



A REVIEW ON NETRA TARPANA -A SPECIAL EYE THERAPY

Komal Yadav¹, Gyan Prakash Sharma², Meenakshi Sharma³

¹P G Scholar, Department of Panchkarma, UPGIAS&R Jodhpur, Rajasthan, India

²Head of Department, Department of Panchkarma, UPGIAS&R Jodhpur, Rajasthan, India

³SMO(Ayush), AIIMS Jodhpur, Rajasthan, India

Corresponding Author: ky6407052@gmail.com

<https://doi.org/10.46607/iamj2111042023>

(Published Online: April 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 09/03/2023 - Peer Reviewed: 23/03/2023 - Accepted for Publication: 09/04/2023.



ABSTRACT

Netra is an essential sense organ of the human body. In spite of remarkable progress and advances in the field of modern ophthalmology, there are some limitations. In Ophthalmology, effective control is still a challenge. Most of the infective and inflammatory ocular diseases are managed well by the modern ophthalmology system of medicine but in neuro-logical eye diseases and degenerative conditions of the eye allopathy treatment have limitations. There is a need to find out an eye therapy for the prevention and treatment of ocular diseases having no adverse effects. In ayurveda, *Kriyakalpa* has been described by Acharyas as the maintenance of prevention and health of the eye as well as treatment of various eye diseases. *Tarpana* is one of the first *Kriyakalpa* procedures. Its excellent responses have already been mentioned by *Acharyas*. Nowadays due to the overuse of electronic items and the high dependency on the online world, it has become essential to explore concepts and practices of Ayurveda *netra vigyana* to preserve the health of the eyes. In this article, there is a review of *Tarpana karma therapy*, indication, and contraindication of *tarpana*, *samyak-heena-ati Lakshana of tarpana karma*, modality of the procedure has been discussed here.

Keywords: *Kriyakalpa, Tarpana karma, Netra rog*

INTRODUCTION

The eye is the most important sense organ. In ayurveda, it has been quoted that "Sarvendriyaanam Nayanam Pradhanam" ¹ Netra is the prime sense organ among all sense organs. According to *Sushruta* Netra is predominantly made of *Teja mahabhuta*. *Acharya* mentioned that Netra has always been a hazard from *Kapha Dosha* because of the opposite guna that of *Teja mahabhuta*.² Out of 5 types of *pitta*, the Eye is the site for *Alochaka Pitta*. According to *Vagbhata*, one who is blind, day and night are the same so sincere efforts should be made to preserve vision till the last breath. Although modern ophthalmology science has made marvellous and outstanding progress in recent times, no eye care therapy is available for the prevention of eye health. But on other hand, Ayurveda has huge therapy for maintaining healthy eyes as well as diseased eyes. *Shalaky Tantra* is a branch of *Asthang Ayurveda* which is having a wide range of implications in the management of *Netra rogas*. *Kriyakalpas* can also be used as *swasthya samrakshana prayoga* to maintain functional integrity of the sense organs & overcome age-related disorders. *Acharya sushruta* mention 5 types of *Kriyakalpa* while *Sharngdhara* mentioned 7 types of *Kriyakalpas* including *Seka*, *Aschyotana*, *Tarpana*, *Putapaka*, *Anjana*, *Bidalaka*, and *Pindi*.³ Among these two, the topical application of *tarpana* and *putapaka* plays an important role. Due to the limitation of systemic formulation to reach the target organ due to some blood barriers, the details of topical application are very clearly dealt with. With the advent of science, it has been proved that systemic medicine is unable to cross the blood- aqueous, blood-vitreous, and the blood- retinal barrier so topical application is inevitable in Ophthalmology.

