



EFFECT OF AKSHI TARPANA IN TIMIRA W.S.R TO MYOPIA: CASE REPORT

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ABSTRACT

Ocular conditions are now more prevalent than ever due to an increase in dependence on digital devices brought on by technological advancement. Of those, myopia is the most prevalent. Excessive screen usage is one of the primary risk factors for refractive problems. The majority of refractive problems are easily treated in primary care using eyeglasses. Spectacles are merely a temporary fix. Refractive defects are now treated with eyeglasses, contact lenses, radial keratotomy, photorefractive keratectomy, and laser in-situ keratomileusis (LASIK). So, taking a look at the traditional *Ayurvedic* text A method of treatment used to treat *Timira* is called *Akshi Tarpana*. This article sheds light on the impact of *Akshi Tarpana* in *Timira* through a single case study.

Keywords: Refractive Errors, Myopia, *Ayurveda*, *Timira*, *Akshi Tarpana*

INTRODUCTION

The eye is the window to the soul. According to the quotation "*Sarvendriyanam Nayanam Pradhanam*" from an ancient *Ayurvedic* text, *Netra* (Eye) is the primary sense organ. It is thought to be the source of *Pratyaksha Gyana* among all the sense organs. Because refractive problems are so common in our soci-

ety in this digital era, eye care is a top priority. Video games, computer vision issues, and refractive defects are more prevalent when mobile usage is epidemically overused. One of these refractive defects is myopia, a serious eye condition with significant societal, individual, educational, and economic ramifications.

Short-sightedness, often known as myopia, is a kind of refractive error in which, while accommodation is at rest, parallel light rays from infinity are focussed in front of the retina¹. The prevalence of the condition is significantly higher in Asian nations, where it affects up to 84% of adolescent eyes. The symptoms of myopia in *Ayurveda* are comparable to those of *Prathama Patalgata Timira*². For improved medical care, the entire world is turning to *Ayurveda* today. *Kriyalkalp*, a term for several ocular treatments, is used by the management of *Drushtigata Rogas*³. The most important technique among these is *Tarpana*. The classical reference justifies that in myopia *Chakshushya*, *Rasayana*, and *Tridosha* mitigating action might be helpful. *Ghrita* is one of the best *Rasayana* as well *Triphala* is one of the best *Chakshushya* drugs and the drugs of *Mahatriphladya Ghrita* have *Tridosha* pacifying action⁴.

CASE

A 22yrs female patient, residing in Subhash Nagar, VPO Hajipur Mukerian Distt. Hoshiarpur, Jalandhar came to the *Panchkarma OPD, Dayanand Ayurvedic College, Jalandhar* with complaints of diminution of distant vision in B/L eyes for 6 yrs.

OPD NO- 2213878

Examination

Visual Acuity B/L Eyes (BEFORE TREATMENT ON 04.09.2022)

	RIGHT EYE	LEFT EYE
DV UNAIDED	6/12	6/9
BCVA	6/6	6/6

Table 1: Visual Acuity B/L Eyes (BEFORE TREATMENT)

Parameters for Subjective Assesment

<i>Awyakta Darshna</i> (Indistinct vision)	SCORE
No feeling of blurring of the vision	0
The occasional blurring of the vision	1
Routine blurring which affects routine work	2
Regular blurring disturbing routine work	3
Complete darkness in front of eyes	4

Table 2: Grading of *Awyakta Darshna*

Date of OPD visit- 04/09/2022.

Chief complaints - Blurring of distant vision B/L Eyes since 6years

-Watering of eyes for 1 month

History of present illness

The patient was asymptomatic before 6 years, later she developed gradual blurring of distant vision B/L Eyes. After consulting an ophthalmologist at a private hospital, she was diagnosed with myopia B/L eyes and was advised to spectacles. But she didn't get much relief even after using spectacles and her refractive correction lens power was not stable throughout 6 years. For the last 1 month while on spectacles she has developed irregular attacks of headache and watering of her eyes. So, she came to *Panchkarma OPD, Dayanand Ayurvedic College, Jalandhar*. *Ayurvedic* treatment was started after a detailed assessment of her visual acuity and history. She was not on any medication and there was no relevant past history of any co-morbid illness. Her family has no relevant medical illness history. Her appetite, sleep, bowel habit, as well as micturition habit, is normal. After detailed history taking and visual acuity examination *Ayurvedic* treatment was started.

