

A case study: Effect of Triphala ghritha Tarpana in Timira W.S.R. to Simple Progressive Myopia.

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ABSTRACT: Ayurveda advocates topical ophthalmic procedures called Kriya Kalpas for the management of eye diseases.

Netra Tarpana is one among these which is Brimhana (nourishing) in nature.

Tarpana is useful both in healthy as well as diseased person.

During pandemic overuse of mobile, video games, computer vision problems are

more common. Today whole world is looking towards Ayurveda for better treatment.

Tarpana also called as Akshitarpana. Akshi means eyes and tarpana means nourishment. Akshi tarpana is an excellent soothing, relaxing eye treatment to rejuvenate eyes and surrounding tissues.

Keywords : Akshitarpana, Timira, Myopia, Kriya kalpas.

I. INTRODUCTION :

Shalakyatantra is one among the eight branches of Ayurveda. ⁽¹⁾ In Ayurveda, bahya srotasa's are explained. Among these nine bahya srotasa's netra's are two srotasa's. ⁽²⁾ Pratyaksha praman is given by the indriya. Among these indriya eyes are the important one. ⁽³⁾

Myopia, also known as 'short sight', is that dioptric condition of the eye in which, with the accommodation at rest, incident parallel rays come to a focus anterior to the retina. The person can thus naturally see near objects more clearly than distant and are called 'shortsighted'. ⁽⁴⁾

Tarpana is the best method of inducing 'Tripti' (satisfaction) to the eye. ⁽⁵⁾ According to modern pharmacology various drugs used in the form of the eye drops or eye ointment, enter the eyeball by passing through the cornea. This penetration depends upon the permeability of

various layers of cornea. The epithelium and endothelium is highly permeable for lipid content as compared to stromal layer. Thus, fat soluble drugs readily penetrate these layers however only water soluble drugs can penetrate the drug it should be lipophilic and hydrophilic.

The triphala ghrith which is generally used for tarpana is saturated with decoction of various drugs and hence it contains both lipid and water soluble constituents of triphala. Thus, it is lipophilic as well as hydrophilic and hence it has got very good penetration through various layers of the cornea. ⁽⁶⁾

Objective :

To observe the effect of Triphala ghrith in Simple Progressive Myopia.

Material and methods :

A 21 years old male patient presenting with

- eyestrain,
- headache,
- blurring of vision

came to our OPD for treatment in our institute. So, we advice Triphala ghrith tarpana as a treatment.

Result :

Considerable result observed in the form of improvement in all chief complaints as well as in dioptric power of lenses.

Simple Myopia :

Due to mithya - aharvihar doshas came into the inner part of the eye i.e. Pratham patala through veins. In these case, blurring of vision is main complaint which is nothing but the sign of Pratham patalgata timira. ⁽⁷⁾ Sushrut explained timira under drishtigatarogas. Pratham patalgata timira is the initial condition which is mainly characterized with blurred vision (i.e. refractive errors like myopia, hypermetropia and astigmatism). ⁽⁸⁾

Case Report :

Name of patient : xyz

Age : 21/M

OPD No. : 25588

Place : Nagpur Occupation : Student

Chief complaints :

Eye strain

Blurring of vision

Headache

Present and past history : Use of spect since 2 years .

Daily use of mobile more than 4 hours .

Patient having above complaints since 20-30 days

. Previous prescribed readings (2 years back)

Right eye	Spherical	Cylinder	Axis	Visual acuity
Distant	-1.00 D	-----	-----	6/9

Left eye	Spherical	Cylinder	Axis	Visual acuity
Distant	-1.25 D	-----	----- -	6/9 (P)

Present prescribed readings (before treatment)

Right eye	Spherical	Cylinder	Axis	Visual acuity
Distant	-1.50 D	-----	----- -	6/6

Left eye	Spherical	Cylinder	Axis	Visual acuity
Distant	-1.75 D	-----	----- -	6/6

Local examination ;

	Right eye	Left eye
Eyebrows	No any deformity	No any deformity
Eyelids	No any deformity	No any deformity
Eyelashes	No any deformity	No any deformity
Cornea	Clear	Clear
Sclera	No any deformity	No any deformity
Pupil	Normal size reacting to light	Normal size reacting to light
Anterior chamber	No any deformity	No any deformity
Iris	Color pattern normal	Color pattern normal

Treatment :

1) Refraction given

2) Triphala ghrita tarpana – 3 settings of 7 days with 20 days interval .