Kriyakalpa according to different Acharyas

Susrutha :5 – Tarpana, Putapaka, Seka, Ashyotan, Anjan, Pindi, Bidalaka

Astanga Sangrah :6 – Vidalaka, Tarpana, Putpaka, Seka, Ashyotan, Anjan

Sharngdhara :7 - Pindi, Vidalaka, Tarpana, Putpaka, Seka, Ashyotan, Anjan

Tarpana

Etymology: Tarpana= Trup dhatu + Lyut pratyaya⁴

The Literary meaning of the *Tarpana* is to nourish the complete eyeball through Medicated *Sneha* expect *taila* which is made stagnant in the eye for a specular time period. *Tarpana* is the first procedure for the prevention of eye diseases. *Tarpana* as a preventative and curative therapy eye. *Tarpana* has *Brimhana* quality so nourishment of all structures of the eyeball improves the *Drishti Shakti*. It is the preventive and curative procedure of many *Netra Vikara*.

INDICATION FOR TARPANA:

- When a patient sees the darkness in front of their eyes
- Dryness of the eyes
- The roughness of the eyes.
- Altered or loss of lustre of the ocular surface.
- Stiffness of the eyelids
- Falling of eyelashes
- *Vata-Pitta vikara* of *netra*
- *Krichhounmilana* (difficulty in opening eyes)
- *Siraharsha* (congestion of conjunctival blood vessels)
- *Sirotpata* (Episcleritis)
- *Arjuna* (subconjunctival haemorrhage)
- *Avarna Shukra* (corneal opacity)
- *Timira* (Myopia)
- *Abhishyanda* (Conjunctivitis)
- Excessive use of electronic gadgets
- Degenerative disorder of eyes
- Refractive Error e. g. Myopia, Hypermetropia, etc.
- Early presbyopia
- The early stage of Cataract
- Neuro-Retinal Diseases.

CONTRAINDICATIONS:

- Cloudy day
- Extreme hot or cold seasons
- Patient with worries and anxiety
- Tiredness and giddiness of eyes
- In complications of the eyes
- Any acute condition of eyes.⁵

Procedure:

Purva Karma:⁶

The patient is asked to lie down on his back, in a chamber free from direct sunrays, wind, and dust, and is given mild fomentation with a cotton soaked in lukewarm water, Then the eyes are encircled with the firm, compact leak-proof wall made up of paste of powdered *Masha* pulse (Black gram).

Pradhana Karma:⁷

The patient is asked to close the eyes and over the closed eyes, liquefied *Ghruta* is poured very slowly till the entire eyelashes are under the liquefied *Ghruta*. The patient is instructed to close and open his / her eyes (*Unmesha & Nimesha*).

Pashchata Karma:

After retaining for the 800 *Matra* (Approx.20min.) the *Ghruta* is drained out through the hole made near the outer canthus and the eye is irrigated by Luke-warm water fomentation.

The course of procedure:

Acharya Sushruta, without clarifying the condition of the eye, simply asks to perform the procedure for one day, three days, and five days or till the proper satiating features are attained. *Acharya Videha*, says that the procedure should be carried out daily for *Vatika* diseases, alternatively in *Paittika* and *Raktaja Vyadhi*, with interruption of two days in the healthy eye and *Sannipataja Vyadhi* and with the interruption of three days in *Kapha Vyadhi*.

Period of retention:

Table showing the period of retention of *Tarpana* according to different authors.

Condition of the Eye	Time is taken for the counting of the number of syllables found in				
	S.S.	A.S.	A.H.	B.P.	Sha. Sam.
Healthy	500	500	500	500	500
<i>Kaphaja</i>	600	500	500	500	500
<i>Pittaja</i>	800	600	600	600	600
<i>Vataja</i>	1000	1000	1000	1000	1000
Site of the lesion in eye diseases					
<i>Sandhigata</i>	300	300	300	500	500
<i>Vartmagata</i>	100	100	100	100	100
<i>Shukragata</i>	500	500	500	500	600
<i>Krishna gata</i>	700	700	700	700	700
<i>Drishtigata</i>	800/1000	800	800	800	800
<i>Adhimanth</i>	1000	1000	1000	1000	1000

Samyaka Tarpana Lakshana:⁸

- Sound sleep
- Delightful awakening
- Cessation of secretion
- Directness of vision
- Discernment of individual colours
- The grace of the eye and proper functioning of the eye

- The ability of the eye to tolerate Sunlight.

