded with water.</i>	<i>Kaphabhishyanda</i>
	<i>Trikatu, triphala, haridra, vidanga ,water.</i>	
	<i>Balaka, kusta, devadaru, sankha, patha, amalaka, Trikatu ,manashila, water</i>	
	<i>Jati, karanja, shiru puspha ,jala</i>	
	<i>Kuberaksha/sigru phala, bhrati, kantakari pushpa</i>	
	<i>Rasanjana, saindhava, chandana, manahshila, haratala, lasuna</i>	
	Ksharanjana → Tender barley soaked in cow's milk, dried and burnt with <i>arjaka, asphota, kapitta, bilwa, nirgundi, jati pushpa</i> . Obtained Alkali is processed with <i>saindava, tutta</i> and <i>gorochana</i> . It's preserved in iron vessel.	<i>Balasgrathita</i>

	<i>Mahaushada,</i>	<i>Pistaka</i>
	<i>magadi,musta,saidhava, sweta Maricha,matulunga swarasa</i>	
	<i>Brhati phala, pippali kalka,/vartaka,sigru,indravaruni,patola,kiratatikta and amalaka kept in srotanjana for a week.</i>	
	Yoganjana → <i>Kasisa,samudraphena,rasanjana,jati bud</i>	Praklinnavartma
	<i>Saindhava(1part),shigru (1part),manahshila ,matulunga rasa</i>	Kandu
	<i>Sringavera,devadara,musta,saindhava,jati mukula ,sura</i>	Kandu, shopha
	<i>Rasanjana+Ghrita,/ gairika with madhu</i>	Sirotpata
	<i>Tutta,saindava,kasisa,stanya</i>	
	<i>madhu,shankha,manahshila,tutta,daruharidra,saindhava</i>	
	<i>shirishapushpa rasa,sura,maricha, madhu</i>	
	<i>Phanita/ Rasanjana/ Kasisa+saindhava with madhu</i>	Siraharsa
	<i>Amlavetasa,stanya,phanita</i>	

Table no. 10: Anjana yogas from Su.ut.12/22-34

1.	<i>Ikshu, madhu, sita, stanya, darvi, madhuka, saindhava.</i>	<i>Arjuna</i>
2.	<i>Sphatika, vidruma, sankha, madhuka, madhu or Saindhava,madhu,kataka</i>	
3.	<i>Samudraphena, shanka, madhu, sita or Rasanjana ,madhu,kasisa</i>	
4.	Lekhananjana1 → <i>Sarva Lohachurna, sarva dhatuchurna, sarva lavana, ratna, danta ,shrunga, kasisadi gana</i>	
5.	Lekhananjana2 → <i>Kukkutandakapala, lashuna, trikatu, karanja bija, ela.</i>	
6.	<i>Tamrabhasma, shanka, manahshila, maricha, saindhava(16,8,4,2,1 ratio)</i>	<i>Savrana sukra</i>
7.	<i>Shankha, kolasti, kataka, draksa, madhuka, makshika</i>	
8.	<i>Madhu, samudraphena, manahshila, sirisha, kusuma</i>	
9.	Ksharanjana → <i>Nistushya mudga, sankha, madhu, sita, madhuka (A.U 11/46)</i>	<i>Balasagrathia, Sukra</i>
10.	<i>Bibitakkasthi majja, madhu</i>	<i>Sukranasana</i>

11.	<i>Shankha, sukti, madhu, draksa, maduka, kataka</i>	
12.	<i>Vamsa, arushkara, tala, narikela-kshara churna</i> obtained is pounded with <i>karabasthi</i> (camel) for 7 times .Applied with <i>madhu</i>	<i>Sukravivarnya nashana</i>

