



**EFFECTIVE MANAGEMENT OF SIMPLE MYOPIA BY *NETRA*
TARPAN KRIYAKALPA- A CASE STUDY**

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ABSTRACT

Now a days there are many advances in the field of modern Ophthalmology but still having adverse effects. So there is a need of *Ayurveda* through the local therapeutic ocular procedure known as *Kriyakalpa* for treatment of various eye diseases. In today's era Myopia is the most common refractive error of eye. It is mostly seen in School age group students and hampers their day to day activities. Simple Myopia can be corrected with glasses or spectacles and high Myopia requires refractive surgeries. But all these treatments are not patient friendly because it affects the economical condition of the patient. In *Ayurveda*, *Tarpan* is one of the most effective *Kriyakalpa* which is known to have a definite answer to the problem of Myopia. So for my case study of simple myopic paediatric patient, we used *Netratarpan kriyakalpa* as main treatment along with *Ayurvedic Rasayan chikitsa*. With this view an attempt was made to discover the scientific facts and effectiveness of *Ayurveda* in the Simple myopia. *Tarpana* acts on the principle of *Bahya Snehana*. It can successfully cross the defensive barriers present in eye for absorption and nourishes the ocular and periorcular structures, strengthens the sphincters & improves the distance visual acuity. Hence an attempt has been made to elaborate the clinical utility of *Tarpan* in management of simple myopia.

Keywords- *Kriyakalpa, Tarpan, Myopia, Triphala ghrut.*

INTRODUCTION: *Ayurveda* is given preventive aspect before planning the management of disease. Human eyes are the most specialized among all sense organs. Eyes are Serving the most vital function of providing sight to a living creature. Hence all sincere efforts should be made by living being to protect the eyesight throughout the period of life. As mentioned in *Ashtang Hridaya*, sincere efforts should be made by every individual to preserve their own 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 even if he possesses a lot of wealth[1]

Eyes help us to see, appreciate and Capture all that is of importance in the world to our life. Refractive errors are one of the most common causes of visual impairment

around the world and these can be leading cause of treatable blindness. Now-a-days whole world is under the influence of the cell phones and computers. Because of this, the refractive errors have been increased. WHO estimates that 153 million people worldwide live with visual impairment due to uncorrected refractive errors? Due to the significance of myopia as a global public health concern, it was chosen as a priority for Vision 2020 by WHO.

In our *Ayurveda*, the different ocular therapies are known as *Kriyakalpa*. Now a days *kriyakalpas* are known to be very effective in the management of Myopia which is considered as *Timira* in *Ayurveda*. Among them also *Tarpan* is used frequently and classical references also justify the clinical utility of *Tarpana* in management of Myopia. Thus an attempt has been made to elaborate the

clinical utility of *Tarpan* in management of simple myopia.

CASE-

A paediatric patient XYZ of age 10 years with OPD NO.-65168 visited in our OPD of *Shalakyatantra (Netra)* of SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra on 13/5/19. Her complaints were diminished vision bilaterally for distance without spectacles since three years. But now she has bilateral eye strain and moderate headache also since last month after completion of school examination. Patient regularly came for *Suvarnaprashan* at our *Balrog* departments. That time they visited to our

Netra OPD and asked for *Ayurvedic* treatment after her school exam. On visual testing she has diminished her distance vision and has myopic correction. So I treated it like a Simple Myopia and planned for *Tarpan Kriyakalpa* for 7 days in several settings.

C/O-

Bil eye DOV for distance without spect since 3yrs

Bil eye strain since 1month

Moderate frontal headache since 1month

S/H/O- NAD

K/C/O-She is k/c/o Myopia since 3 yrs.

F/H/O- She have maternal history of myopia.

Table.1 Visual Acuity-

Eye	Vision(unaided)	vision(aided)
Right	6/36	6/9
Left	6/24	6/9

Table. 2 Auto refraction Readings are-

Eye	Sph	Cyl	Axis
Right	-	- 2.50	180
Left	-	- 2.00	180

Treatment given

- 1) *Nasya* with *Brahmi tail* 2drops×BD for 3 days
- 2) *Sthanik snehan swedan purvak Netratarpan* with *Triphala Ghrut* for 7 days
 - a. *Sthanik snehan -triphala ghrut*
 - b. *Sthanik swedan -koshna jal netra dhavan*
- 3) *Saptamrut loha*.... 1×BD with *Goghrut* for 3 month
- 4) *Padabhyanga* with *Triphala Ghrut* for 3 month
- 5) *Dhanyak swaras*5ml×BD for 3 month
- 6) *Chyavanprash*..... 2tsp×OD with *Godugdha* for 3 months

NETRA TARPAN

Tarpan is highly modified procedure by which eye is nourished, toned up, strengthened and patient feels contentment.

