

Review Article of Netra Tarpana - A Ocular Therapy in Ayurveda

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Abstract: Ayurveda is the oldest scientific systems of medicine. Shalaky Tantra is one of the branches of Ashtanga Ayurveda which deals with the diseases arise above the clavicle region. This stream of Astanga Ayurveda mainly comprises of etiology, histopathology, symptomatology and treatment in the form of local and systemic administration related to eyes, nose, ears and mouth etc. Kriyakalpa is the treatment method usually adopted in Netra Vikaras. Netra Tarpana is one among the Kriyakalpas which is advised in many Netra rogas to normalize the vitiated Doshas. Akshi Tarpana splits into two words “Akshi” means eye and “Tarpana” means nourishment. Tarpana is a Snigdha Kriya indicated in Vata Dusta ophthalmic conditions mainly in Dristigata Rogas. It is commonly indicated in macular degeneration, computer eye strain, degenerative conditions, myasthenia gravis, drooping of eyelid. The therapeutic effect is advocated for patients suffering from diseases of eye. In healthy people Eye Care Treatment is carried out to protect the eyes from degeneration due to ageing process and to improve the eye sight. Thus Akshi Tarpana is an excellent soothing, relaxing eye treatment to rejuvenate eyes and surrounding tissues. This Review study was performed with the aim to study the concept of Akshi Tarpana, understand the standard procedure of Akshi Tarpana and its efficacy.

Keywords: Shalaky Tantra, Kriyakalpa, Netra Tarpana, Netra Vikara

INTRODUCTION

Tarpana is usually practiced Kriya in Netra Chikitsa which is Brimhana (nourishing) in nature. It is also commonly known as Netra Basti or Akshitarpana. Netra refers to eyes and Basti stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated ghee. The literary meaning of Tarpana is to nourish the eye by fatty materials. Netra Tarpana is a procedure in which

comfortably warm medicated ghee is kept over the eyes for a certain period of time with the help of a specially formed frame ring prepared from black gram powder or similar material that help to retain medicated ghee for certain duration. Tarpana is useful both in healthy as well as diseased persons. In healthy persons it is carried out to protect the eyes from degeneration due to aging process and to improve the eyesight. Tarpana is a Snigdha Kriya indicated in Vata Dusta ophthalmic conditions mainly in Dristigata Rogas. It is commonly indicated in macular degeneration, computer eye strain, degenerative conditions, 7th-6th nerve palsies, myasthenia gravis, drooping of eyelid. This Review study was performed with the aim to study the concept of Netra Tarpana, understand the standard procedure of Netra Tarpana and its efficacy. Therapeutic is defined as the branch of medicine concerned with the treatment of disease and the action of remedial agents or a therapy, or drug. Ayurvedic therapeutics (Kriyakalpa) helps in maintaining Swasthya and to cure diseases. Kriya= Therapeutic action Kalpa= specific formulation of medicines. Eyes are the only organ in the body which receives separate Treatment modality like Kriyakalpa as a Bahyaparimarjan Chikitsa and no other organs are individually receives the treatment modalities like Kriyakalpa on eyes. Tarpana karma is one of the local therapeutic procedures which if promptly used shows objective evidences of excellent responses. Tarpana is usually practiced Kriya in Netra Chikitsa which is Brimhana (nourishing) in nature.[1]

DISCUSSION

Indications of Netra Tarpanam[2]

- Tamyati -feeling of darkness in front of eyes (also due to irritation after exposure to light).
- Ati vishushkam -excessive dryness of the eyes.
- Ati

daruna- eyes appear to have hardened. • Sheena pakshma -eye lashes falling down. • avila netram-dirtiness of eyes. • Jihma netram -abnormal deviation of eye ball. • Roga klishtam -eyes which have been constantly and repeatedly afflicted and debilitated due to many diseases.

Contra-indications of Netra Tarpana[3]

- Durdina - cloudy day • Atyushna dina -very hot day
- Ati sheeta dina - very cold day • Chinta-person who is mentally worried • Aayasa- after physical exhaustion • Bhrama- giddiness • Ashanta upadrava - when complications like inflammation, redness, severe pain etc persists in the eye.