Table no.11 Anjana yogas from Su.ut.12/39-52

1.	Snehanjana1 → <i>Ghruta, saindhava/Maireya(sura+asava)/ dadhi / dadhiuttara</i>	<i>Akshipakatyaya</i>
2.	Snehanjana2 → <i>Ghruta, kamasyamala, stanya/saindhava</i>	
3.	Snehanjana3 → <i>Madhukasara(1part), gairika(1part), madhu</i>	
4.	Snehanjana4 → <i>Sarpi, saindhava, tamra, stanya</i> are kept in copper vessel for a month	
5.	Rasakriyanjana → <i>Dadima, Amlavetasa, ashmantaka, kola, kanji, saindhava(apla matra)</i>	<i>Sashopha and Ashopha akshipakatyaya</i>
6.	<i>Saindhava, madhu, nagara, stanya</i>	
7.	<i>Jatipushpa, saindhava, shrungavera, pippali, vidanga, madhu</i>	<i>Netrapaka</i>
8.	Kasisadirasakriyanjana → <i>Kasisa, saindhava, ardraka, tamra, ayasa churna, madhu</i>	<i>Puyalsa</i>
9.	Makshikanjana → <i>Musta, haridra, madhuka, priyangu, siddarta, rodra, utpala, sariva, madhu</i>	<i>Aklinnavartma, Prakilnnavartma</i>
10.	Rasakriyanjana1 → <i>Amalakki patra, phala</i>	
11.	Rasakriyanjana2 → <i>Vamsa mula</i>	
12.	Rasakriyanjana3 → <i>Triphala, palasha pushpa./Apamarga pushpa Rasakriya</i> prepared in <i>tamra patra</i>	
13.	Pratyanjana → <i>Kamsyamala, karpasa vastra-basma</i> with <i>shigru, tamra</i> pounded with <i>chaga paya</i>	<i>Tiksnanjana durbalasya nayana</i>
14.	Churnanjanana → <i>Samudraphena, saindava, shanka, mudga, sigru</i>	<i>Jadya,kandu, Akilnnavartma, Prakilnnavartma</i>

Table no.:12 Anjana yogas from Su.ut.12/53, Su.ut.15/25, Su.ut.17/6-27

1.	<i>Kajjali</i> (1part), <i>tutta</i> (1part) pounded in <i>tamra paatra</i> with <i>madhu</i>	<i>Prakilnavartma</i>
2.	Lekhaniyachurna Anjana → <i>Sankha, samudraphena, mukta, sukta, sphatika, kuravinda, pravala, ashmantaka, vaidurya, pulaka, mukta, ayasa, tamra basma, srotanajana</i> (1/2part) pounded in <i>meshashriga paatra</i> .	<i>Arma, Sirapidaka, Sirajala</i>
3.	<i>Gairika, saindhava, pippali, meshi</i>	<i>Pittavidagdhadusti,</i>
4.	<i>Gomamsa, maricha, shirisha bija, manahshila</i>	<i>Kaphavidagdhadusti</i>
5.	<i>Kapitta vrunta</i> with <i>madhu</i> / <i>Kapitta phala</i> with <i>madhu</i>	
6.	<i>Pushpa</i> of <i>Kubjaka, ashoka, shala, amra, priyangu, nalina, utpala. Harenu, pippali, pathya, amalaka</i> stored in <i>venu nadi</i> . Mixed with <i>madhu, Ghrita</i> .	
7.	Gutikanjana1 → <i>Rasa</i> of <i>pushpa</i> of <i>amra, jambu, harenu, madhu, ghrita</i>	
8.	Gutikanjana2 → <i>Nalini, utpala, kesara, gairika, gosakrutrasa</i>	<i>Divandya, Ratrandya</i>
9.	Churnanjana → <i>Rasanjana, jatipatrarasa, amalakipatrarasa, madhu, talisa, swarna, gairika, gosakrutrasa</i>	<i>Pittavidagdhadusti</i>
10.	Churnanjana1 → <i>Rasanjana/karpura, mamsa rasa</i>	
11.	Churnanjana2 → <i>Kurmapitta, rohitapitta.</i>	
12.	Kalkanjana → <i>Kasmari pushpa, madhuka, devadaru, rodra, rasanjana, madhu</i>	
13.	<i>Srotanajana, saindhava, pippali, renuka, aja mutra</i>	
14.	Vartyanjana1 → <i>Manahashila, abhaya, vyosa, bala, tagara samudraphena, chaga kshara</i>	<i>Kaphavidagdhadusti (ratryandya)</i>
15.	Vartyanjana2 → <i>Tagara, pippali, nagara, madhuka, talisa patra, musta, yakrut rasa</i> -dried in shadow	
16.	Kshudranjana1 → <i>Gomutra, ajapitta, madira, aja yakrut, amalakki rasa.</i>	
17.	Kshudranjana2 → <i>Aja yakrut / Harenu, pippali, ela</i> mixed in <i>aja yakrut rasa</i> .	
18.	Kshudranjana3 → <i>Triphala</i>	
19.	Kshudranjana4 → <i>Gomutra, ajya, samudraphena, pippali, madhu, katphala, saindhava</i> . Stored in <i>venu nadi</i>	
20.	Kshudranjana5 → <i>Aja meda</i> and <i>yakrut, pappali, saindhava, madhu, amalakki rasa</i> . Stored in <i>khadira paatra</i> .	
21.	Kshudranjana6 → <i>Pippali</i> boiled in <i>goda / chaga yakrut</i> is cooked with <i>pippali</i> pounded with <i>madhu</i>	

