

## A Case Study of Nystagmus: An Ayurvedic Approach.

<sup>1</sup>Dr Ashvini Vhanmore, <sup>2</sup>Dr Govind Tundalwar

<sup>1</sup>PG Scholar, Shalakyatantra Department, Shri Ayurved Mahavidyalaya

<sup>2</sup>Associate Professor, Shalakyatantra Department, Shri Ayurved Mahavidyalaya

Submitted: 15-10-2023

Accepted: 25-10-2023

### ABSTRACT:

To observe effect of Netra Tarpana with Triphala Ghrita in Nystagmus. Nystagmus is characterised by vision disorder involving rhythmic & uncontrolled involuntary movement of the eye. These movements often result in reduced vision, depth perception & can affect balance & coordination in the eyes. Nystagmus correlated with the Timira Vyadhi.

Snehana, Swedana followed by Triphala Ghrita Tarpana for 7 days

(3 cycles of Tarpana with interval of 7 days after every cycle of Tarpana for 21 days duration)

After completion of treatment the efficacy of the therapy was assessed on the basis of subjective as well as objective criteria & marked improvement was observed.

The main aim of this study is to evaluate the efficacy of the Ayurvedic treatment for getting relief from the disease. It was found to have significant effect in reducing the signs and symptoms of disease.

**Keywords:** Tarpana, Triphala Ghrita, Nystagmus

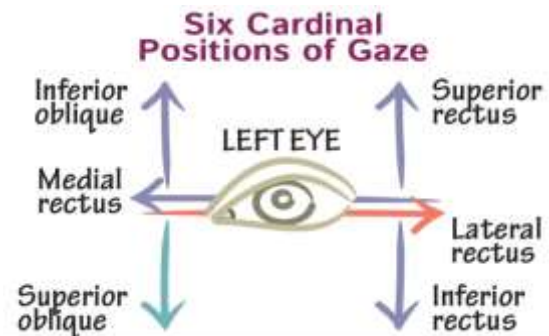
### I. INTRODUCTION:

Nystagmus is defined as irregular rhythmic to & fro involuntary oscillatory movement of the eyes<sup>(1)</sup>. Nystagmus is a vision disorder involving rhythms & uncontrolled movement. These movements often result in reduced vision, depth perception & can affect balance & co-ordination of the eyes.

These regular eye movements can occur from side to side, up down, rotatory, torsional (horizontal/vertical), oblique. The movement can vary between slow and fast usually happens in both eyes. Nystagmus is an eye disorder that cause the aggravation of Vata Dosha according to Ayurveda. This disorder can be co-related with Timira in the Ayurvedic texts. The eyes are the source of vision. It is the most delicate sense organ

and any injury, infection, or change in function, will result in adverse effect.

Nystagmus is an involuntary condition in which the eye produce repeated and rapid movements that affect vision balance.



### II. MATERIAL & METHOD:

The study of different Ayurvedic & Modern literature has been done to fulfill the objectives of this study. References regarding Triphala Ghrita are collected from various textbooks, published research paper, previous work done and its mode of action explained in this study.

### III. CASE REPORT:

Name of the patient: xxz

Age of patient : 23yr/ Male

Opdno :287

Department: Shalakyatantra.

Place: Shri Ayurved Mahavidyalaya, Nagpur

#### Chief complaints :

1) Blurring of vision

2) Photophobia

3) Uncontrolled Eye movement

N/H/O- Thyroid/HTN/DM/Any other illness

N/H/O- Any other family history

H/O- Spectacles since 3 years

**Examination of patient:**

	RIGHT EYE	LEFT EYE
Lid	N	N
conjunctiva	N	N
Sclera	N	N
Cornea	Clear	clear
Iris	CPN	CPN
Pupil	NSRTL	NSRTL
Lens	N	N
AC	Normal Depth	Normal Depth
V/A	6/18(P)	6/18(P)