Purva karma :

Preparation of dough of black gram powder and barley flavour is mixed with sufficient quantity of water to make a thick paste. It is then rolled into a flab slab like structure. Then the eyes are encircled with firm , compact leak proof wall made up of rolled flat slab like structure of the dough.

Ring should be 2 angula in height, circular , even boundary .

The triphala ghrita is heated up to warmness over the water bath passively. ⁽⁹⁾

Pradhan karma :

The patient is asked to close the eyes and over the closed eyes , melted ghrita is poured.

Ghrita required for filling upto dipping of eye lashes .

Patient is instructed to open and close(i.e. unmesh and nimesh = 1 matra) his eyes. ⁽¹⁰⁾ The tarpana started with 250 matras and increased daily with 50 matras.

Samyak tarpana lakshan :

Sound sleep, blissful awakening , cessation of secretion , clearness of vision , discernment of individual colors, agreeable sensation, lightness of

the eye and proper functioning of the eye, ability of the eye to tolerate sunlight are the features of properly conducted tarpana.

(11)

Excessive tarpana lakshan :

Heaviness, indistinct vision , excessive oiliness, lacrimation, itching , stickiness, and aggravation of dosas especially kapha dosa result from excessive tarpana. ⁽¹²⁾

Heena tarpana lakshan :

Dryness , indistinct vision , excessive lacrimation, intolerance to light and aggravation of the disease are the features of insufficient tarpana. ⁽¹³⁾

Paschat karma :

Dhumpana i.e. medicated smoke is given to the patient to pacify the increased kapha. Patient is advised to avoid direct exposure to excessive cold, heat, wind, lustrous and shiny things.

Snehadharankala or Period of retention of ghrita :

According to Adhishtana of disease and severity of dosha prakopa. ^(14,15,16) Snehadharanakala according to adhishtana of diseases :

Adhishtana	Sushruta Samhita	Ashtanga Hridaya	Sharangdhar Samhita	Bhav Prakash
Sandhigata	300	300	500	500
Vartamagata	100	100	100	100
Shuklagata	500	500	600	-----
Krishnagata	700	700	700	700
Drishtigata	800/1000	800	800	800
Sarvagata	1000	1000	1000	1000

Snehadharanakala according to dosha prakopa :

Doshabheda	Sushrut Samhita	Ashtang Hridaya	Sharangdhar Samhita	Bhav Prakash
Healthy eye	500	500	500	500
Kapha predominance	600	500	500	500
Pitta predominance	800	600	-----	600
Vata predominance	1000	1000	1000	1000

Frequency of tarpana :

3 settings of 7 days with 20 days interval.

II. RESULT :

Symptoms	Before treatment	After treatment
Eye strain	Present	Absent
Headache	Present	Absent
Visual acuity without spect	6/24(RE) 6/36(LE)	6/18(RE) 6/18(LE)

After treatment

Right eye	Spherical	Cylinder	Axis	Visual acuity	Left eye	Spherical	Cylinder	Axis	Visual acuity
Distant	-1.25 D	-----	-----	6/6	Distant	-1.25 D	-----	-----	6/6

III. CONCLUSION :

The clinical presentation of the disease is based on symptoms like eyestrain, headache, blurring of vision , changes in visual acuity and dioptric power .

According to modern science , Triphala ghrita is lipophilic as well as hydrophilic and hence it has got good penetration through various layers of the cornea.

This study concluded that the above treatment is effective and give symptomatic relief to the patient and improvement in visual acuity .

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