22.	Kshudranjana7 → <i>Pleeha, yakrut of goda and chaga is cooked with taila and ghruta. Pounded with sarsapa taila</i>	
23.	Gutikanjana → <i>Saindava, mudga, trikatu, manahashila, haridra, daruharidra, gosakrut, raktachandana</i>	<i>Pittavidagdadusti</i>

Table no. 13 Anjana yogas from Su.ut.17/35-49, 96-99

1.	<i>Putapaka of saindhava, kravya mamsa, sarpi, madhu</i>	<i>Vataja Timira</i>
2.	<i>Ghrudra, uraga, kukkuta vasa, madhuka</i>	
3.	Pratyanjana → <i>Srotoanjana</i> pounded with <i>mruga, pakshimamsa</i> rasa than with <i>kshara</i> and with <i>ghruta</i> .	<i>Vataja Timira,</i>
4.	Timiranashaka netranjana → <i>Srotoanjana</i> kept in mouth of <i>krishnasarpi</i> covered with <i>kusa</i> for 1month. Obtained <i>Anjana</i> is pounded with <i>jatikoraka, saindhava</i> .	<i>Vataja Timira</i> Ca.ci.26/256-257
5.	Timiranashaka netranjana → <i>Rasanjana, madhu, sita, manahshila, madhuka</i>	<i>Pittaja timira</i>
6.	Pratyanjana → <i>Souviranjana</i> (1part), <i>tutta</i> (1part)	
7.	Pratyanjana → <i>Lodra, tutta</i> sprinkled with <i>eladigana kashaya</i>	
8.	Rasakriyanjana → <i>Meshashruga, souviranjana, srotoanjana</i>	
9.	<i>Rasa of palasa, rohitaka, madhuka, madhu, ugrabhaga of madira</i>	<i>Pitta kacha mala nashana</i>
10.	<i>Manahshila, trikatu, shankha, madhu, saindhava, kasisa, rasanjana, kasisa, rasanjana, guda, nagara</i>	<i>Kaphaja timira</i>
11.	<i>Srotonjana</i> is heated and dipped in <i>mutravarga, triphala kashaya</i> several times. Its kept in <i>nishacarasthi</i> and kept in flowing water for a month. It's mixed with <i>meshshrunga</i> and <i>madhuka pushpa</i> .	<i>Sannipataja timira</i>
12.	Drustiprasadananjana1 → <i>Mesashrunji, sirisa, dhava, jati pushpa, mukta, vaidurya, chaga paya</i> kept in <i>tamra patra</i> .	
13.	Drustiprasadananjana2 → <i>Srotoanjana, vidruma, samudraphena, manahshila, maricha</i> .	<i>Drustiprasadana</i>
14.	<i>Manahshila, maricha, sankha, saindhava, guda, madhu, murva, madhuka,</i>	<i>Kukunaka</i>