Tarpana Atiyoga Lakshana:⁹

- Heaviness in eyes
- Blurry vision
- lacrimation
- Itching
- Stickiness and aggravation of *Doshas* especially

Kapha Dosha

Tarpana Heenayoga Lakshana:¹⁰

- Dryness
- Blurry vision
- Extreme lacrimation
- Excessive intolerance to light and aggravation of

the disease

Atiyoga and Heenayoga Tarpana Chikitsa:¹¹

Treatment was applied according to *Dosha's* predominance with *Dhoompana, Nasya, Anjana, and Seka. Snigdha Dryya* is used in diseases of *Vata, Ruksha* in *Kapha*, and *Sheeta* in *Pitta Dosha*.

SAMHITA	FORMULATION	DISEASES
<i>Sushruta Samhita:</i>	<ul style="list-style-type: none"> • • ♣ <i>Triphaladi Ghrita</i> • • ♣ <i>Tilvaka Ghrita</i> • • ♣ <i>Trivrutta Ghrita</i> 	<i>Amladhyusita, Shuktika, Pittaja Vidagdha Drishti, Kapha Vidagdha Drishti</i>
	<ul style="list-style-type: none"> • • ♣ <i>Purana Ghrita</i> 	<i>Timira</i>
<i>Ashtanga hridaya</i>	<ul style="list-style-type: none"> • • ♣ <i>Jivantyadi Ghrita</i> • • ♣ <i>Drakshadi Ghrita</i> 	<i>Timira</i> <i>Kacha, Timira, Abhishyanda, Shirashoola</i> <i>Naktandya, Vataja Timira, Krichrabodha</i>
<i>Chakradatta</i>	<ul style="list-style-type: none"> • • ♣ <i>Mahatriphaladi Ghrita</i> • • ♣ <i>Madhukadi Ghrita</i> • • ♣ <i>Vruksaadanyadi Ghrita</i> • • ♣ <i>Patoladi Ghrita</i> • • ♣ <i>Shashakadya Ghrita</i> • • ♣ <i>Kakolyadi Ghrita</i> 	<i>All Abhighattaja Akshiroga Sarva Akshiroga</i> <i>Timira, Naktandhya, Kacha, Nilika, Arbuda, Abhishyanda, Adhimantha, Pakshmakopa etc</i>

PROBABLE MODE OF ACTION OF TARPANA

There are two forms of drug instillation in the eyes one is Aqueous solutions, and another is aqueous suspensions. In aqueous solution form the drug is dissolved so the drug is completely available for immediate action. But it gets quickly diluted by tears and drains through the nasolacrimal duct. Hence, it causes low tissue contact time. Whereas in suspension forms the drug is present as small particles suspended in an aqueous medium and these do not leave the eye as early as a solution. Hence it increases the tissue contact time. Ointments and gels have more bioavailability of drugs which increases tissue contact time and prevents dilution and early absorption. The drug is delivered through a membrane. In the cornea, the epithelium and endothelium are lipid permeable i.e., lipophilic whereas the stromal layer is hydrophilic. Hence the lipophilic and hydrophilic drugs are effec-

tively delivered to the cornea, whereas the drug permeability across the sclera depends upon the molecular size and weight of the drug. The drugs used in the *Tarpana* procedure are a combination of *Ghrita* and medicines, hence the drug can easily cross the corneal epithelium (being lipophilic) and endothelium (being hydrophilic). Also due to more contact time, the active component of the drug used in *Tarpana* will be absorbed more to cure the diseases. This facilitates the action of the drug in two ways – one by allowing more absorption of the drug by the corneal surface and the second by direct pressure exerting upon the cornea surface. There may be changes in the refractive index of the cornea causing less convergence of light rays. The action of *Tarpana* over the axis, refractive index, and corneal curvature needs further studies with a large number of patients.

