



NETRA TARPANA IN THE MANAGEMENT OF MYOPIA- A CASE REPORT

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ABSTRACT

Myopia (nearsightedness) is the most common ocular disorder worldwide, it is the leading cause of visual impairment in children, and its incidence is increasing rapidly. Nearsightedness can gradually or rapidly evolve, frequently increasing during childhood and adolescence. Myopia may be considered as *timira* involving *prathama patala* with *Avyakta rupa lakshana* (blurred vision). **Materials and Methods-** A fully conscious, normal oriented male child, aged 11 years, came to OPD of *Shalaky Tantra*, GAMC, Mysuru, Karnataka with previously diagnosed case of myopia (simple myopic astigmatism) with refractive power reading RE: -2.50 diopter with 10⁰ axis and LE:-2.50 diopter with 180⁰ axis. He was treated with one sitting of *tarpana* with *triphala ghrita* for 7 days along with *Anu taila prathimarsha nasya* for 15 days and *triphala churna* with warm water internally. **Results-** At the end of the treatment there was very good improvement in visual acuity in both eyes. **Conclusion-**It can be concluded that *tarpana* alone may improve the condition of blurred vision and is effective in refractive errors involving *prathama patala*.

Keywords Myopia, Timira, Patala, Avyakta rupa.

INTRODUCTION: Myopia is one of the eye's most common conditions. Astigmatism is a type of refractive error where in the refraction varies in the different meridians. In simple myopic astigmatism rays are focused on the retina on one meridian and in front in another meridian. Uncorrected refractive errors may also affect the quality of life and increase the complexity of performing vision-related tasks. Acharya Vagbhata quotes that 'Sarvendriyam Nayanam Pradhanam', considering *netra* as superior among five sense organs and states that a blind man though rich cannot enjoy the world. The overall crude prevalence of myopia over last four decades is 7.5% in 5-15-year age group. The prevalence of myopia is 8.5% in urban and 6.1% in rural children, with highest prevalence in urban 11-15-year age group. A significant

increment in prevalence is noted in the last decade in rural children from 4.6% to 6.8%, reflecting changing rural environment¹.

Timira literally means darkness. *Timira*, *Kacha* and *Linganasha* are progressive stages of vision loss. According to Acharya Vagbhata vitiation of *doshas* in I and II *patala* is considered as *timira*². Acharya Sushruta has precisely explained the *lakshanas* of the *doshas* involving the first, second, third and fourth *patalas*. The involvement of *vatadi doshas* in the first *patala*, the person will not be able to see the objects clearly (*avyaktha rupa darshana*)³. Simple or developmental myopia is the commonest variety. It is considered as a physiological error not associated with any disease of the eye. Poor vision for distance is the main symptom of myopia⁴. Hence considering

the clinical feature of myopia, there will be involvement of first *patala* with *timira lakshana*. *Tarpana* is one of the *netra kriya kalpa* adopted for treating ocular disorders. *Tarpana* by virtue of its effect nourishes the eye as well improves vision. So, it is rightly indicated in blurred vision⁵. In *netra rogas*, *nasya karma* plays a very vital role. There are no clear contra-indications for *nasya* in *netra roga*. *Prathimarsha nasya* can be done for almost all diseases and it can be performed of all age groups and in all seasons daily. The time (*kala*) of instillation of *prathimarsha nasya* is specifically mentioned in classics and has no complications⁶.

CASE HISTORY: A fully conscious, normal oriented male child, aged 11 years, visited OPD of *Shalakyatantra*, G.A.M.C. & Hospital, Mysuru, Karnataka with previously diagnosed case of myopia (simple myopic astigmatism) since 2 years and wears spectacles for the same (RE; - 2.50 diopter with 10⁰ axis and LE;-2.50 diopter with 180⁰ axis).The patient gives a history of blurred vision for distance 2 years back with dull ache in the eyes. No significant past and family history was found. Personal History-Food - vegetarian, frequently consumes junk food, Appetite - good, Bowel - irregular, Micturation - normal, Sleep-sound sleep.

