

Aspect of Tarpana in Netra Rogas – An Optical Curatives In Ayurveda

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Submitted: 15-07-2023

Accepted: 25-07-2023

ABSTRACT

Netra is a vital sense organ. Despite significant progress and advances in modern ophthalmology, there are some limitations. Modern medicine has no definitive treatment for the specific eye problem. The majority of inflammatory eye diseases are well managed in the Western medical system. However, neurological eye diseases and degenerative eye conditions are resistant to even the most advanced new generation procedures. Neurological and degenerative eye conditions affect thousands of patients in India alone. Although modern medical science has made tremendous and remarkable progress and advance in the field of ophthalmology in recent times, the importance of ayurvedic treatment in the diseases of eyes cannot be ignored. Ayurveda, the ancient system of medicine gives valuable guide lines not only in treatment aspects but also in preventive line. There is a great need to find out an ocular procedure for prevention and treatment of eye diseases having no or least adverse effect. Tarpanakarma is one of the local therapeutic procedure which if promptly used shows objective evidences of excellent responses. In this article there is a review on netratarpana karma, their indications, contraindications and possible mode of action is discussed.

Keyword - Tarpana, kriyakalpa, netra, ayurveda, ghrita, chikitsa

I. INTRODUCTION

The eye is the primary sense organ given to humans by God. Ayurveda states that the eye is the most important of all sense organs in the quote "Sarvendriyanamnayanam pradha-nam"¹. Sushruta goes into great detail about it. In Uttartantra, Sushruta has written nineteen chapters that explain the medical, surgical, and preventive aspects of netra. Netra is a vital organ for indriyajanyagyana (sensory knowledge), and it is also a source of pratyakshagyana (direct perception). We acquire

unquestionable knowledge through the indriya (sense organ), and the netra is the most important of the five indriyas. Ancient Indian philosophy is of opinion that all materials, living or non-living are made up of five fundamental elements called panchamahabhutas, and all parts of body are also made up by the combination of these mahabhutas. In case of netra, there is a dominance of tejamahabhuta, therefore netraorgan has always a threat from kapha dosha, which has exactly opposite qualities that of teja mahabhuta.² Eye is the seat of Alochakapitta. As quoted in Ashtanga Hridaya, sincere efforts should be made by every individual to preserve his / her vision till the last breath of life, because for an individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth.³ All efforts should be made for the strength of eyes, by resorting to nasya, anjana, tarpana etc. Once vision is lost the versatility of the world will all become merged to one, of unified darkness.⁴ Although modern medical science has made tremendous and remarkable progress and advance in the field of ophthalmology in recent times, the importance of ayurvedic treatment in the diseases of eye cannot be ignored.

Apart from samanyachikitsa, each wing of ayurveda has produced visishtachikitsa. For example, Bastichikitsa is the chikitsardha in Kayachikitsa, Rak-thamokshana is the chikitsardha in Shalyachikitsa, and Kriyakalpas is the chikitsardha in Shalakyachikitsa. Kriyakalpas are unique procedures practised in Shalaky Tantra that have a wide range of implications in netravikara management. Kriyakalpas are meant to alleviate the sthanikakhavaigunya resulted out of vitiated doshas & their impact on netra- avayavas. KriyaKalpas can also be used as swasthyasanrakshakaprayogato maintain functional integrity of the sense organs & overcome age related disorders.

KriyaKalpasincludes Seka, Aschyothana, Tarpana, Putapaka, Anjana, Bidalaka, and Pindi.⁵

Among all kriyakalpas, Netra Tarpana is the foremost procedure for eye disorders. Netra tarpanais one of the specialized treatments for various eye disorders. Netra tarpanaacts as both preventive and curative therapy for maintaining normal healthy condition of eyes. It is brimhanain nature.

The phrase Akshitarpana(also called Netrabasti) is from sanskrit where Akshirefers to eye(Netra=eyes) and tarpanastandsformourishment or rehydrationprocess. So accumulatively the termmeans nourishment of eyes or in a way rehydration of eyes. Netra Tarpanais the ayurvedic purification and rejuvenation treatment provided especially as part of Panchakarma treatment in ayurvedic care facilities. Netra Tarpanais a procedure wherein lukewarm medicated ghee is made to stay stagnant in the eyes for a specu- lated time in a specific formed frame. The therapy is quite beneficial for the relaxation of eyes and the treatment of various ailments related to eyes. Netra Tarpanahas been used from the ancient times in ayurveda for improving the eyesight and is highly beneficial to people working late in front of computers and on the machineries affecting the eyes. It is the most revered KriyaKalpaextensively used in Netra practice. It nourishes the eyes, improves & strengthens the drishti shakti. It is a very effective, preventive & curative procedure in vataja&pithajavikaras.

