"COMPARATIVE STUDY ON THE EFFICACY OF *PUSHPAVARTI* EYE DROPS AND *NAYANASUKHAVARTI* EYE DROPS IN THE MANAGEMENT OF *ARMA* WITH SPECIAL REFERENCE TO PTERYGIUM"

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ABSTRACT

INTRODUCTION: -

Arma is the Shuklagata roga. Arma can be correlated to pterygium based on the character of growth. Pterygium is a common ocular- surface disorder capable of causing significant visual impairment & cosmetic deformity. At present surgical treatment is the only satisfactory approach, recurrence after surgical excision is common & recurred lesions grow more aggressively than the primary lesions. The ayurvedic approach of the disease mainly concentrates on preventing the progression of the disease. With this aim clinical study was undertaken.

The objectives of the study are to evaluate the efficacy of Pushpa varti eye drops in the management of Arma, to evaluate the efficacy of Nayanasukha varti eye drops in the management of Arma and to compare the efficacies of both the group in the management of Arma.

MATERIALS & METHODS: -

In the present study 30 patients were randomly selected and divided into 2 groups, with 15 patients each. Group A patients were treated with Pushpa varti eye drops for 45 days. Group B were treated with Nayanasukha varti eye drops for 45 days.

Subjective parameters like Redness, watering, foreign body sensation and objective parameters like Length and Thickness were adopted. These were suitably graded to assess the results that were statistically analysed.

RESULTS

In the present study, Group A showed higher percent improvement compared to Group B. The details of clinical observations and results are discussed in the complete work presented henceforth.