CONCLUSION

Tarpana is the first and most important *Kriyakalpa* procedure. *Tarpana* is a type of *Bhruna Snehana* type. *Tarpana* drugs are lipophilic in nature so can cross barriers and absorption and nourishes the intraocular and periocular structures and also strengthen all structure of the eyes. On behalf of the drug, *Tarpana* also uses for different *Netra rogas*. It can also cause changes in the power of the eye and visual acuity. After reviewing various research and available scientific data regarding *Tarpana* it can be concluded that *Tarpana* is a superior therapy for ocular health.

REFERENCES

1. Acharya Manik, editor. Chanakya Neeti, Azadpur, Delhi, Sadhana Publication, 2004, pg86.
2. Charaka Samhita of Agnivesha, elaborated by Charaka and Dridbala, edited with Charaka Chandrika hindi commentary by Dr. Brahmananda Tripathi, Vol. 2, Chaukhamba Surbharati Prakashan, Varanasi, seventh edition: 2000, Charak Sutras 5/16 pg115.
3. Sharangadhara Samhita of pandita Sharangadhara-charya containing Anjana nidāna of Maharishi Agnivesha, a noted with Dipika hindi commentary by Dr. Brahmanand Tripathi, Chaukhamba Surbharati Prakashan, Varanasi, edition 2004, Uttarkhanda 13 pg 430.
4. *Sushruta Samhita*, edited with Ayurveda Tattva Sandipika Hindi commentary part 2 by Dr. Kaviraja ShastriAmbika Dutta, Chaukhambha Prakashan, Varanasi, fourth edition:2001, pg.73.
5. *Sushruta Samhita* of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary by Kavi- raja Ambikadutta Sashtri, Vol. 2, Edition: reprint 2012, Chaukhamba Sanskrit Sansthan, Sushruta Uttartantra 18/18 pg95.
6. *Sushruta Samhita*, edited with Ayurveda Tattva Sandipika Hindi commentary part 2 by Dr. Kaviraja ShastriAmbika Dutta, Chaukhambha Prakashan, Varanasi, *Sushruta Uttartantra* 18/6-8.
7. *Sushruta Samhita*, edited with Ayurveda Tattva Sandipika Hindi commentary part 2 by Dr. Kaviraja ShastriAmbika Dutta, Chaukhambha Prakashan, Varanasi, *Sushruta Uttartantra* 18/10-11.
8. *Sushruta Samhita*, edited with Ayurveda Tattva Sandipika Hindi commentary part 2 by Dr. Kaviraja ShastriAmbika Dutta, Chaukhambha Prakashan, Varanasi, *Sushruta Uttartantra* 18/13.
9. *Sushruta Samhita*, edited with Ayurveda Tattva Sandipika Hindi commentary part 2 by Dr. Kaviraja Shastri Ambika Dutta, Chaukhambha Prakashan, Varanasi, *Sushruta Uttartantra* 18/14.
10. *Sushruta Samhita*, edited with Ayurveda Tattva Sandipika Hindi commentary part 2 by Dr. Kaviraja ShastriAmbika Dutta, Chaukhambha Prakashan, Varanasi, *Sushruta Uttartantra* 18/15.
11. *Sushruta Samhita*, edited with Ayurveda Tattva Sandipika Hindi commentary part 2 by Dr. Kaviraja ShastriAmbika Dutta, Chaukhambha Prakashan, Varanasi, *Sushruta Uttartantra* 18/16.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Komal Yadav et al: A Review on Netra Tarpana -A Special Eye Therapy. International Ayurvedic Medical Journal {online} 2023 {cited April 2023} Available from:

http://www.iamj.in/posts/images/upload/894_898.pdf