	<i>amra</i>	
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Table no. 14 Anjana yogas from Ca.Ci.26/240-262

1.	Churnanjana → <i>Krishnaya, ghruta, dugdha, madhu</i>	Kshta and Suddha sukra
2.	Gutikanjana1 → <i>Trikatu, palandu, madhuka, saindhava, laksha, gairika, nimbapatra, madhuka, devadaru, tamra bhasma, lodra.</i>	
3.	Gutikanjana2 → <i>Rasanjana</i> pasted with <i>sankha</i> and <i>saindhava</i> pounded with curd for 4 and 1/2 days.	<i>Kaphaja abhishyanda, sishor sukra</i>
4.	Bruhatyadi varti → <i>Bruhati, eranda twak, shigru pushpa, saindhava, ajakshira</i>	<i>Vataja netraroga</i>
5.	Sumanakorakadi varti → <i>Jatimukula, sankha, triphala, madhuka, bala, vari</i>	<i>PittaRaktaja netraroga</i>
6.	Saindhavadi varti → <i>Saindhava, triphala, vyosha, sankhanabhi, samudraphena, shaileya, sarja, jala</i>	<i>Sleshmaja netraroga</i>
7.	Amrutahvadi varti → 1part of <i>Amruta, kamala, bilwa, patola, chajala sakrut, prapoundrika, yasthi, darvi, kalanusariva(anantamula) Prakshepaka dravya- 1 karsha of shigru, jatipushpa</i>	<i>Sarva netra roga, Drukprasadini</i>
8.	Sankhadi varti → <i>Sankha, pravala, vaidurya, loha, tamra, plava pakshi asthi basma, srotoanjana, sigru</i>	<i>Sarva akshi roga</i>
9.	Churnanjana → 1/2shana of <i>Maricha, samudraphena, saindhava, 1shana pippali, 9 shana souviranjana</i> pounded in <i>Chitra nakshatra</i>	<i>Netra Kandu, Kacha, Kaphaja netra roga</i>
10.	<i>Sukshma ela</i> kept in <i>Bastamutra</i> for 3 days. And pounded to <i>churna</i> .	<i>Timira, krimi, pilla roga, netra mala</i>
11.	<i>Sauviranjan, tutta, swarna makshika, manahshila, vanakulatta(chakshushya), madhuka, loha basma/ saptaloha dhatu, mani basma, pushpanjana, saindhava, shaukari damsra, kataka.</i>	<i>Timira</i>
12.	Sukhavati varti → <i>Kataka, sankha, saindhava, ela, sita, samudraphena, rasanjana, madhu, vidanga, manahashila, kukkutanda</i>	<i>Timira, patagata roga, kacha</i>
13.	Drustiprada varti → <i>Triphala, kukkutanda twak, kasisa, aya, nilotpala, vidanga, samudraphena. Pounded in chaga paya for 7 days</i>	<i>Andya, Abinnachak shu</i>

14.	Pippalyadi Rasakriya → Pippali, palasha rasa, sarpi vasa, saindhava, jirna ghruta.	Sarvakshi roga
15.	Krishnasarpavasadirasakriya → Krishnasarpa vasa, madhu, amalakki swarasa	Kacha, arbuda, netra mala, sarva netra roga
16.	Dhatryadi rasakriyanjana → Dhatri, saindhava, pippali, maricha	Andya, patalagata vyadhi
17.	Andyanashaka yoga → Dhatri swarasa, rasavata, madhu, go ghrita	Netrapatala roga