INDICATIONS FOR TARPANA KARMA:

- When a patient sees darkness in front of eyes
- Dryness of theeyes
- Roughness of theeyes
- Stiffness ofeyelids
- Falling ofeyelashes
- Dirtiness of theeyes
- Deviated eyeball orsquint
- In extreme aggravation of the diseases of theeye
- Injury/traumatic condition ofeye
- Vata –pitta predominant diseases⁶

Vagbhatahas further added a list of dis- eases specifically selected for tarpan kar- ma. They are Kricchronmilana(difficulty in opening eyes), Siraharsha(congestion of conjunctival blood vessel), Sirotpata(episcleritis), Tama (blackout), Arjuna (subconjunctival haemorrhage), Syanda(conjunctivitis), Adhimantha(glaucoma),Anayatovata(referred pain

in the eye or spenoidal sinusitis), Vataparyaya, Avranashukra(corneal opacity).⁷

CONTRAINDICATIONS FOR TARPANA KARMA:

According to Acharya Sushrutatarpanais not indicated:

- On a cloudyday
- Extreme hot or coldseasons
- In conditions of worries and anxiety
- In conditions of tiredness and giddiness ofeyes
- In complications ofeyes
- In the condition of acute pain, inflammation, redness etc.⁸

PROCEDURE:

Poorva Karma:

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

Pradhana Karma:

Netra tarpanashould 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. Than the eyes are encircle with firm, compact leak proof pali(wall) made up of paste of powdered ma- sha. According to Vagbhattapaliis made upto a height of two angulas. The patient is asked to close the eyes and over the closed eyes, ghrिताprocessed 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 ghrिताfor a stipulated period, the ghrिताis 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 kaphawhich has already been stimulated by the potency of ghrिता, 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

SNEHADHARANKALA OR PERIOD OF RETENTION OF GHRITA:

Snehadharanakala is implemented considering

Adhishtana of diseases & Severity of dosha prakopa.^{10,11,12}

Snehadharanakala according to dosha prakopa:

DOSHABHEDHA	SUSHRUT SAMHITA	ASHTANG SHARANGDHAR HRIDYA SAMHITA	BHAV PRA-KASH
Healthy eye	500	500	500
Kaphapredomin- Ance	600	500	500
Pittapredomin- Ance	800	600	600
Vatapredomin- Ance	1000	1000	1000

DAYS OF PROCEDURE OR TARPANA AVADHI:

Acharya Sushrutawithout clarifying the condition of the eyes simply asks to perform the procedure for one day, three days, or five days or till the samyakatarpita lakshanas are seen.¹³ According to Acharya Jejjatafor vatajadiseases tarpanahas to be done for 1 day, for pittajadiseases tarpanahas to be done for 3 days, and for kaphajadiseases tarpanahas to be done for 5 days. According to Acharya Videha tarpanacan be carried out daily or nirantharaor alternate day or with two days break or three days break depending on dosha & teevrathaof vyadhias well in Swasthya. According to Acharya Vagbhattatarpanashould be done daily in vitiation of vata, on alternate days in pitta, with an interval of two days in kaphaand in swastha(healthy person) or till the eyes become fullysatiated.¹⁴

SAMYAKA TARPANA LAKSHANA

- Sukhaswapana - good (sound)sleep
- Avbodhatva - blissfulawakening
- Vaishadhya - clearness of the eyes
- Varnapatava - discernment of individualcolours
- Nivriti - feeling ofcomfort
- Vyadhividhvansa-cure of thedisease
- Kriyalaghvama - easiness in closing and opening theeyes
- Prakash kshamta- ability to with- stand brightlight¹⁵

ATI- TARPANA LAKSHANAS:

