

PROBABLE MODE OF ACTION OF *HARITAKYADI VARTI* IN *NETRA KANDU* AND *NETRA TIMIR*

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ABSTRACT

Haritakyadi Varti is a classical Ayurvedic formulation described in *Bhaishajya Ratnavali (64/195)*^[1] for the management of The formulation containing *Haritaki (Terminalia chebula)*, *Haridra (Curcuma longa)*, *Pippali (Piper longum)*, and *Saindhava Lavana* possesses significant pharmacological activities beneficial for ocular health. It is indicated in conditions such as *Netra KandU* (ocular itching) and *Netra Timir* (visual impairment/refractive errors). The therapeutic efficacy of *Haritakyadi Varti* can be understood through both *Ayurvedic* principles and modern pharmacological perspectives. The ingredients collectively exhibit *Kapha-Vata Shaman*, *Lekhana*, *Shothahara*, *Krimighna*, *Rasayana*, *Chakshushya*, antioxidant, anti-inflammatory, antimicrobial, and bioavailability-enhancing properties. These actions help in relieving itching, reducing inflammation, clearing ocular channels, improving local circulation, and promoting visual function.

KEYWORDS: *Haritakyadi Varti* can be understood through both *Ayurvedic* principles and modern pharmacological perspectives.

INTRODUCTION

In *Ayurveda*, ocular diseases are described in detail under *Shalaky Tantra*. *Netra KandU* is mainly caused by vitiation of *Kapha Dosha* associated with irritation and itching of the eyes, while *Netra Timir* is considered a progressive visual disorder involving impairment of visual perception due to derangement of *Doshas* affecting ocular tissues.

Varti Kalpana is a specialized ophthalmic dosage form intended for local ocular application. Due to direct contact with ocular tissues, *Varti* preparations provide rapid therapeutic action. *Haritakyadi Varti* is one such formulation indicated in eye disorders involving itching, turbidity, and diminished vision.

Table No. 1: Showing ingredients of *Haritakyadi Varti*.^[2,3]

Ingredient	Botanical Name	Rasa Panchak	Important Properties
Haritaki	<i>Terminalia chebula</i>	Rasa – <i>Kashaya pradhan Lavan varjit</i> Pancha rasa Guna – <i>Ruksha, Laghu</i> Virya – <i>Ushna</i> Vipaka – <i>Madhura</i>	<i>Tridoshahara, Rasayana, Chakshushya</i>
Haridra	<i>Curcuma longa</i>	Rasa – <i>Katu - Tikta</i> Virya – <i>Ushna</i> Vipaka – <i>Katu</i>	<i>Kaphahara, Krimighna, Shothahara</i>
Pippali	<i>Piper longum</i>	Rasa – <i>Katu, Tikta</i> Guna – <i>Snigdha, Laghu</i>	<i>Deepana, Yogavahi, Srotoshodhaka</i>

		<i>Virya – Anushna</i> <i>Vipaka – Madhura</i>	
<i>Saindhava</i> <i>Lavana</i>	Rock salt	<i>Rasa – Lavana Madhura</i> <i>Guna – Snighdha, Tikshna</i> <i>Virya – Sheeta</i>	<i>Sukshma, Tridoshaghna, Lekhana,</i> <i>Chakshushya</i>

Ayurvedic Perspective of Mode of Action^[4]

1. Action in *Netra Kandu*

I. *Kapha Shamana*

Netra Kandu is predominantly a *Kapha Pradhana* disorder characterized by itching, heaviness, and mucous secretion. *Haritaki*, *Haridra*, and *Pippali* possess *Katu*, *Tikta*, and *Kashaya Rasa* along with *Laghu* and *Ruksha Guna*, which help in reducing aggravated *Kapha*.

II. *Lekhana and Srotoshodhana*

Saindhava Lavana and *Pippali* possess *Sukshma* and *Lekhana* properties, helping in clearing obstructed ocular channels (*Srotas*). This removes accumulated secretions and reduces ocular irritation.