Table no. 15 Anjana yogas from A.ut.13/20-46

1.	Churnanjana → 64part srotanjanana, 1part tamra, ayas, roupya, kanchana. puta is given. It's soaked in madhura guna dravya separately for 7 times. Than its mixed with 1 tola of vaidurya, mukta, shankha .	Timira
2.	Churnanjana → Jatamansi, trijataka, aya, kunkuma, nilotpala, abhaya, tuttha, sita, kacha, sankha, phena, marica, anjana, pippali, madhuka. Powdered in ashwini nakshatra .	Timira, kacha, Arma, raktaraji, kandu.
3.	Marichadi anjana → 2part Maricha and vara, lavana, kana, samudraphena, 9part sauviranjana pounded on chitra, ashwini, pushya nakshatra	Sarva timira, Drustiprasadana
4.	Videhapatinirmita Anjana → Srotoanjanana soaked in draksa, mrnala, kshira, madya, vasa, divyapaya for 7 times. Pounded and stored in shankha.	Sarva netra roga, Drustiprasadana
5.	Bhaskaranjana → Tuttha basma is prepared by puta given by burning badara plant. This ash is soaked in Aja paya, ghruta, madhu separately. 2 pala of obtained ash, 1karsha of triphala, pathya, ela, anjana, phenaka, 1p of yasthi are given puta	Ratrandya
6.	Timirantakara Anjana → 30part Bhujanga, 5 part gandapasana, 2 part sulba and talaka, 1part vanga, 3part anjana and subjected to puta.	Timira
7.	Tutthanjana → Nirvapa of Tuttha in gomutra, ajamutra, khanji, stanya, ghruta, visa kwatha, madhu separately for 7 times. Obtained tuttha is powdered	Garuda samana drusti

8.	Sisakashalaka → Nirvapa of <i>sisa</i> in <i>vara kwatha, bhrungaraja, visa, ghruta, aja paya, yasthi kwata</i> separately for 7 times.	<i>Timira, arma, srava, paicchilya, pilla, kandu, jadya, Raktaraji</i>
9.	Rasendranjana → 1part <i>parada</i> and <i>bhujanga, anjana</i> 2part, <i>karpura</i> are pounded	<i>Timira</i>
10.	Gharudranjana → Young <i>Gharudra</i> (vulture) is given <i>puta</i> and mixed with <i>anjana</i> and <i>ghruta</i> .	<i>Ghrudra samana nayanabalam</i>
11.	Krishnasarpasyanjana → Ghee is kept in died <i>krishnasarpa</i> mouth and head is smeared with cowdung and <i>puta</i> is given. That <i>Anjana</i> is pounded with <i>nalada</i> .	<i>Rakshana of bhedita (incision) chakshu</i>
12.	Kukkutandapurisanjana → <i>Krsnasarpa</i> , 4 <i>vrushchika</i> are put in <i>kshirakumbi</i> for 3 weeks. Butter obtained from that is feed to <i>kukkuta</i> and <i>purisa</i> of that <i>kukkuta</i> is used in preparation of <i>Anjana</i> .	<i>Andyasya prekshana</i>
13.	Sarpavasa Rasakriyanjana → <i>Krshnasarpavasa, sankha, katakaphala, srotoanjana –Rasakriya</i>	<i>Andhanam cira darshanaprada</i>
14.	Apratisara Anjana → 10 <i>Maricha</i> , 1/2 <i>karsha swarnamakshika</i> and <i>madhuka, 1phala tuttha</i> are soaked in <i>kshira</i> and subjected for <i>puta</i> .	<i>Timira</i>
15.	Akshabijadi gutika → <i>Bibhitaki, maricha, amlakki, twak, tuttha, yasthi</i> .	<i>Timira</i>
16.	Shanmakshika anjana → 1part <i>Maricha</i> , 2part <i>amalaki</i> , 3part <i>samudraphena (jalodbhva)</i> , 4part <i>tuttha</i> , 5part <i>srotoanjana</i> , 6part <i>swarmakshika</i>	<i>Timira, Arma, Kacha, Kleda, Kandu</i>
17.	Churnanjanana → <i>Ratna, rajata, sphatika, svarna, srotoanjana, tamra, aya, shanka, raktacandana, lohitagirika</i> .	<i>Sarva druk amaya</i>

