



AYURVEDIC MANAGEMENT OF NEONATAL CONJUNCTIVITIS (KUKUNAK)

***Dr. Neeta Deshmukh M.S. (Striorg - Prasuti)**

Dean / Professor, Samata Ayurvedic Medical College, Aland, Dist. Kalburgi.

How to cite this Article Dr. Neeta Deshmukh M.S. (Striorg - Prasuti) (2025). AYURVEDIC MANAGEMENT OF NEONATAL CONJUNCTIVITIS (KUKUNAK), 2(3), 68-70.



Copyright © 2025 Dr. Neeta Deshmukh M.S. (Striorg - Prasuti) | World Journal of Advance Pharmaceutical Sciences

This is an open-access article distributed under creative Commons Attribution-Non Commercial 4.0 International license ([CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/))

Article Info

Article Received: 31 July 2025,

Article Revised: 21 August 2025,

Article Accepted: 11 September 2025.

DOI: <https://doi.org/10.5281/zenodo.17113348>

*Corresponding author:

***Dr. Neeta Deshmukh M.S. (Striorg - Prasuti)**

Dean / Professor, Samata Ayurvedic Medical College, Aland, Dist. Kalburgi.

ABSTRACT

Ophthalmia Neonatorum is one of the diseases of neonates. In Ayurveda Kukunaka vyadhi was explained in samhita has similar features like Ophthalmia Neonatorum, so Kukunaka can be related to Ophthalmia Neonatorum. It is the conjunctivitis of newborns occurring during first month of life. It may be infectious or noninfections. It causes pain and tenderness in eyeball, purulent, mucoid / mucopurulent discharge, hyperaemia, photophobia and blindness, if left untreated. Hence, I decided to address Kukunaka (Ophthalmia Neonatorum) as it may lead to blindness, if left untreated.

KEYWORDS: Kukunaka, Ophthalmia Neonatorum, Vartamprakashalan, Parisheka, Ashchotana, Shodhana.

INTRODUCTION

In Ayurveda, Acharya Sushruta, Vagbhata and Kashyapa have described similar features as that of Ophthalmia Neonatorum under the disease named 'Kukunaka'. Sushruta says that, it is caused due to ingestion of breast milk vitiated by vata, pitta and kapha and rakta while Vagbhata says that the disease is due to eruption of teeth. The bacterial conjunctivitis caused in newborns during passage through infected birth canal. The risk of infections in neonates increases due to inadequate maternal care and lack of widespread use of prophylactic treatment to prevent infections following birth. An eye can perceive forms, it adorns the face. It is a source of direct knowledge, it is a guide for right and wrong deeds and hence eye is most important of all sense organs. Neonatal period is initiation of life. To have healthy child, parents must look after the neonate, as it may get diseased soon due to immaturity (Apakvdhatu). A neonate is fully dependent on mother and is prone for many diseases due to negligence. Though it is a dushta stanya janit vyadhi i.e. caused due to vitiated breast milk, one can not stop breast feeding of the baby. Acharyas also stated that mother is responsible for wellness of a

child. Thus the importance of eye among all sensory organs has provoked me to select a subject related to eye. Conceptual Study of Kukunaka: Literature review of the topic is done from Kashyap Samhita, Charak Samhita, Sushruta Samhita, Ashtanga Sangraha and Hridaya, Madhava Nidana, Bhavaprakasha, Sharangadhara Samhita and Modern Textbook of Pediatrics. Ayurvedic Concept Kukunaka is an eye disease, hence anatomy is described first.

Chakshu - 'Chaksha' i.e. Darashan meaning which is responsible for sight. Netrabudabuda - meaning bubble floating in water which explains glossy appearance of eye ball which is soft in consistency and floating in orbit, phthmia Neonatorum is a bilateral inflammation of conjunctiva occurring in an infant or less than a month. In Ayurveda we can correlate it with Kukunaka. Acharya Shushruta mentioned in this text kukunaka is caused due to vitiated breast milk whereas Acharya Vagbhata mentioned, it is arise during dentations, according to Ayurveda kukunaka is a vartamgata vyadhi according Acharya Shushruta, the Vitiating of Dosha is Tridosha along with Rakta and according to Acharya

Kashyapa only Kapha with Rakta. The common feature of Ophthalmia Neonatorum is purulent or mucoid or mucopurulent Conjunctival discharge swollen eyelids pain in eye lids chemosis of conjunctive etc.

Incidence and Risk Factor

Bacteria that normally live in a woman's vagina may cause a milder form of Neonatal conjunctivitis. However, an infection with other bacteria or viruses can be very serious.

- The most common bacteria that can cause serious eye damage are gonorrhea and chlamydia which can be passed from mother to child during birth.
- The viruses that cause genital and oral herpes may also be passed to the baby during childbirth and may lead to severe eye damage. Herpes eye infections are less common than those caused by gonorrhea and chlamydia. The mother may not have symptoms at the time of delivery. Yet she still carry bacteria or viruses that can cause conjunctivitis in Newborn.