III. *Krimighna and Kandughna* Action

Haridra exhibits strong *Krimighna* and *Kandughna* properties which help in relieving itching and preventing microbial involvement in ocular disorders.

IV. *Shothahara Karma*

Inflammation is commonly associated with ocular itching. *Haridra* and *Haritaki* possess *Shothahara* activity that reduces swelling, redness, and irritation.

1) Probable Action in *Netra Timir*

I. *Chakshushya* and *Rasayana* Effect

Haritaki is considered *Chakshushya* and *Rasayana*, nourishing ocular tissues and promoting visual strength. It supports proper functioning of *Alochaka Pitta*, which is responsible for vision.

II. Improvement of Microcirculation

Pippali enhances circulation and improves tissue penetration due to its *Tikshna* and *Sukshma* properties. Better nourishment of ocular tissues may help in visual clarity.

III. Removal of *Avarana*

According to *Ayurveda*, *Timir* may involve obstruction of channels supplying nourishment to the eye. *Saindhava Lavana* and *Pippali* aid in *Srotoshodhana*, facilitating proper nutrient transport.

IV. Balancing *Vata* and *Kapha*

Visual disturbances often involve *Vata-Kapha Dushti*. *Haritaki* acts as a mild *Vatanulomaka*, while *Haridra* and *Pippali* reduce *Kapha* accumulation, thereby restoring ocular balance.

Modern Pharmacological Perspective

1) *Haritaki (Terminalia chebula)*

Haritaki contains tannins, gallic acid, and chebulinic acid which exhibit.

- Antioxidant activity
- Anti-inflammatory action
- Antimicrobial effect
- Tissue healing properties

Oxidative stress is an important factor in ocular degeneration and visual impairment. Antioxidants in *Haritaki* help protect ocular tissues from free radical damage.

2) *Haridra (Curcuma longa)*

Curcumin, the active constituent of *Haridra*, possesses.

- Potent anti-inflammatory activity
- Antiallergic effect
- Antioxidant action
- Antimicrobial activity

These properties help reduce allergic itching, conjunctival inflammation, and oxidative stress in ocular tissues.

3) *Pippali (Piper longum)*

Piperine present in *Pippali* acts as.

- Bioavailability enhancer
- Anti-inflammatory agent
- Antioxidant
- Immunomodulator

Piperine may improve penetration and therapeutic efficacy of other ingredients in the formulation.

4) *Saindhava Lavana*

Saindhava Lavana helps by.

- Maintaining osmotic balance
- Reducing mucous accumulation
- Improving drug absorption
- Providing cleansing action

Its hygroscopic and penetrating nature facilitates better contact of the formulation with ocular tissues.

Table No. – 2: Showing properties of ingredients of *Haritakyadi Varti*.

<i>Haritaki</i>	<i>Haridra</i>	<i>Pippali</i>	<i>Saindhava Lavana</i>
1) Antioxidant activity	1) Potent anti-inflammatory activity	1) Bioavailability enhancer	1) Maintaining osmotic balance
2) Anti-inflammatory action	2) Antiallergic effect	2) Anti-inflammatory agent	2) Reducing mucous accumulation
3) Antimicrobial effect	3) Antioxidant action	3) Antioxidant	3) Improving drug absorption
4) Tissue healing properties	4) Antimicrobial activity	4) Immunomodulator	4) Providing cleansing action

- **Synergistic Action of *Haritakyadi Varti***

The combination of ingredients acts synergistically through.

- Reduction of ocular itching and irritation
- Suppression of inflammation
- Cleansing of ocular channels
- Prevention of microbial growth
- Antioxidant protection of ocular tissues
- Enhancement of local drug penetration
- Nourishment and rejuvenation of ocular structures

Thus, *Haritakyadi Varti* acts both symptomatically and pathogenetically in *Netra Kandu* and *Netra Timir*.