Table.1 External ocular examination: Inspection in diffuse light

SL.NO	Particulars	RE	LE
1.	Eye lids	Normal	Normal
2.	Eye lashes	Normal	Normal
3.	Lacrimal Apparatus	Normal	Normal
4.	Eyebrows	Normal	Normal
5.	Pupil	Sluggishly reacting	Sluggishly reacting
6.	Cornea	Normal	Normal
7.	Face	Normal	Normal
8.	Head	Normal	Normal

Table.2 Focal illumination examination (Direct Ophthalmoscopy): Fundus examination;

SL.NO	Observations	RE	LE
1.	Media	NAD	NAD
2.	Optic disc	NAD	NAD
3.	Macula	NAD	NAD
4.	Retinal blood vessels	NAD	NAD
5.	General background	NAD	NAD

Table.3 VISUAL ACUITY:

DV	BE	RE	LE
Without glass	6/12	6/12	6/18
With glass	6/6	6/6	6/6 ^P
PH	6/6	6/6	6/6
NV	N6	N6	N6

TREATMENT PROTOCOL

Tarpana - 7 days

Prathimarsha nasya- 15 days

Triphala churna internally- 15 days

Tabl.4 INTERVENTION

Procedures	Medicines	Duration	Quantity
Tarpana	Triphala ghrita	7 days	as required
Prathimarsha nasya	Anu taila	15 days	2 drops
Internal medicine	Triphala churna	15 days	¼ tsp once daily at night with warm water

Table.5 Result Clinical Assessment Was Done After 15 Days.

DV	without glass
BE	6/6
RE	6/6
LE	6/6 ^P

There was improvement in subjective parameter showing normal visual acuity in both eyes. There was no unfavorable effect during the study.

DISCUSSION: Myopia (nearsightedness) is a refractive error in which close objects look clear but distant objects appear blurred. It is an eye focusing disorder, not an eye disease. *Timira* is a condition caused due to vitiation of *vatadi doshas* and becomes *urdhwagamana* through *siras* leading to *sthanasamsraya* in *patalas* of *netra*⁷. Here, *timira* involving first and second *patala* give rise to *avyakta rupa* i.e blurred vision and may be related to simple myopia. There is a classical reference of *tarpana* and *nasya* in *timira* and also *tarpana* is exclusively indicated in blurred vision. Hence in the present study *triphala ghrita* for *tarpana* and *Anu taila prathimarsha nasya* was adopted. *Triphala Ghrita* is well-tolerated and likely safe for internal use also. There are high concentrations of Vitamin C and bioflavonoids in *triphala*. Both of these help to improve the overall immunity and speed up the process of healing. Hence, any eye-related disease is healed faster. The eye muscles are strengthened and

activated by *triphala*, which in turn enhances eyesight. *Amalaki* one of the ingredients of *triphala* help in enhancing the *alochaka pitta*, which is responsible for *dristi* (eye sight). In *netra tarpana*, tissue contact time and bio- availability is more compared to topical eyedrops hence therapeutic concentration can be achieved. *Nasya* is the best line of treatment in *urdhwajatrugatha vikaras* and there are references regarding its indications in *timira*. In this study *Anu taila prathimarsha nasya* was adopted for 15 days. The word ‘*Anu*’ means small or minute. Thus, it has the ability to enter *anu* or *sukshma srotas* very easily and rapidly. It is the best *vairechanica*, which relieves *avarodha* and *rasayana* qualities improves the local immunity, gives strength and checks the vitiation of *doshas*. This can be credited for qualitative and quantitative improvement. *Triphala churna* was advised daily once to achieve both *chakshushya* and *vatanulomana*.

CONCLUSION: *Timira* is a *sadhyavyadi* and especially refractive errors like simple myopic astigmatism has a significant improvement that was evident in this present study. It can be rightly understood

that Ayurvedic measures like *tarpana* and *nasya* are reliable treatment and aid to discard optic crutches known as eyeglasses permanently; otherwise they never improve the vision to normal. Study on a large scale along with *shodhana*, *marshana* *nasya* can be taken up to emphasize importance of integrated medicine.

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