**Eyeball:**

	Right Eye	Left Eye
Ocular Motility	Horizontal Nystagmus	Horizontal Nystagmus

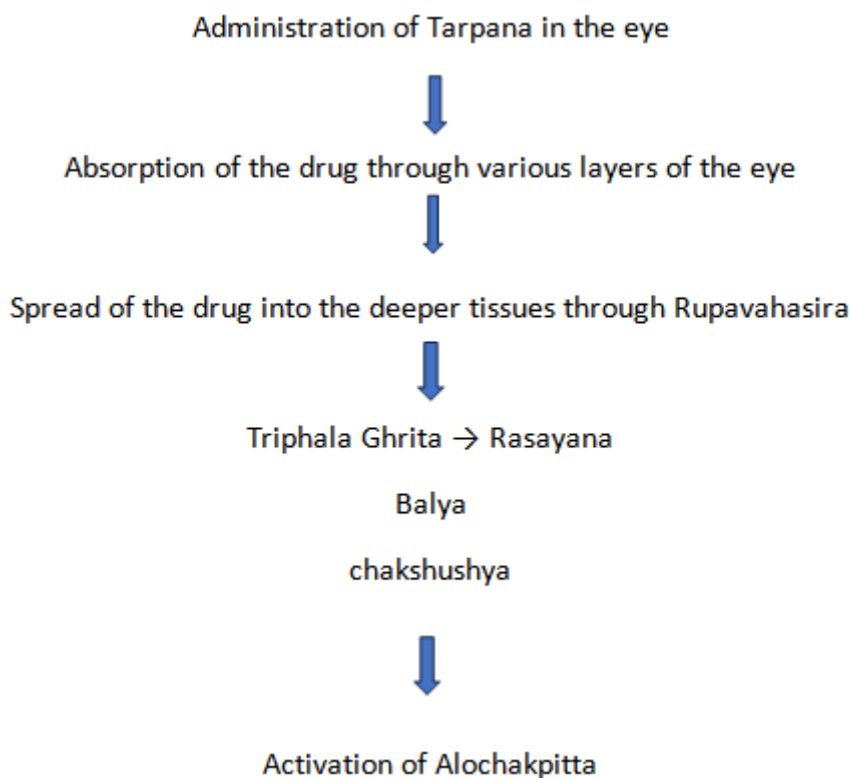
**Treatment protocol:**

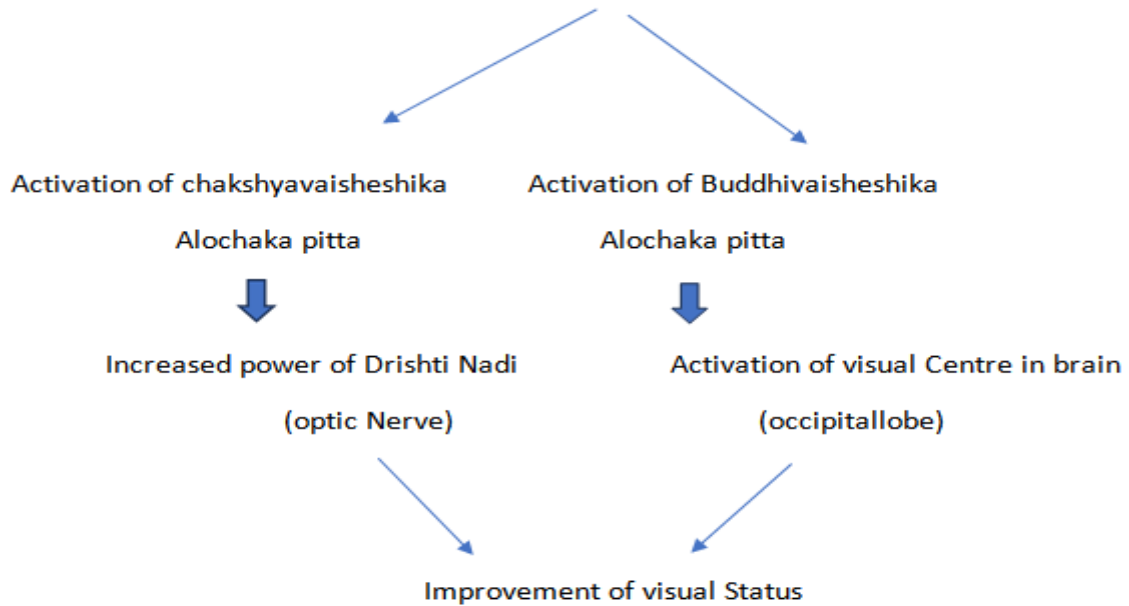
Snehan, MrudaSwedana for 5min followed by Netra Tarpana with TriphalaGhritafor 21 days duration.(Matra is recorded)

2) 3 settings of Netra TarpanawithTriphalaGhrita for 7 days interval.