Table no. 16 *Anjana yogas* from *A. ut.13/65-92,97& A.U.14/30-32*

1.	Sarivadibhirvarti anjana → <i>Sariva, padmakasta, ushira, mukta, sabara, candana</i> .	<i>Pittaja Timira</i>
2.	Churnananjana → <i>Patra, utpala, srotoanjana, nagakesara, karpura, yasthi, swarnagairika</i>	
3.	Vimalavarti → <i>Shankha, priyangu, manahshila, trikatu, triphala</i> .	<i>Kaphaja Timira</i>
4.	Kokilavarti → <i>Krsnaloha, vyosha, saindhava, triphala</i>	

5.	Shashadantadi Varti → <i>Lalata, Dvija asthi of shasha, go, khara, simha, ushtra, swetago bala, maricha, shankha, candana, samudraphena</i> pounded in <i>stanya, aja dugdha</i>	<i>Kaphaja Timira, Netrasukra</i>
6.	<i>Draksha, nalada, rodra, yasthi, shankha, tamra, karpura, padma, padmaka, utpala</i> pounded with <i>ajadugda</i> .	<i>Raktaja Timira</i>
7.	<i>Ushira kwata, kana churna, saindhava, ghruta</i> – <i>Rasakriya</i> is prepared. <i>Raskriya</i> is added with honey and applied	<i>Dvidoshaja-tridoshaja timira</i>
8.	<i>Asthi</i> of <i>ratricharini</i> animals is filled with <i>srotoanjana</i> and kept under flowing water for 20 to 30 days. Mixed with <i>meshashringi, yasthi</i> flowers.	<i>Sannipataja timira</i>
9.	Kachayapana Anjana (prolongs formation of <i>kacha</i>) → <i>Guda, phena, anjana, pippali, maricha, kunkuma-Rasakriya</i> , pounded with <i>madhu</i>	<i>Kacha-yapana</i>
10.	<i>Tarkshya, gairika, talisa</i> are boiled in <i>Ghruta</i> , juice of cowdung.	<i>Ratrandya, Sannipataja timira</i>
11.	Maricha rubbed with <i>dadhi</i>	<i>Ratrandya</i>
12.	<i>Karanja, utpala, svarnagairika, ambuja, kesari, gomaya toya</i>	
13.	<i>Kounti, krsna, anjana, saindhava, aja mutra</i>	
14.	<i>Kalanusari, trikatu, triphala, ela, manahshila, phena</i> pounded with <i>aja mutra</i>	
15.	<i>Swarnagirika, talisa</i> mixed with <i>gomaya rasa, kshira, ghruta</i> .	<i>Dhumara, Amla, pitta & usna vidagda dusti.</i>
16.	Ghee mixed with <i>swarna</i>	<i>Sarva netra vyadhi</i>
17.	Vartianjana → <i>Adhaki, maricha, haratala, rasanjana</i> roots, <i>guda</i> are pounded with rain water.	<i>Drusti prasadana after vedhana karma</i>
18.	Pindanjana1 → <i>Jati, shirisha, dhava, meshvishwani pushpa, vaidurya, mukta</i> pounded with <i>aja dugdha</i> , <i>Kalka</i> applied to thin sheet of <i>tamra</i> and kept for 7 days. And then pounded with <i>aja dugda</i> .	<i>Vranaropana in linganasha chikitsa, Drusti balaprada</i>
19.	Pindanjana2 → <i>Srotoanjana, vidruma, shila, phena, maricha</i> .	

