

**EFFECT OF TRIPHALA GHRITA PAAN WITH DRISHTIVARDHAK NASYA IN PRATHAM PATAL TIMIR – A SINGLE CASE STUDY**Pranjali Priya¹, Ajay Kumar Singh²

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**ABSTRACT**

Myopia is the most common eye disorder. It has become one of the leading conditions causing visual impairment worldwide, and its prevalence is rising rapidly. It is usually a refractive error in the eye due to increased axial length, more cornea curvature, and a higher refractive index of the eye's media, causing light to focus in front of the retina. Consequently, distant objects appear unclear, while nearby objects are clear; thus, it is referred to as nearsightedness. The clinical features of myopia correspond to *Pratham Patal Timira*. An 18-year-old female patient presented with a history of ambiguous vision, headaches, eye strain, and watering for eight months. Following an examination, the diagnosis was *Pratham Patal Timira/Myopia*. *Triphala Ghrita Paan and Drishtivardhak Nasya* were administered for 7 days at the Shalakya OPD in the Govt Ayurvedic College and Hospital, Kadamkuan, Patna. This treatment improved her visual acuity and symptoms associated with *Pratham Patal Timira/Myopia*. It enhanced visual clarity and promoted overall visual health. All symptoms were significantly reduced, and she was satisfied with the treatment.

Keywords: *Timira, Myopia, Akshitarpana, Nasya.*

INTRODUCTION

Pratham Patal Timira is considered a mild stage of vision impairment that can be managed effectively with Ayurvedic treatments like **Snehapana (oleation therapy)**, **Netra Tarpana**, **Ashchyotana (eye drops)**, and **Rasayana (rejuvenating medicines)**. When kupita dosha reaches the Pratham patala, the patient has difficulty seeing objects. This symptom is related to myopia, a type of refractive error. Therefore, the first patala timir can be easily associated with refractive errors such as myopia. Refractive errors are the most common cause of declining vision in children and are known to affect 2% to 11% of individuals under the age of 16.

Furthermore, they account for 60% to 80% of visual impairments in young children. Myopia is the most common eye problem globally. As per Sushruta and Vagbhatta, treatments such as *Nasya*, *Ghritapana*, *Virechana*, and *Anjana* are used to treat Timir.

Case Report

An 18-year-old female patient was reported to be apparently normal 8 months ago. Gradually, she began to complain of diminished vision, headaches, eye strain, and watering of her eyes. She then approached the Shalakya OPD at Government Ayurvedic College

and Hospital, Patna, with these complaints. There was no previous history of wearing spectacles.

OPD NO - 4221 DATE- 03/07/24

Patient's Name: XYZ Age: 18 years

Gender: Female, Religion: Hindu

Occupation- Student Full Address – Lohanipur Patna

HISTORY OF PATIENT

Chief Complaints - DOV for DV for 8 months with headache, eye strain and watering of eyes.

History of present illness-The patient was asymptomatic 8 months ago. Suddenly, she felt diminished vision from DV, headache, eye strain and watering of the eye. She took allopathic treatment for the same complaint but didn't get relief. After that, she came to Shalakya Department G.A.C.H Patna for better treatment.

History of past illness- No relevant history

Family history-NAD

Treatment history-Allopathic treatment -4 months

EXAMINATION OF PATIENT

General Examination: Temperature - 98.4° F, Pulse – 72/min, B.P – 110/70 mmhg, Sensitivity of drug- None

VISUAL ACUITY TEST

| VISUAL ACUITY TEST | Right/Eye | Left/Eye, |
|-----------------------------------|-------------------|--------------------|
| Without Glass | 6/9 | 6/9 |
| Pin Hole | 6/6 | 6/6 |
| Auto refractometer Reading | Spherical -1.25 | Spherical-0.25 |
| | Cylindrical +0.75 | Cylindrical + 0.75 |
| Axis | 32 | 150 |

Ocular adnexa – Within standard limit

Anterior Segment – Within normal limit

Fundus Examination - Within Normal limits

Clinical Diagnosis – Pratham Patalgat Timir (Myopia)

Material and Methods – *Triphala Ghrita Paan*

त्रिफलाऽष्टपलं काथ्यं पादशेषं जलाढके ॥१०॥² तेन तुल्यपयस्केन त्रिफलापलकल्कवान् ।

अर्धप्रस्थो घृतात्सिद्धः सितया माक्षिकेण वा ॥११॥ युक्तं पिबेत्तत्तिमिरी तद्युक्तं वा वरारसम् ।