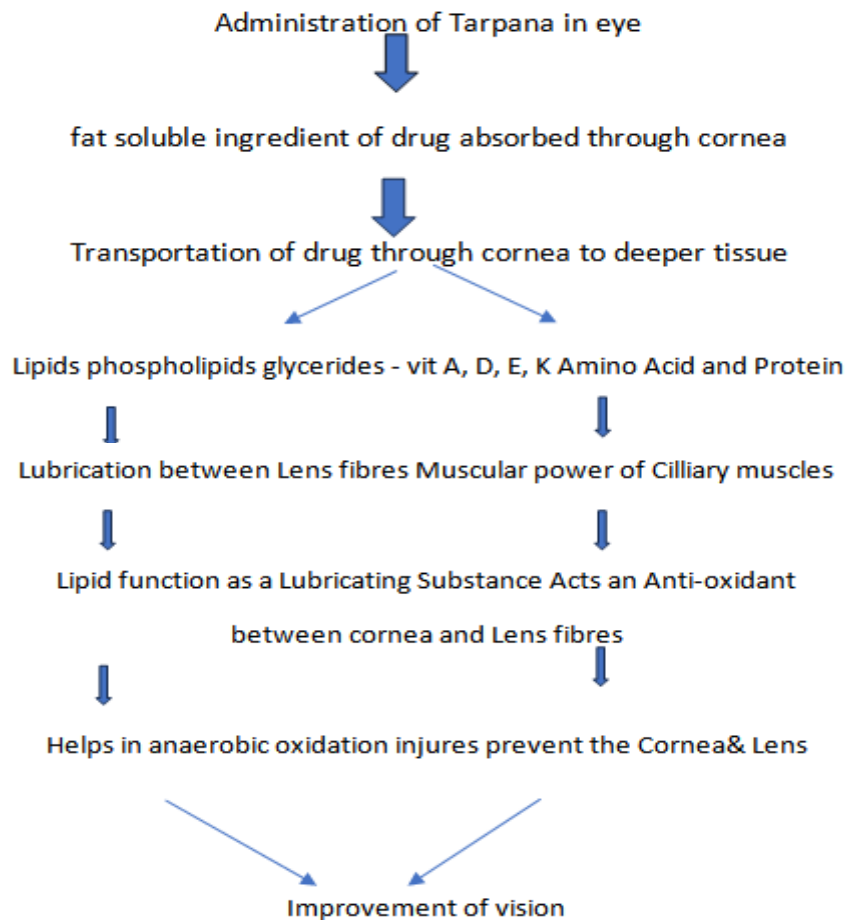
**Mode of Action:**

Tarpana (Ayurveda)<sup>(2)</sup>





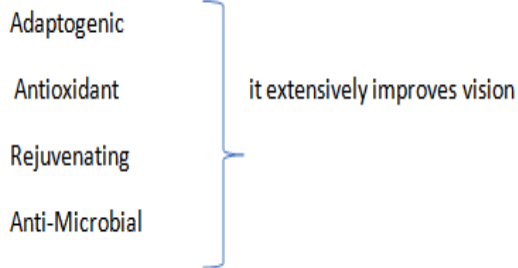
**Mode of Action:  
 Tarpana(Modern)<sup>(3)</sup>**



### Tirphala Ghrita:

It is classical poly herbal Ayurvedic formulation that chiefly aims at treating & managing all types of eye Anomalies.

It is Neuroprotective



### Procedure<sup>(4)</sup>

AkshiTarpan, is a procedure of pouring a medicated ghee or other substance upon the eyes, where a frame of white lentil dough is firmly fixed. The eyes made to upon and closed several times. When the specified duration is over then ghee is removed.

### Poorva Karma:

#### Preparation of patient:

Patient should be subjected to different forms of shodhana procedure like vaman, virechan and nasyakarma.

After the digestion of food patient is asked to lie down on the treatment table.

Mild massaging around the eyes with ghee and fomenting with wet cloth.

#### Preparation of the paste:

About 200 grams of masachurna (white lentil) is mixed with nearly 100 ml of clean water. It

is beaten well to form a sticky paste. This paste should be thick enough to mould into any form.

### Making the frame around eyes:

Half of the paste is rolled into cylindrical shape, free ends of it is stuck together to make a circular frame.

This is placed around one of the eyes touching the eyebrow above, nose medially, maxillary prominence below and the lateral border of the orbit laterally.

This is then properly stuck to the skin, which is subjected to massage and fomentation. A small portion of the frame touching the skin is pressed against the underlying skin with a finger. This forms a firm frame around the eyes. Approximately 2 inch height (two angula) boundary is prepared around the eyes.