Table no. 17 Anjana yogas from A. ut.16/20-43

1.	<i>Roupya</i> pounded in <i>ruksha dadhi</i> and wick is prepared.	<i>Vataja netraroga</i>
2.	<i>Sumana koraka, shankha, triphala, madhuka, bala, divya vari</i>	<i>Pitta raktaja netraroga</i>
3.	<i>Saindhva, triphala, vyosha, shankanabhi, phena, ela, sarja</i>	<i>Sleshmaja netraroga</i>
4.	Pashupata Yoga → 8pala of <i>prapoundrika, yasthi, darvi</i> 1 drona of <i>jala, rasakriya</i> is prepared and 10 pala of <i>pushpanjana, 1karsha</i> of <i>Maricha</i> is added and <i>varti</i> prepared.	<i>Sarva abhishyanda, Raga, Ruk, Gharsha, Sadyo drsti prasadana</i>
5.	<i>Shunti</i> macerated with <i>stanya, Ghruta</i>	<i>Suskakshipaka</i>
6.	<i>Anupadesha prani vasa</i> macerated with <i>lavana, nagara</i>	
7.	<i>Kesha</i> is smeared with <i>Ghruta</i> and <i>mallasamputa</i> is given and ash is macerated with <i>ghruta</i> and preserved in iron vessel.	
8.	Sandhava1 → <i>Tamra</i> is rubbed on <i>aya patra</i> with <i>go mutra</i> . It's applied as <i>anjana</i> is <i>ghruta dupa</i> is given.	
9.	Sandhava2 → <i>Tamra</i> rubbed with <i>dadhisara, pippali, saindhva</i>	<i>Suskakshipakajanya Vedana, Daha, Shula, Raga, Ashru, Netraharsa</i>
10.	Sandhava3 → <i>Sankha</i> is rubbed on <i>tamra patra</i> with <i>stanya</i> and exposed to <i>shami dhuma</i> .	
11.	<i>Udumbara pala</i> rubbed on <i>loha patra</i> with <i>stanya. Dhupa</i> of <i>shami, ghruta</i>	
12.	<i>Shigru pallava rasa</i> is rubbed on <i>tamra patra</i> and <i>Ghruta dhuma</i> is given.	
13.	<i>Tila kwatha, mutkapala</i> are rubbed on <i>kamsya patra</i> and <i>nimbapatra dhupa</i>	
14.	Talisadi Gutika → Lepa of <i>talisapatra, pippali(capala), tagara(nata), loha raja, srotoanjana, jati mukula, kasisa, saindhava, mutra</i> in <i>tamra patra</i> for 7 days. It's again grounded with <i>gomutra</i> and <i>varti</i> is prepared. <i>Varti</i> is grounded with <i>stanya</i> and used.	<i>Suskakshipakajanya Gharsha, Ashru, Sopha, Kandu vinasana</i>
15.	Vyagryadi Sandhava → <i>Kalka</i> is prepared with <i>Vyagri, twak, madhuka, tamra</i> with <i>aja kshira. Dhupa</i> with <i>Shami, amalakki patra, ajya</i> .	<i>Suskakshipakajanya Sopha, Vedana</i>

Table no. 18 Anjana yogas from A. ut.16/50-57

1.	Karanjadi Rasakriya → <i>Karanja bija, surasa, jati mukula.</i>	<i>Pilla roga, Pakshmrarohanam</i>
2.	Rasanjanadi Anjana → <i>Rasanjana, sarjarasa, pushpanjana, manah shila, phena, saindhava, gairika, maricha</i> pounded with <i>madhu</i>	<i>Pilla rogajanita Kleda, kandu</i>
3.	Pillaroganashaka Anjana1 → <i>Tagara</i> is pounded with <i>haritaki kwata</i>	<i>Pillaroganashana</i>
4.	Pillaroganashaka Anjana 2 → <i>Devadaru</i> is pounded with <i>aja mutra, ghruta</i>	
5.	Pillasukranashaka varti → <i>saindhava, triphala, pippali, katuki, shankhanabhi, abhaya, tanraraja.</i>	<i>Pilla & sukra roga nashaka</i>
6.	Pushpakasisadi anjana → 1 ratti <i>Pushpakasisa</i> , 50 ratti <i>jala</i> / <i>pushpakasisa</i> grounded with <i>surasa</i> is stored in <i>tamra patra</i> for 10 days	<i>Pilla, Pakshmashta</i>
7.	Aladi Churnanjana → 1 part <i>haratala</i> & <i>sauveranjana</i> , 2 part <i>tamra basma</i> .	<i>Pilla</i> → <i>pakshmaparodha</i>
8.	Lakshyadi masi → <i>Karpasa</i> is given 7 times <i>bhavana</i> with <i>kwatha</i> of <i>laksha, nirgundi, bhrungaraja, darvi</i> and made into wick and lightened and soot is collected and used as <i>Anjana</i> .	<i>Vranaropana in pillaroga</i>