Dristivardhak Nasya

तिलतैलमक्षतैलं भृङ्गस्वरसोऽ सनाच्च निर्यूहः।³

आयसपात्रविपक्वं करोति दृष्टेर्बलं नस्यम् ॥४७॥

Triphala Ghrita – 20gm BD *Anupan* – Lukewarm water

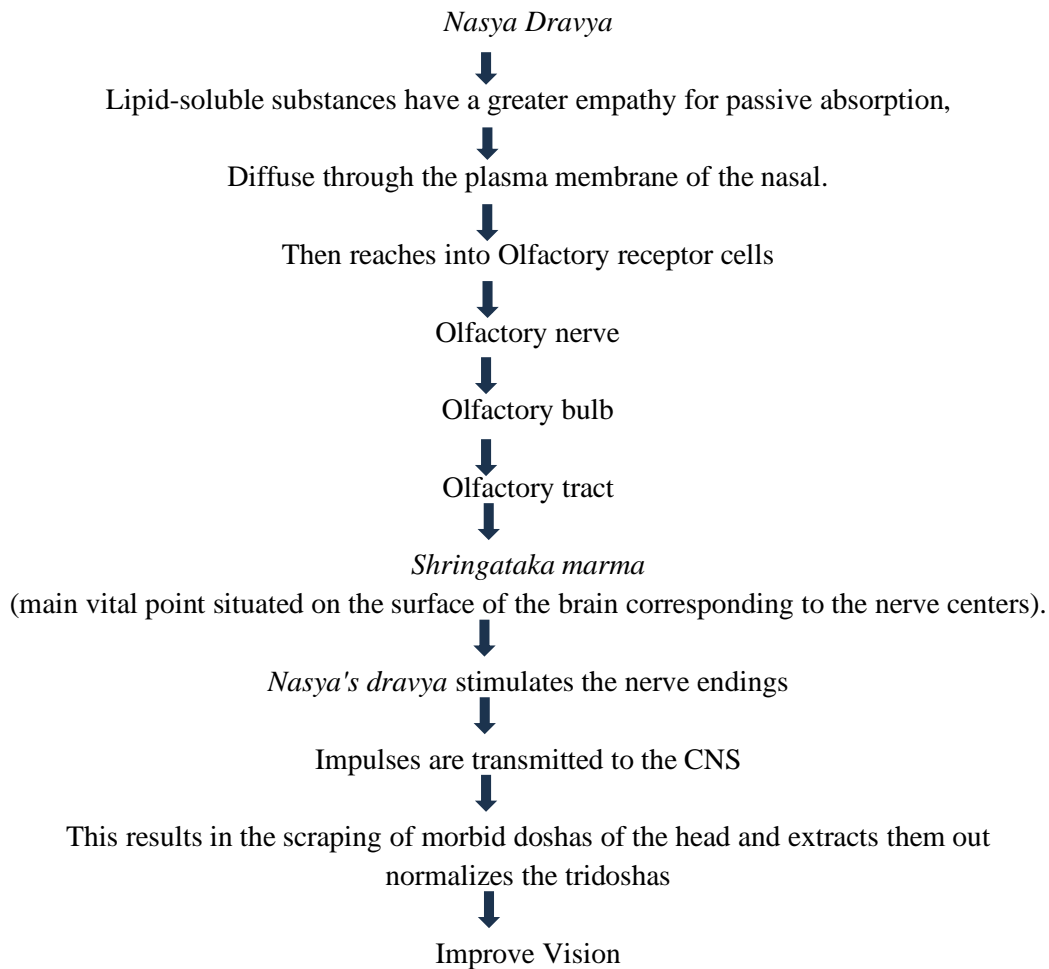
Drishtivardhak Nasya – 8 drops Per/day

Mode of action of drugs –

Triphala Ghrita- *Triphala Ghrita* is used as an oral medication. Walking through the body channels, there is quality to grip for *Saptadhatu*, *Agni*, and cel-

lular levels. *Triphala* has many important properties, such as *Rasayana* and *Chakshushya*.⁴

Drishtivardhak Nasya –



Results—After 7 days of intervention, the patient was cured of headache, eye strain, and eye-watering.

DISCUSSION

Pratham Patal Timira can be associated with a short time in Samhitas. Myopia is a form of refractive error. The vision of the distance will decrease when *Avyakta* or the first *Patal* is related. *Timir*, a great concept of *Patalas*, is directly referred to as *Sushruta Samhita*⁵. It is also known as myopia in modern times. This is a stage of the eye in which the accommodation is at rest, and the parallel light of the retina is concentrated in front of the retina. The patient sees nearby objects more clearly than far away, which is called short-sightedness. Simple myopia isn't patho-

logical. There is no degenerative change in the fundamentals, but the peripheral retina is often clear in the later period and does not progress after puberty when 5 or 6 D is attained.⁶

CONCLUSION

The problems in patients, such as reduced eye movement, headaches, and watering, have improved after treatment with *Triphala Ghrit Paan* and *Drishtivardhak Nasya*. However, the patient did not improve her diminished vision from distant vision. The treatment period is too short, so it is challenging to attract persuasive results. The patient showed an

excellent review, which indicates that more prolonged and more extensive tests and studies are required to evaluate the results carefully. Conditions such as *Pratham Patalgat Timir* and *Drishtigata roga* describe the blurry vision as *Timir*. This depends on the intensity and *dosha*. Many factors are currently affecting the vision. *Timir* is degenerative, and *Ghrit-apaan* and *Nasya* are particularly beneficial. The side effects of the patient were not observed.

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