DISCUSSION

Treatment in Ayurved

Snigdha or Ushna drugs used for Vataja Abhishyanda, Mrudu and Shitala therapy recommended for Pittaja Abhishyanda while Tikshna, Ruksha and Vishada drugs advised for Kaphaja Abhishyanda, Snehana, Swedana,

Anjana, Seka, Ruksha Aschyotana and Ruksha Putpaka, etc., are useful for Kaphaja Abhishyanda. Local application of paste of drugs to eyelids externally, here drugs like Rasanjan, Shunthi, Vacha, Haridra and Murungi, etc., can be used for the purpose of local application in case of Abhishyanda.

In Ayurveda

1. Bloodletting by Jalouka or Harshringar's leaves on infants eyelids.
2. Eye wash with the decoction made of Amalaki, Jambu, Aamra, Eranda, Varuna.
3. Do Aschyotana with Triphla ghrita or Giloy ghrita.
4. Do Pratisaran with Trikatu Churna.
5. The breast milk is to be purified by induce vomiting to both mother and child.
6. Anjana Varti Equal amount of Manahshila, maricha, sankhnabhi, rasanjana, sandhavlavana, guda, honey. Add milk, Madhu, Ghrita in Lohabhasma, to make Varti. Burn Murva, Mulethi, Aamratawak then use it as an Anjana.
7. According to Vagabhata Apply Lepaana of mother breasts and do Dhupana Karma also.
8. Apart from these, drugs like Haritaki, Gorochan, Pushpaka, nirmali seeds are beneficial for eyes.

Table 1: Ingredients of Balachaturbhadra Churna.

Ingredients	Botanical Name	Part Used	Properties
Musta	Cyperus Rotundus	Rhizome	Laghu, seta
Pippali	Piper longum	Fruit	Ushna, teekshna
Ativisha	Aconitum hyterophyllum	Root	Ushna, ruksha
Shringi	Pistactantegerrima	Gall	Laghu, ruksha

Table 2: Time line of relief in symptoms.

Symptoms	10.03.25	17.03.25	24.03.25	29.03.25	06.04.25
Redness of eyes	+++	++	+	-	-
Irritability	+++	++	+	-	-
Itching of eyes	++	+	-	-	-
Decreased appetite	+++	+	-	-	-
Sleep disturbance	+++	+	-	-	-

RESULT AND DISCUSSION

Irregularity in appetite, bowel movements were considered to be the major cause of manifestation of allergy. It is believed that during dentition Mandagni manifests and if mother doesn't follow the dietary regimen it could result in Allergic Conjunctivitis. Ayurveda is usually preferred to prevent recurrence and when Agni (digestive capacity) Kosta (eliminative capacity) Satmya (accustomed) are considered it is found to reduce intensity of symptoms and repeated recurrence which further results in deterioration of whole eye and may further lead to many eye disorders.

There is symptomatic relief after treated to mother and baby within one week and subsequent week as shown in Table-2. Appetite improved and symptoms like redness,

irritability, itching reduced gradually in a week or two and sleep disturbance disappeared.

Balachaturbhadra Churna a herbal formula of Musta, Pippali, Ativisha and Shringi a safe, effective and mild combination designed as most suitable for infants. Infants are advocated mild instead of harsh medications. Quantity is decreased to suit kids, so on as per principles given by Vagbhat, Herbal oral medication was advised for 6 months and no topical applications were advised.

CONCLUSION

Cost effective, fast, and safe management of allergic conjunctivitis is noted in this case. As this case shows significant promise large scale clinical studies with all

laboratory studies need to be initiated in multiple centres globally.

REFERENCES

1. Vagbhata, Ashtanga Hridaya, with Vidyotini Hindi Commentary of Kaviraj Atrideva Gupta, Uttara tantra Chapter - 2 Verse - 20 Chaukhambha Prakashan, Varanasi, ed. 2009; 782.
2. Shastri A.K. Sushruta Samhita Uttara tantra, Chapter 11th Verse No.3-4 Chaukhamba Sanskrit Sansthan, Varanasi, 2007; 614.
3. Gokarn R. Rajput D, Wanjari A, Rathi B, Kharabe P.M. Drug Dosage Modification and Standardization of Balachaturbhadra Syrup, Journal of Indian System of Medicine, 2016; 4(1): 15-19.
4. Govinddas Sen, Mishra B.S., Shastri A.D., Shastri R.D., Bhaishajya Ratnavali, Paribhasha Prakarana, Chaukhamba Prakashan 10. P.51.
5. Shastri V.I., Yoga Ratnakar, Sutika Roga Chikitsa, Uttarardha Chowkhamba Sanskrit Series Varanasi, 1973 Ed. P.249.