

APPLIED ASPECT OF TIMIR AND IT'S MANAGEMENT

Dr. Dinesh Gurjar¹, Dr. Rajendra Singh Patel^{2*} and Dr. Jagrati Richhariya³

¹P.G. Scholar Dep. of Shalakyta Tantra At Mansarovar Ayurvedic Medical College Hospital & Research Center Bhopal.

^{2,3}Assistant Professor Dep. of Shalakyta Tantra At Mansarovar Ayurvedic Medical College Hospital & Research Center Bhopal.

***Corresponding Author: Dr. Rajendra Singh Patel**

P.G. Scholar Dep. of Shalakyta Tantra At Mansarovar Ayurvedic Medical College Hospital & Research Center Bhopal.

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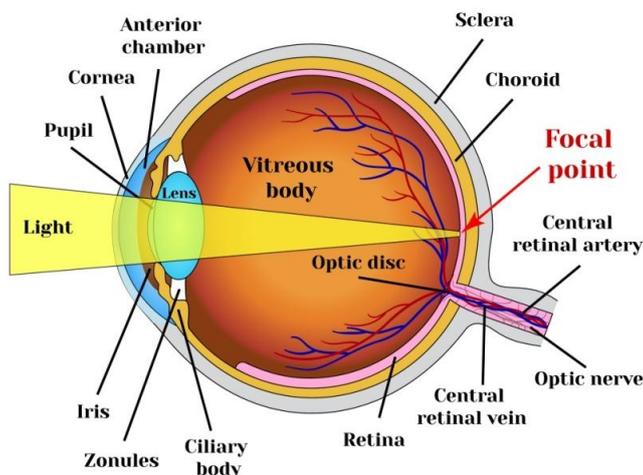
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ABSTRACT

Eye disease are much more important than any other physical disability, because once the vision is lost then that person is disabled for doing all regular works and activities; Timira is the Netra Vikara which comes under the Drishtigata Roga. Patalagata Timira Lakshana is clearly mentioned in Ayurvedic texts. The symptoms of any refractive error in which vision is altered can be correlate with Patalagata Timira Lakshana and should be treated according to that because the major criteria for the diagnosis of Netra Roga in Ayurveda is based upon the vision of the patient. As per Acharya Vagbhata Drishti Mandal of Netra is developed from Kapha and Rakta Drishti Indriya is also developed from Teja Mahabhuta.

KEYWORDS: Timir, refractive error, Patalgat Doshdushti, Rasayana yoga, PathykarAahar-Vihar.

Refractive errors



INTRODUCTION

Etymology of Timir: Tim+ Unadi suffix ‘Kirach’ (Shabdkalpadrum), It is derived as ‘Timi Kledane Aardri Bhavahaalti Yavatha’, which means – increase of watery substance in the eye. The meaning of Timir according to Amarkosha is given as darkness. Timir is one of the DrushtigataRogas, which causes vision disturbances.

Acharya Sushrut has explained 76 Netravaydhi.

1.	Sandhigata Rog	9
2.	Vartmagat Rog	21
3.	Shuklagat Rog	11
4.	Krishanagat Rog	4
5.	Sarvagat Rog	17
6.	Drishtigat Rog	12
7.	Bahaya Rog	2

Type Of Drushtigata Rog-

- 1-6. Timir, 7. Pittavidagdha Drishti,
8. Kaphavidagdha Drishti, 9. Dhumdarshi,
10. Harshvajadya, 11. Nakulandh,
12. Gambhirika

the disease occurring in the four patala of the eye is called Timir

Patala dusty laksana

1. Prathama Patala Dusti Lakshana - Dosās which have become aggravated, travel through the sirās (veins, blood vessels) and get localized in the prathama patala (the first layer) then the person sees all objects hazy.

2. Second Patala Dusti Lakshan- When the dosās invade the second layer, sight / vision becomes greatly deranged, the person sees (shapes of) flies, mosquitoes, hairs, net, circles flags, mirage, rings, different movements of stars, rain from the sky and darkness; thinks far off objects as though present nearby and objects nearby as present far away because of disorders of sight, he will not be able to see the eye (hole) of the needle though makes great efforts.

