

Bidalaka as a Netra Prasadana Karma in Maintaining Ocular Health and Treating Various Eye Disorders: A Review of the Literature.

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ABSTRACT :-Among the eight branches of Ayurveda, Shalakyatantra is one of the most unique branch, which deals with the disorders that are present above the suprasternal notch. The aim of Ayurvedic science is mentioned as “SwasthasyaSwasthyarakshanamAturasyaVikaraPrashamanacha”, which means to maintain the health of a healthy individual and cure the disease in the diseased person. Netra are very important sense organ. In Ayurvedic texts they are mentioned as “SarvendriyamNayanamPradhanam” because they are the gateway to the external world, for those who are without sight; Day and night are same for them. Even Acharya Vagbhatta stated that other sense organs are dependent on eyesight for their accuracy so their maintenance and protection should be considered as our main objective. Ancient Acharyas have already mentioned various Netra Prasadana Karma / Kriyakalpa / NetraSwachakarniKriyas for the completion of that objective. Bidalaka is one of them which is found effective in maintaining the ocular health and as a treatment for various eye disorders. So in this article we will deliberate about Bidalaka karma and its various formulations mentioned in the literatures.

KEYWORDS :- Netra Prasadana karma, Bidalaka, kriyakalpa, netraroga, sarvanetrarogaharaBidalakayoga.

I. INTRODUCTION:-

AcharyaSharangdhara has mentioned seven Netra Prasadana karma (procedures which are helpful in maintaining the proper functioning of eyes without producing any harmful and untoward side effect) such as Tarpana, Putapaka, Seka, Aschyotana, Anjana, Pindiand Bidalaka¹. Acharya Sushruta has not mentioned Pindi and Bidalakaand named these karmas under the term Kriyakalpa². Here, kriya

refers to the therapeutic procedures that are undertaken or carried out to cure the disease and kalparefers to the specific medicine and formulation that is selected for the specific disease. Kriyakalpa is a distinct branch of Shalakyatantra. It is a type of Bahyaparimarjanachikitsa. Acharya Bhavprakashhas mentioned these karmas as Netra Swachakarnakriyas³. After the application of Bidalaka, eyes look like Cat's Eyes that's why it is called as Bidalaka (Bid means Cat & Alaka means eyes)⁴. In Bidalaka Karma paste of different drugs is applied over the closed eyelids leaving the eyelashes⁵. It is a type of lepakalpana. It is indicated in daha (burning sensation), updeha (sticky discharge), ashrusrava (watering), spha (swelling), raga (redness), toda, bheda (different types of pain), kandu (itching), gharshan (foreign body sensation), arma (pterygium), pittabhishyanda (conjunctivitis), paka (suppuration), tarunnetraroga conditions (acute eye disorders)^{6,7}.

AIM AND OBJECTIVE :

- To provide detailed description of Bidalaka mentioned in Ayurvedic classical texts.
- To understand the mode of action of Bidalaka Karma.
- To list out the drug that could be applied in the form of Bidalaka.

II. MATERIAL AND METHODS :

Various literature about Bidalaka Karma, from various Samhitas and published literary articles, journals etc. were collected, studied, discussed and conclusion drawn is presented here.

- **Time of administration of Bidalaka:** Bidalaka Karma can be done at anytime except in night, but in case of severe pain can be administered in any time⁸.

- **Matra of Bidalaka Karma** : According to Acharya Sharangdhara the quantity of Bidalaka should be like mukhalepa⁹.
- **Duration of Bidalaka Karma** :-It should be removed just before it started becoming dry as it will become gunatheena (worthless) after being dried¹⁰.
- **Types** :It is of 3 types according to the Therapeutic Uses¹¹.

Types	According to Thickness	Approximately	According to Therapeutic effect
Uttam	½ angula	~ 1 cm	Vranyakara
Madhyam	1/3 angula	~1/2 – 1 cm	Vishghana
Heena	¼ angula	~1/2 cm	Doshaghana

• **Procedure :-**

Purva Karma :-

- **Selection of the Patient**:- it depends upon the Diagnosis made considering the clinical features of the patient.
- **Selection of the Drug** :- it should be based on the patients condition . Selected drug should be depend on rogibala(Strength of the Patient) and rogabala (predominance of the dosha) such as in pitta predominance conditions drugs like kumari , chandan , triphala should be taken.
- **Preparation of Bidalaka Yoga** :- fine powder of the prescribed drugs should be taken in indicated quantity . The powdered drugs should be filtered with the help of fine pore sieve . Then add liquid medium (like kumariswarasa, ghrita , madhu, rose water , luke warm water etc..) in it to make a paste like consistency that could be applied uniformly over the eyelids

Pradhana karma :-

- First of all ,the patient should be made comfortably lying on the kriyakalpa Table (Droni) in supine postion.