Method of Tarpan :

Materials:

Triphala Ghrut , *Mash dal pishti*(for making Pali around eyes), Bowl with *konshna jal*, Kidney tray, Gauze piece, Bandage, wet cotton piece.

Indications -The patient seeing darkness in front of eyes, fatigued and inactive eyes, dry eyes, hard lids with falling eye lashes, dirty eyes, squinting of eyes and highly diseased eyes are the conditions where eye gains energy from *tarpana*. [2]

• **Purvakarma-**

- 1) *Nasya* with *Brahmi tail*2 drops × OD for 3 days before *Tarpan*
- 2) *Sthanik snehan-triphala ghrut*.
- 3) *Sthanik swedan-koshnjala prakshalan*

Pradhan karma-

- 1) *Tarpana* can be done either in early morning or evening; only after digestion of any food taken previously.
- 2) The patient is asked to lie down on his back on a bed away from direct sunlight wind and dust and is given

mild fomentation with cotton soaked in lukewarm water, then the eyes are encircled with firm, compact wall made up of paste of powdered mash pulse.

- 3) The height of this wall should be 2 *angula*.
- 4) The patient is asked to close the eyes and over the closed eyes, *koshna Triphala ghrut* is poured very slowly till the entire eyelashes are under the liquefied *ghrita*.

- 5) Patientis asked for *unmesh nimesh* (open and close the eyelid).
- 6) After retaining for specific time, the medicated *Ghrut* is drained out through a hole made near outer canthus. [3]

Paschat Karma-

- 1) *Netra prakshalan* with *koshna jal*.
- 2) *Dhumpan* with *Vacha Churn*.
- 3) Avoid the direct exposure to excessive heat, wind, dust.

Table. 3 Netratarpan Matra. [4]

<i>Vartmagatvyadhi</i>	100
<i>Sandhigatvyadhi</i>	300
<i>Shuklagatvyadhi</i>	500
<i>Krushnagatvyadhi</i>	700
<i>Drushtigatvyadhi</i>	1000/800
<i>Sarvagatvyadhi</i>	1000

- In my study, I done *Netratarpan* with *Triphala ghrut* with increasing *matra* from 50 to 1000 for 7 days. Then there was *vishranti* (no tarpan) for next 7 days. In above manner *Tarpan* done for consecutive 3 months.

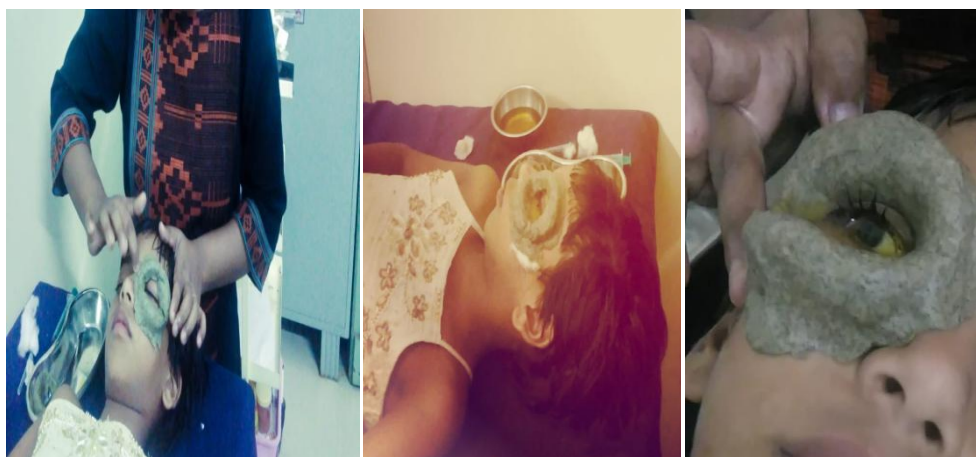
Follow-up and Outcomes:

The administration of *Tarpan* done for 7 days, next 7 days there was no *Tarpan*. In this way *Tarpan* with *Triphala Ghrut* done for 3 months along with oral *Ayurvedic* treatment. Total settings of *Tarpan* were 6.

In the first setting patient felt relaxation of eyes. Frontal headache was also mildly reduced. After 3 setting patient felt no headache. After second setting eye strain was started to reduce. After 4 setting there was no eye strain, no fatigue. Patient felt that she has improved her vision. It was noticed that after completion of whole treatment of 3 months patient relieved from the complains of bilateral eye strain and headache and distance vision was also improved upto 6/9(both eyes) .