<i>Dwidha Darshana</i> (Diplopia)	SCORE
No diplopia	0
Occasional diplopia	1
Regular diplopia without disturbing routine work	2
Regular diplopia disturbs routine work	3

Table 3: Grading of *Dwidha Darshana*

<i>Netrayasa</i> (EyeStrain)	SCORE
It will be recorded on the basis of the minimum time taken to produce eye strain after near work.	
More than 6 hrs of near work	0
After 4-6 hrs of near work	1
After 2-4 hrs of near work	2
Before 2 hrs of near work	3

Table 4: Grading of *Netrayasa*

<i>Shirobhitapa</i> (Headache)	SCORE
Scored on the frequency of attacks	
No headache	0
Occasional headache	1
Irregular attacks of frequent headache	2
Regular attacks of headache	3

Table 5: Grading of *Shirobhitapa*

<i>Netrasrava</i> (Watering)	SCORE
No Watering	0
Occasional Watering	1
Regular Watering without disturbing routine work	2
Regular Watering disturbing routine work	3

Table 6: Grading of *Netrasrava*

<i>Netradaha</i> (Burning sensation)	SCORE
No Burning sensation	0
Occasional Burning sensation	1
Regular Burning sensation without disturbing routine work	2
Regular Burning sensation disturbing routine work	3

Table 7: Grading of *Netradaha*

<i>VihwalaDarshan</i> / (blurred vision) <i>MAkashikadi Abhuta Dravya Darshan</i> / Visualization of non-existing objects like flies, gnats, hairs, webs, circles, flags, mirages, and earrings.	SCORE
No such problem	0
Occasional visualization of such objects	1
Irregular visualization of the above-mentioned objects	2
Regular visualization of the above objects	3

Table 8: Grading of *Vihwala Darshan*

OBJECTIVE ASSESMENT

SNELLEN'S SCORE ASSESMENT IN CASE OF MYOPIA

SNELLEN'S SCORE	SCORE
6/6	0
6/9	1
6/12	2
6/18	3
6/24	4
6/36	5
6/60	6

Table 9: Grading of Snelle's Score

TREATMENT

Akshi Tarpana was done with Mahatriphladya Ghrita from 05.09.2022. Three sittings of 5 days were given with a gap of 5 days in between each sitting. No other intervention was adopted during the treatment.

Treatment Protocol	Dates
1 st Sitting of Akshi Tarpana	DAY 1 TO DAY 5
Gap	DAY 6 TO DAY 10
2 nd Sitting of Akshi Tarpana	DAY 11 TO DAY 15
Gap	DAY 16 TO DAY 20
3 rd Sitting of Akshi Tarpana	DAY 21 TO DAY 25

Table 10: Treatment Protocol for Tarpana

Visual Acuity B/L Eyes (AFTER TREATMENT ON 29.09.2022)

	RIGHT EYE	LEFT EYE
DV UNAIDED	6/12	6/9
BCVA	6/9	6/6

Table 11: Visual Acuity B/L Eyes (AFTER TREATMENT)

Subjective and Objective Assessment (Before V/S After Treatment)

CRETERIA	SCORE BEFORE TREATMENT (04.09.2022)	SCORE AFTER TREATMENT (29.09.2022)
SUBJECTIVE ASSESMENT		
Awyakta Darshna (Indistinct vision)	3	1
Dwidha Darshana (Diplopia)	0	0
Netrayasa (Eye Strain)	3	0
Shirobhitapa (Headache)	3	0
Vihwala Darshan/(blurred vision)	0	0
Netradaha (Burning sensation)	2	0
Netrasrava(Watering)	3	0
OBJECTIVE ASSESMENT		

SNELLES'S SCORE Right Eye	2(6/12)	1(6/9)
Left Eye	1(6/9)	0(6/6)

Table 12: Subjective and Objective Assessment (Before V/S After Treatment)

Refractive Correction (Before V/S After Treatment)

	RIGHT EYE		LEFT EYE	
	BT(04.09.2022)	ON (29.09.2022)	BT (04.09.2022)	AT(29.09.2022)
Corrective Power	-0.50D	-0.25D	-0.25D	0 D

Table 13: Refractive Correction (Before V/S After Treatment)

RESULT

There was a significant improvement in visual acuity and corrective power lens B/L eyes.

CONCLUSION

Every individual should make considerable efforts to preserve their eyesight as the eye is the most important and noble sense organ in the human body. *Akshi Tarpana* has proven its results in a reservation of eyesight in this case. It was a short period of limited treatment, but the results were encouraging. It is difficult to reach or draw any definitive conclusion. But this patient shows promising outcomes, so we require a longer period and large sample trials to evaluate the findings.

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