Care should be taken to avoid any weak point in the frame, so as to avoid leakage of ghee during procedure.

### Warming the Ghee:

The medicated ghee warmed in a water bath to make it similar to body temp.

### Pradhan karma:

Patient is asked to close his eyes. The luke warm ghee is poured into the frame, in the medial side (kaninikasandhi) of eye, upto the level of eyelashes.

Patient is asked to gently open & close his eyes beneath the ghee. This is continued for a specified period.

When the time is over, slowly separate the frame from the skin through lateral side (apangasandhi). Then, Ghee is removed with the help of cotton swab.



1<sup>st</sup> cycle

Days	Matra
1 <sup>st</sup>	70
2 <sup>nd</sup>	100
3 <sup>rd</sup>	120
4 <sup>th</sup>	150
5 <sup>th</sup>	170
6 <sup>th</sup>	190
7 <sup>th</sup>	200

2<sup>nd</sup> cycle

Days	Matra
1 <sup>st</sup>	210
2 <sup>nd</sup>	240
3 <sup>rd</sup>	260
4 <sup>th</sup>	280
5 <sup>th</sup>	300
6 <sup>th</sup>	325
7 <sup>th</sup>	340

3<sup>rd</sup> cycle

Days	Matra
1 <sup>st</sup>	370
2 <sup>nd</sup>	385
3 <sup>rd</sup>	400
4 <sup>th</sup>	420
5 <sup>th</sup>	440
6 <sup>th</sup>	470
7 <sup>th</sup>	490

**Paschat Karma :**

After Tarpana, mild fomentation should be done with warm water.  
 Patient is advised to avoid seeing very bright objects or distant sky immediately.

**Observation:**

	Right eye	Left eye
Lid	N	N
Conjunctiva	N	N
Sclera	N	N
Cornea	Clear	Clear
Iris	CPN	CPN
Pupil	NSRTL	NSRTL
Lens	N	N
AC	N depth	N depth
Vision	6/18	6/18

**Eye ball:**

	Right eye	Left eye
Ocular motility	Horizontal nystagmus	Horizontal nystagmus
Movement of nystagmus	Slow	Slow
	Fine	Fine

**IV. RESULT:**

After three cycles of Tarpana patient reported gradual improvement in the presenting complaints

Complaints	Before Rx	After Rx
Photophobia	Present	Absent
Blurring of vision	With spect 6/18	With spect 6/18
Eye movement	Slow	Slow

**V. CONCLUSION:**

Considering the entire factor regarding treatment of nystagmus ayurvedic tarpana kriya kalpa help in management of nystagmus. Drug absorbed through Tarpana spread into deeper tissues of eyes there by activates the visual centre of brain, hence

improve visual status and slight improvement in movement of Nystagmus. In above case study the patient got significant relief at the end of 3 cycles of Tarpana.



## VI. DISCUSSION:

In modern science, prismotherapy and surgical treatment is advised in Nystagmus.<sup>(5)</sup> So an approach has been made to develop an effective treatment in management of Nystagmus from Ayurvedic aspect.

### Acknowledgement:

I express gratitude to the Department of Shalakyatantra and Hospital Authority for giving me this opportunity to study this particular case of Nystagmus. Special thanks to Dr GovindTundalwar Sir, Associate Professor (Shalakyatantra Department) for guiding throughout the study.

### REFERENCES:

- [1]. A K Khurana, Comprehensive Ophthalmology, 6<sup>th</sup> edition, Jaypee Health Science Publisher, New Delhi, chapter 14, Diseases of Ocular Motility, page no. 358
- [2]. Anticipated mode of action Netra Tarpana, WJPLS, ISSN 2454-2229, Volume 6, Issue 7, 263-270.
- [3]. Dr. Narayan J Vidhvans, Textbook of Ayurvedic Ophthalmology, 14<sup>th</sup> edition, Vimal Vision Publication, chapter 10, Kriyakalpa, page no. 254.
- [4]. UdayaShankar, Ayurvedic Ophthalmology, volume 1, ChaukhambaVisvabharti Varanasi, chapter 10, Ocular Therapeutic, page no. 139.
- [5]. Samar K Basak, Essentials of Ophthalmology, 7<sup>th</sup> edition, Jaypee Publication, New Delhi, chapter 23, Ocular Motility, page no. 442.