3. Third Patal Dusti Lakshan - When the dosās invade the third layer, the person will see objects present above but not those present below, sees even big objects as though covered with cloth, sees the face of others as though devoid of ears, nose and eyes; as the dosās become more aggravated, disorders of vision also increase; when the dosas are localized at the bottom the person will not see objects which are nearby, when localized at the top, he will not see far away objects: when localized in the sides he will not see objects sides, when localized at all places he sees objects as though combined; when localized in the centre, he finds one object as two, two objects as three; when the dosās are not localized (but are moving from place to place) he sees one object as many; This disease is known as Timira.

4. Fourth Patalagata Dustilakshan- When the dosas invade the fourth layer they obstruct the sight completely. this disease is called Linganaśa (loss of visual perception); even in this great disease when tamas (darkness) envelops or when the disease is not deep (powerful) the person will be able to see the moon, sun, stars, lightnings etc in the sky, free (open / naked) light and bright (shining / glistening) objects. This Linganaśa is also known as Nilika and Kaca.

TREATMENT

Timira involving first and second Patala in terms of symptoms, anatomical structures involved, and the pathogenesis of the disease. Though various drugs and local therapeutic procedures like snehana, raktmokshana, virechana, Nasya, Anjana, Akshi Tarpana, lepa, seka, etc., have been mentioned in Ayurvedic texts for the management of Timira,

1. Akshi-Tarpana - (Jeevanti Ghrita) Is the foremost on account of its sound literary and practical evidences. Previously, many works have been carried out on the efficacy of Akshi-Tarpana in Timira – with

encouraging results but no one has conducted the study with Shodhana Nasya prior to Akshi-Tarpana as indicated in all the Ayurvedic texts. In Timira, Chakshushya, Rasayana, and Tridosha mitigating action might be helpful.

Ghrita is one among the best Rasayana drugs and Jivanti is one among the best Chakshushya drugs, and most of the contents of Jeevanti Ghrita have Tridosha pacifying action.

other ghrita like -jeevanti ghrit, drakshadi ghrit, patoladi ghrit, triphla ghrit etc.

2. Anjana

a) Vataj Timir- Yashtimadhuchurna mixed with vasa of krishnasarpa, grudho use for Anjana.

b) Pitajj Timir- Raskriya made up of Rasanjana, Honey, Sugar, Manshila etc & Sarivadi Varti.

c) Kaphaj Timir- Vimala Varti, Kokiladi Varti. Use of Kasis, Rasanjana, Guda, Shunthi in the form of Raskriya can be applied.

3. Nasya karma

➤ Vataj Timir- Mudgparni, Shatavari, Balasidhhatrivrutt tail & Mastya, Anupamamsasidhha ghrit Jivantiyadi tail,

➤ Pitajj Timir – Use of Aajaghrita made up of Kaakolyadigana Aaushadhi.

➤ Kaphaj Timir - Sahadi, Vidarigandhadisidhha Tail and use of Ushira, Lodhra, Triphala, Priyangusidhha Tiltail.

Sadhy asdhyta of Timir

Acharya Sushrut said Pratham Patalashrit Timir is Sadhya, Dwitya Patalashrit Timir is Krichsadhya and Ragaprapta Tritya Patalashrit Timir is Yapya. All Lingnasha except Kaphaja is Asadhya.

As per Vagbhata Acharya all types of Timir are Sadhya, Kach are Yapya and all Lingnash are Asadhya except kaphajlingnash, as it said to be Shastrakrit.

Pathya apathya in Timir

Pathya - Mudga (green gram), Sita, Jeevanti, Vastuk, Patol, Karwellak, Kumara, Vihangamamsa, Jangal Yava, Lohitshali (red rice,) and Mayuramamsa, Dadim, Draksha, Triphala, Ajaaghrit, Peya, Vilepi, Yush etc
Apathya- Ushna, Vidahi, Ruksha Aahar.

CONCLUSION

Treatment modalities described in Ayurvedic text helps to prevent vision disorder and to maintain the visual acuity, Thus Ayurvedic principles and line of treatment are eternal. Patalgat Timir can be correlated with refractive error or cataract in symptoms point of view.

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