DISCUSSION

Anjana (collyrium) is procedure of applying medicinal pastes/ powders to inner part of lower lid either from *kaneenika sandhi* (inner canthus) to *apanga sandi* (outer canthus) or vice versa with *Anjana shalaka* (applicator). *Anjana* can be used in healthy for maintenance of health of eyes and in unhealthy persons in order to get rid of eye diseases.

Anjana is performed after *dosha* attaining *pakwavasta* i.e, having symptoms like

alpashopha (reduced orbital swelling), *na atikandu* (slight itching), *na ati paichilya* (slight slimy discharge) and signs of slight watering, redness, foreign body sensation, *Vyaktarupa*, *Netrashraya mala*, after *samshodana*, *Mandara*, *ashru* (lacrimation), *garsha* (foreign body sensation). Performing *Anjana* in *amavastha* () increases the severity of disease and person may even go blind.

Drustipradavarti Anjana, *chandrodaya varti*, *kachayapana kuzumpu*, *samudraphenanjana*, *garudanjana* and *narikelanjanana* are *anjanas*

commonly used in practice. There are many *Anjana yogas* with minimal and easily available ingredients that we can bring into practice; such as *Pilla roga nashaka Anjana1* &2 mentioned in table no. 18, **Karanjadi Rasakriya** prepared out of *Karanja bija, surasa, jati mukula* for *Pilla roga*, *Pakshma prarohanam, Shunti* macerated with *stanya, Ghruta* for *sushkashipaka*, **Sandhava2** prepared by rubbing *Tamra* with *dadhi sara, pippali, saindhva* for *Suskakshipakajanya Vedana, Daha, Shula, Raga, Ashru, Netraharsa, Maricha* rubbed with *dadhi* for *Ratrandya, Sukshma ela* kept in *Bastamutra* for 3 days and pounded to churna used in *Timira, krimi, pilla roga, netra mala*, **Kshudranjana3** prepared *Triphala* for *kaphavidagdadusti*, **Rasakriyanjana1** prepared with *Amalaki patra, phala* for *Praklinna and Aklinna vartma. Jatipushpa, saindhava, shrungavera, pippali, vidanga, madhu* in *netrapaka, Bibitakkasthi majja, madhu* for *sukranashana. Mahaushada* in *pistaka. Jati, karanja, shiru puspha, jala/ Trikatu, triphala, haridra, vidanga*, water in *kaphajabhishyanda*.

CONCLUSION

Anjana is well developed method of topical ocular drug administration which is described in detail with its classification, composition, method of preservation, applicator, action, dosage, time of application, indication, contra-

indication, formulations, procedure, complication and its management.

After application of *anjana*, person is asked to rotate the eyeball by closing the lids allowing spread of medicine over the eye by limiting nasolacrimal drainage there by increasing the bio-availability of medicine. Numerous *anjana* are prescribed in *drushtigata vyadhi*, *drushtigata vyadhi* are compared to posterior segment disorders in allopathy science, hence it can be interpreted that *anjana* formulations reach to the posterior segment.

Increased digital screen timing in all age groups has increased incidences of ophthalmic disorders. This provides scope for Ayurveda netra vaidya to practice various *Anjana dravya* in near future. Thorough knowledge of netra roga is essential for selecting proper *Anjana*. Judicious use of *anjana* prevents and cures ophthalmic disorders.

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