

EFFICACY OF PHALATRIKKADI GHRITA TARPANA IN THE MANAGEMENT OF PRATHAMA PATALAGATA TIMIRA W.S.R TO COMPUTER VISION SYNDROME

Amandeep singh¹, Ashwini M J²

¹Final year PG scholar, Department of Shalakya, S.D.M College of Ayurveda and Hospital,

²HOD Shalakya Department S.D.M College of Ayurveda and Hospital,
Hassan, Karnataka, India

ABSTRACT

Computer vision syndrome is a *vikaara* of *chakshuindrieya* occurring due to *Asatmendriyartha samyogaand atiyoga* of *chakshurendrieya*. It is a multifactorial condition commonly observed in computer users. Though *Nidanaparivarjana* is much highlighted and praised in the context of *chikitsa* it is not possible always to follow especially in a disease like CVS. In the present study *Phaltrikaadi Ghrita* is selected for *tarpana*. The objective of this study was to understand the disease based on Ayurvedic concepts and to evaluate the effect of *Phaltrikaadi Ghrita tarpana* in patients of CVS.

Key words: Computer vision syndrome, *Netra roga*, *Asatmendriyartha samyoga*, *Tarpana*

INTRODUCTION

As we entered the 21st century, the growing use of computers be at home or office, brings with it an increase in health risks, especially sense organs, more so the eyes. A WHO press release (1998) mentions that glare and reflections from VDT displays are a source of eyestrain and headache. Surveys of computer workers reveal that vision related problems are most frequently reported health problems, occurring in over 70 percent of computer workers. The pain and discomfort associated with the problem can affect workplace performance and domestic activities also. With a few preventative measures, however, the symptoms associated with CVS can be easily avoided.

The American Optometric Association (AOA) defines Computer Vision Syndrome as “The complex of eye and vision problems re-

lated to near work which are experienced during or related to computer use” CVS is a temporary condition resulting from focusing the eyes on a computer display for protracted, uninterrupted period of time.

This problem is very new to medical science and is under investigation to explain the mechanism of the disease and to find a solution. The current understanding upholds meticulous work environment as a precaution and use of artificial tear or contact lens wetting solutions to suffice the symptoms. But with these treatments, the patients of CVS get only symptomatic relief. So, to find a better solution to this burning problem, this study was designed.

Ayurveda, the first systematic health system on this planet, has kept the doors open to few undescribed health problems to be in-

corporated in the system on the fundamental grounds.

Materials and Methods

Selection of patients

Patients were selected from the *Shalaky Tantra* (eye unit) OPD and IPD of S.D.M college of Ayurveda and hospital Hassan for the present study. A total of 30 patients of CVS were registered irrespective of age, sex, caste, and religion.

Diagnostic criteria: Blurred vision (Distant), Headache, Asthenopia, Dryness of eyes, Redness of eyes, Burning sensation and Watering of eyes

Inclusion criteria

All patients using computer at least 2-4hrs/day presenting with following clinical features of CVS were included in this study with Blurred Vision (Distant), Headache, Asthenopia, Dryness of eyes, Redness of eyes, Burning sensation and Watering of eyes.

Exclusion criteria

Injuries, Systemic disorders, Patients who are using drugs like antihistamines, decongestants, hormonal therapy, antidepressants, dermatologic medications, antipsychotic medications and chemotherapy medications, congenital deformities in eyes associated with any inflammatory and infective ocular conditions and Glaucoma.

Observations and Results

In the present study, the maximum patients (80.00%) were between 21 and 30 years of age and male (73.33%) predominance was observed. The maximum patients (60.28%) were graduates and majority of the cases (76.67%) were students, followed by 13.33% servicemen. Majority of the patients, i.e., 70% reported to work for a maximum of 01– 05 hours/day on computer and majority of the patients, i.e., 64.53% were using computer since 1–5 years, and majority of them (56.74%) were using laptop as a regular VDT gadget.

Study Design

30 patients presenting with the features of *Prathamapatalagatatimira* along with Computer vision syndrome will be selected and *Tarpana* will be done as per conventional method in the morning hours till *Samyaka Tarpana lakshanas* are obtained or for *matra* according to *Dosha* involved .i.e. For *pittaja* its 800 *matrakala* and In *Vatajrogas* its 1000 *vakmatra*. It will be done once daily for 7 days.

Discussion on Results

There was reduction in all the symptoms during the course of treatment which is statistically significant at the level of $p < 0.001$ which is noticed in X^2 value (Friedman test)

Friedman's test

Parameter	X^2	P VALUE	REMARKS
Blurred vision (Distant)	143.440	.000	S
Headache	25.826	.000	S
Asthenopia	71.92	.000	S
Redness of eyes	22.284	.000	S
Burning sensation of eyes	166.119	.000	S
Watering of eyes	32.427	.000	S

Result on Schirmer's Test for Dryness of eyes

Greenhouse– geisserParameter							
Parameter	N	Mean	df	F value	P value	Partial Eta squared	Remark
sch_BT 1 BE	0	14.12	3.371	13.317	.000	0.184	S
sch_AT 1 BE		16.83					
sch_BT 2 BE		15.68					
sch AT 2 BE		16.88					
sch_FU1 BE		15.58					
sch_FU2 BE		17.58					

Paired T test and Repeated Measures ANOVA

ST	N	Mean	Mean diff	T-Value	Df	P-value
BT	60	14.07	2.76	-6.683	9	0.00
T	60	16.83				

If the diseases are treated in *poorvaroo-pa avastha* itself they don't become severe. This *Siddhanta* is validated in CVS also. *Chakshushya yoga* selected in this study *Phalatrikaadighrita* is mentioned for *vata-paittiketra roga* and found to be beneficial in reducing signs and symptoms of CVS during treatment

DISCUSSION

The clinical trial drug *Phalatrikaadi Ghrita* has predominance of *madhura rasa*, *Snigdha guna*, *sheetaveerya* and *Rasayana*. Considering the *Doshaharatva* and *karmukata*, the trial drug is *Vata-Pitta shamaka* by virtue of its *Rasa*, *Guna*, *Virya* and *prabhava*. Thus, the overall effect of the compound drug is *vata-pitta shamaka* and hence it disintegrates the pathology of the symptoms of CVS, which is *vatapaittika* in its manifestation.

CONCLUSION

Asatmendriyartham samyoga Atiyoga of chakshurendriya like watching highly luminous, fast moving flashing colors for a prolonged time have been mentioned in classics and has been validated in understanding the aetiological factors of CVS. All aspects of *pragnaparadha* play an important role in exacerbation of the symptoms. Improper ergonomics add up to because further vitiation. Duration of computer work is directly proportional to the severity of symptoms in cvs.

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BE	Both eyes
FU	Follow up
S	Significant
SS	Statistically significant
HS	Highly Significant
NS	Non Significant
Sch	Schirmer's test
N	Number

CORRESPONDING AUTHOR

Dr. Amandeep Singh

Final year PG scholar,

Department of Shalakyas,

S.D.M College of Ayurveda and Hospital

Hassan, Karnataka, India

Email: mannu1777@gmail.com

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LIST OF ABBREVIATIONS

AOA	American Optometric Association
CVS	Computer Vision Syndrome
BT	Before treatment
AT	After treatment

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