Images of Tarpana procedure-





OBSERVATIONS AND RESULTS:

During this case study period it has been observed that the symptoms like eye fatigue, headache starts decreasing after the first sitting of *Tarpan* therapy and after the last follow-ups there was total reduction of above symptoms. There was significant improvement of unaided distance vision. Total 6 setting once in every 7 days with 7 days gap was done. *Netra Tarpan* with *Triphala ghrut* is considered as most unique and effective method. *Triphala ghrut* has the quality of trespassing into minutest channels of eye. Hence when applied in the eye, it enters into deeper layer of *Dhatu*s and cleanses every minutest part of them. It improves *Dhatu*s and is overall booster for improving *Ojas*. [5]

The mucous membranes are good absorbing surface, the water and lipid soluble drugs are absorbed through the mucus membrane. The medicated *ghee* like *Triphala Ghrut* is the suspension in which drug is present as small particles in aqueous medium. So there is more tissue contact time in *Tarpan*. In *Netra Tarpan*, tissue contact time and bioavailability is more and hence therapeutic concentration is achieved.

DISCUSSION:

- Because of *chakshushya guna* of *Triphala* and *sheeta veerya ,madhur ras*

and *sneegdha guna* of *ghrut* , *Tripala ghrut* acts on the vitiated *vata & pitta dosha* which are found to be aggravated in *Timira vyadhi*.

- Thus eyestrain, fatigue of eyes and feeling of grittiness in eyes is reduced.

- *Triphala Ghrut* contains *Haritaki, Amalaki, Bibhitaki*. *Haritaki* contains 18 Amino acids glucose, calcium and vitamin C. which helps to improve the vision. *Amalaki* contains tannic acid, gallic acid. *Bibhitaki* is tonic, laxative in property. Hence all the constituents in *Triphala Ghrut* are beneficial for eye diseases. In *Tarpan* procedure tissue contact time and bioavailability is more. There is direct pressure on cornea during drug absorption and also changes accommodation power of lens by relaxing the ciliary muscle's strain. Hence there may be changes in refractive index of cornea and reduces the accommodative stress and strain in Myopia.

- The *goghrut* plays vital role of rejuvenation of the cells and because of its '*yogavaahi*' & '*sukshma*' *guna* and its *sanskaranuvartan* quality it acts as a vehicle for the drug delivery to the site of action. [6]

- The corneal epithelium and endothelium have 100 times more lipid content. The lipid soluble drugs readily

penetrate the epithelium and the endothelium. However, only water soluble drugs can penetrate the stroma, as stroma is hydrophilic in nature. In *Tarpan*, we apply the massage or local mild heat with *koshna ghrut* as *purvakarma*, therefore there is increase of vascularity of absorbing surface and it enhances the absorption of drug.

- *Triphala Ghrut* has both lipophilic and hydrophilic properties to penetrate properly and is in aqueous solutions or aqueous suspensions.
- It is used for both local and internal administration in many forms for treating many of the ocular conditions. *Triphala* acts as the best *Rasayana* and *Chakshushya* drug having property of *kaphapittaghna* without much discomfort. Therefore it is very useful in various eye problems. [7]
- *Ashtanga Hridaya* identifies 4 major nerves in the feet that connect to the eyes. These nerves maintain good eyesight and relieve eyestrain. *Padabhyanga* is the soothing therapy and have *netrya* property. so we also give *Padabhyanga* treatment to the patient to give more effective treatment along with *Tarpan*. [8]
- *Chyavanprash* is the *rasayana*. It nourishes the body and maintains the functions of *pancha dhyandriya* including *netra*.
- *Nasya* is indicated in all *urdhvajatrugat vyadhi* as it nourishes the *Netra* and enhances the action of *Tarpana*. *Nasya* is the best method and after that *Netra Tarpan* can be done for *Vatshamak* properties. [9]

CONCLUSION:

On the basis of the above case study, we can conclude *the encouraging finding that the Tarpan by Triphala ghruta along with*

supportive Ayurvedic medicines are beneficial in reduction of symptoms like eye strain, frontal headache. It is good remedy to improve the vision. In regular practice, the myopia in Paediatric and adolescent age can be treated with this treatment. Hence, we can effectively treat the simple myopia with *Ayurvedic* treatment by *Tarpan kriyakalpa*. Also can improve the quality of life of the myopic patients by minimizing the refractive error.

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