- Netragaurava- heaviness ineyes
- Avilta - indistinctvision
- Atisnigdhatva -excessiveoiliness
- Ashrusrava -lacrimation
- Kandu -itching
- Upadeha -stickiness
- Dosha-samutklishta- aggravation of dosha¹⁵

HEENA TARPANA LAKSHANAS:

- Netrarukshata - dryness ofeye
- Avilta - indistinctvision
- Ashrusrava -lacrimation
- Asahyamroopdarshan- difficulty in vision
- Vyadhivridhi- aggravation of disease¹⁵

TREATMENT OF INADEQUATE AND EXCESSIVE TARPANA:

Dhoompana, nasya, anjana, sekaeither rukshaor snigdhaare to be done for treating both inadequate and excessive tarpanaconditions according to predominance of dosha. Snigdhasaikain disease of vatapredominance, rukshain kaphaand sheetasekain pitta predominance dosha.¹⁶

FORMULATIONS USED FOR TARPANA:

- Triphalaghrita
- Mahatriphalaghrita
- Patoladighrita
- Jeevantiyadighrita^{17,18}

PRIME INDICATIONS OF TARPANA:

- Computer vision syndrome
- Dry eye syndrome
- Non specific corneal Disorders
- Allergic conjunctivitis
- All types of glaucoma
- Early cataract
- Degenerative disorders e.g. Age related macular degeneration
- Refractive errors
- Diabetic Retinopathy
- Hypertensive Retinopathy
- Optic Neuritis

MODE OF ACTION OF NETRA TARPANA KARMA:

In modern sciences the ocular therapeutics includes the medicines in the form of drops, ointments, gels and ocuserts. These are the modes of topical installations of medicines in the eye. Eye drops are the easiest and most convenient method of topical application. Aqueous solutions and aqueous suspensions are the two forms of drug instillation in eye. In aqueous solution form the drug is totally dissolved, so the drug is completely available for immediate action. But it gets quickly diluted by tears and drains through naso-lacrimal duct. Hence, it causes low tissue contact time. Whereas in suspension forms the drug is present as small particles suspended in aqueous medium and these do not leave the eye as early as solution. Hence it increases the tissue contact time. Ointments and gels have more bioavailability of drug which increases tissue contact time and prevents dilution and early absorption. Ocuserts are placed in upper and lower fornix for up to one week and allows a drug to be released at a constant rate. The drug is delivered through a membrane. In cornea the epithelium and endothelium is lipid permeable i.e. lipophilic whereas stromal layer is hydrophilic. Hence the lipophilic and hydrophilic drugs are effectively delivered to cornea, whereas the drug permeability across the sclera depends upon the molecular size and weight of the drug. The drugs used in Tarpana procedure is the combination of Ghrita and decoction of medicines, hence the drug can easily cross the corneal epithelium (being lipophilic) and endothelium (being hydrophilic). Also due to more contact time the active component of drug used in Tarpana will be absorbed more to cure the diseases. The ghrita with decoction of medicines has the quality of trespassing into minute channels of the body,

hence when applied in the eyes, it enters deeper layers of dathusand cleans every minute part. The lipophilic action of ghrita facilitates the transportation of the drug to the target organ and finally reaches the cell because the cell membrane also contains lipids. This phospholipid nature of medicine facilitates the entry of the drug into the eye ball through the corneal surface. Since the corneal epithelium is permeable to lipid soluble substances and lipid soluble substances crosses the corneal epithelium irrespective of the molecular size. More, the medicine preparations used in netra tarpana in the form of suspension containing different particles of the drug and the particles do not leave the eye as quick as a solution. Tissue contact time and bioavailability is more and hence therapeutic concentration is achieved by netra tarpana. This facilitates the action of drug by two ways, first by allowing more absorption of the drug, by the corneal surface, and secondly by exerting direct pressure up on the cornea. There may be changes of refractive index of the cornea causing less convergence of light rays.

II. CONCLUSIONS:

The eye is the main sense organ gifted by god to human beings. An individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth, so sincere efforts should be made by every individual to preserve his / her vision till the last breath of life. In spite of remarkable progress and advances in the field of modern ophthalmology, there is some limitations. Ayurveda, the ancient system of medicine gives valuable guide lines not only in treatment aspects but also in preventive line. Netra Tarpana karma is one of the local therapeutic procedure which if promptly used shows objective evidences

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