- Then clean the face and eyes properly with the help of a gauze dipped in luke warm water, so that no dust should enter into the eyes.
- Mridusnehanaand swedana should be done on face and lids to relax the patient and increase local vasodilation for better absorption of drugs.
- After that apply the lepaon closed and relaxed eyes leaving the Eyelashes.
- Patient is asked to keep his eyes closed.

Paschat Karma :-

- After procedure , the lepa should be wiped off before getting dried.
- The Lepa should be removed gently and eyes should be cleaned properly with the help of a cleaned cotton swab dipped in luke warm water.
- The Patient is advised to take some rest and use goggle for sometime.
- The patient Is asked to avoid exposure to dust, fire , sunlight and day sleep, excessive talk, sorrow and anger.

Various Bidalaka Yoga:^{12,13}

Indications	Name	Contents
All Type Of Netra Roga	SarvanetraRogaharaBidalaka	Haritaki , Shunthi, Tejpatra.
		Shunthi And Gairik.
		Ghritkumari and Chitrakmoola.
		Rasanjana.
		Vacha, Haridra, Nimba.
		Leaves Of Kumari and Dadima.
Netra Ruja	SaindhavaLodhradiLepa	Madhuyashti, Gairik,Saindhava,Daruharidra,Rasanjana.
		Saindhava ,Lodhratwak , Ghrita, Madhucchishta.
		Kushta,Chandana, Utpala,Misi,Pippali.

Netra Ruja , Netra Daha , Raga		Musta ,Chandana ,Agaru, Madhu.
		Trikatu , Trijatak , Saindhava, Agaru, SwarnaGairika, Kustha , Tagara, Saileyaka.
Netra Abhishyanda	GairikadiLepa	Gairik , Lalchandana, Shunthi , Vacha.
Netra Abhishyanda And Ruja	BhumyamalkiLepa	Bhumyamalki , Kanji, Saindhava .
VatajAbhishyanda And VatajAdhimantha	ChandanadiBidalaka	Chandana , Maricha , Ela ,SwarnaGairik , Patha , Rasanjana , Saindhava , Madhuyashti.
PittajAbhishyanda And PittajAdhimantha		Daruharidra ,Tutha , Haritaki.
KaphajAbhishyanda And KaphajAdhimantha		Shunthi , Rasanjana , SwarnaGairika.
Vataj Netra Roga		Shunthi ,Saindhava, Ghritamanda.
		Gairik , Saindhava, Madhu.
		GhritaBhrishtaHaritaki And GhritaBhrishtLodhra.
Pittaj Netra Roga		Chandan , Anantmoola , Manjishtha.
		Madhuyasti,Padmaka ,Kaliyaka , Jatamansi
Daha , Ashru, Raga, Ruja	DarvyadiRasakriya	Darvi, Patola, Madhuka, Nimba, Padmaka ,Utpala, Prapaundarika, Madhu.
In Anjanamika (Afterswedana And Bedhana)	Manashiladilepa	Manasila , Tagara, Ela, Saindhava, Lavana Mixed With Madhu.
Arma	ArmaNashakBidalaka	Maricha , Kesharaja (Bhringraja) Swarasa.

III. DISCUSSION :-

Mode Of Action :-

As it is mentioned in texts that our whole body is porous and it consist of SukshmaSrotas¹⁵. After Bidalaka application, there is release of active principles. The minute particle of the drugs penetrates into the skin through these pores or channels. Then they enter at proper site on the skin, at this stage the upsoshanaguna of vatadosha contribute to the penetration and absorption of drug. After their absorption Pachana by Bhrajaka Pitta occurs, then new metabolites formation takes place. After that, Pacification of doshas occurs which breaks the pathology and results in alleviation of the symptoms. The active principles of the lepareach to the deeper tissue through siramukha and swedavahisrotas. Bidalaka when mixed with ghrita can reach into deeper tissue as ghrita is both hydrophilic and lipophilic. When it is mixed with madhu because of its sukshmaguna and its yogavahiproperty it can reach into the deeper tissues. Bidalaka has high bioavailability because it remain in contact to the skin for a longer time, thus

rate of absorption of drugs will be more and hence provide maximum efficacy.

For maintaining the ocular health

As it is a type of lepakalpana it will nourish the skin and will increase the vascularisation. Thus prevent aging, wrinkling, Darkcircles below the eyes. It also gives soothing effect to the eyes. Bidalakacan be used as a cosmetic purpose also.

IV. CONCLUSION :-

Bidalaka karma is an external application procedure. It can be widely used for maintaining the ocular health and for the curative purpose as it is cost effective; less time taking procedure; there is more contact time to the skin thus increases bioavailability, absorption, vascularisation; it can be done at any time; easy process; can be done at home also. There are lots of references of Bidalaka Karma Prayogain various eye disorders in Ayurvedic literatures. So, when it is used in appropriate condition in appropriate amount and for appropriate time it will provide effective results.

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