DISCUSSION

PROCEDURE:

Poorva Karma:

Appropriate shodhanakarma is carried out according to procedure. Later sthanika abhyanga & mridu swedan is done.

Pradhana Karma: Netra tarpana should be carried out in the forenoon or in the afternoon on an auspicious day after the food (taken by the patient) has been digested and after the head and the whole body of the patient have been treated with purification measures properly. Patient is made to lay supine position in a good lighted, ventilated room free from dust & smoke. Then the eyes are encircle with firm, compact leak proof pali (wall) made up of paste of powdered masha. According to Vagbhatta pali is made upto a height of two angulas. The patient is asked to close the eyes and over the closed eyes, ghruta processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.

Paschata Karma:

After retaining of ghruta for a stipulated period, the ghruta is drained out through a hole made at the bottom of dough wall, near the outer canthus of the eye and the eye is irrigated with lukewarm water fomentation. The kapha which has already been stimulated by the potency of ghruta, should be eliminated by shirovirechan (nasya), and fumigation (dhoompana) with the kapha-suppressive drugs. Patient is instructed

to keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies.⁹

SAMYAKA TARPITA LAKSHANA

- Sukhaswapana - good (sound) sleep • Avbodhatva - blissful awakening • Vaishadhya - clearness of the eyes • Varnapatava - discernment of individual colours • Nivriti - feeling of comfort • Vyadhividhvansa -cure of the disease • Kriya laghvama - easiness in closing and opening the eyes • Prakash kshamta - ability to withstand bright light[4]

ATI- TARPITA LAKSHANAS

- Netragaurava - heaviness in eyes • Avilta - indistinct vision • Atisnigdhatva -excessive oiliness • Ashru srava - lacrimation • Kandua - itching • Upadeha - stickiness • Dosha-samutklishta - aggravation of dosha

HEENA TARPITA LAKSHANAS:

- Netrarukshata - dryness of eye • Avilta - indistinct vision • Ashrusrava - lacrimation • Asahyam roopdarshan- difficulty in vision • Vyadhivridhi - aggravation of disease

TREATMENT OF INADEQUATE AND EXCESSIVE TARPANA:

Dhoompana, nasya, anjana, seka either ruksha or snigdha are to be done for treating both inadequate and excessive tarpana conditions according to predominance of dosha. Snigdha seka in disease of vata predominance, ruksha in kapha and sheeta seka in pitta predominance dosha.[5]

FORMULATIONS USED FOR TARPANA

- Triphala ghruta • Mahatriphala ghruta • Patoladi ghruta • Jeevantyadi ghruta[6]

Probable mode of the action of Tarpana

- First of all Sthanika mridu snehana & swedana was given (this could have helped in dilation of conjunctival sac & limbal vessels which in turn helps in better absorption) • Topically instilled medications largely penetrate intraocularly through the cornea. • The cornea epithelium & endothelium are lipophilic and are crossed readily by lipid soluble drug. • The active principles in medicated ghruta easily gain entry through corneal epithelium irrespective of their low molecular size • Duration of tarpana upto 9 to 10 mints approx. • Ghruta is highly viscous the contact time is

increased & this helps penetrating of drug through cornea • The drug absorbed through cornea & enters into the anterior Chamber & they enter the capillaries & reaches ophthalmic arteries. • The active principle of medicated ghrita reaches central nervous system & nourishes the structures around Including the nerves supplying of eyes • There by strengthening the ocular muscles This might have helped in some asthenopic symptoms (eye strain, headache, watering etc.) • The pressure executed by ghrita its surface tension & contact time with cornea would have helped in flattening the sleep corneal surface to some extent.

CONCLUSION

Netra Tarpana is most often recommended practice in Ayurveda Netra Roga Chikitsa. Netra Tarpana may help to nourish eyes, increase blood circulation to the affected area, gets rid of Dosha imbalances, strengthens the muscles in the area, and helps on improving eye sight. Akshi Tarpana/ Netra Tarpana/ Netra Basti is an excellent soothing, relaxing eye treatment to rejuvenate eyes and surrounding tissues. Larger clinical studies with uniformity in the procedure of Netra Tarpana may help to develop scientific evidences to classical indications.

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