CONCLUSION

Haritakyadi Varti is an effective Ayurvedic ophthalmic formulation with multidimensional therapeutic actions. From the Ayurvedic perspective, it pacifies *Kapha* and *Vata Dosha*, performs *Lekhana*, *Srotoshodhana*, *Kandughna*, *Rasayana* and *Chakshushya* actions. Modern pharmacological attributes such as anti-inflammatory, antioxidant, antimicrobial, and bioavailability-enhancing activities further support its efficacy. The combined action of *Haritaki*, *Haridra*, *Pippali*, and *Saindhava Lavana* helps alleviate ocular itching, reduce inflammation, improve ocular nourishment, and support visual function in conditions like *Netra Kandu* and *Netra Timir*. *Haritaki* acts as a rejuvenative and antioxidant agent, *Haridra* provides anti-inflammatory and antiallergic effects, *Pippali* enhances drug penetration and bioavailability, while *Saindhava Lavana* facilitates cleansing and absorption. Collectively, these actions help relieve ocular itching, reduce inflammation, clear ocular channels, nourish eye tissues, and support visual function.

From a modern pharmacological perspective, the antioxidant, antimicrobial, anti-inflammatory, and immunomodulatory properties of the ingredients further justify the therapeutic utility of *Haritakyadi Varti* in ocular diseases. Therefore, *Haritakyadi Varti* can be considered a promising Ayurvedic ophthalmic formulation for the management of various eye disorders, particularly those associated with itching, irritation, and visual impairment.

DISCUSSION

Haritakyadi Varti is a classical Ayurvedic ophthalmic formulation designed to manage ocular disorders predominantly associated with *Kapha* and *Vata Dosha*. The ingredients namely *Haritaki*, *Haridra*, *Pippali*, and *Saindhava Lavana* possess significant therapeutic properties that collectively contribute to its efficacy in conditions like *Netra Kandu* and *Netra Timir*.

Netra Kandu is mainly characterized by itching, irritation, mild inflammation, and secretions due to aggravated *Kapha Dosha*. The formulation contains drugs having *Katu*, *Tikta*, and *Kashaya Rasa*, which are known for their *Kapha*-pacifying action. *Haridra* acts as a potent *Kandughna*, *Krimighna*, and *Shothahara* drug,

thereby helping in reducing ocular itching, inflammation, and possible microbial contamination. The anti-inflammatory and antiallergic action of curcumin present in *Haridra* further supports its role in relieving allergic ocular manifestations.

Haritaki, being a well-known *Rasayana* and *Chakshushya* drug, nourishes ocular tissues and helps maintain the integrity of visual functions. Its antioxidant properties may protect ocular tissues from oxidative damage which is considered one of the important contributing factors in degenerative eye conditions. In *Ayurveda*, *Haritaki* is also known to balance all the three *Doshas*, especially *Vata* and *Kapha*, which are commonly involved in ocular disorders.

Pippali possesses *Tikshna*, *Laghu*, and *Sukshma Guna*, which facilitate deeper penetration of the formulation into ocular tissues. Piperine present in *Pippali* acts as a bioavailability enhancer and may improve the therapeutic efficacy of the other ingredients. Additionally, its anti-inflammatory and immunomodulatory activities help reduce ocular irritation and tissue damage.

Saindhava Lavana contributes through its *Sukshma*, *Snigdha*, and *Lekhana* properties. It helps in cleansing the ocular channels (*Srotoshodhana*), reducing mucous accumulation, and improving drug absorption. Its hygroscopic nature may aid in maintaining local tissue balance and enhancing the action of the formulation.

In *Netra Timir*, impairment of vision occurs due to vitiation of *Doshas* affecting ocular tissues and visual pathways. The combined *Rasayana*, antioxidant, and *Srotoshodhaka* actions of *Haritakyadi Varti* may help in improving ocular nourishment and maintaining proper visual function. The formulation may also support microcirculation and reduce oxidative stress, thereby slowing degenerative changes in ocular tissues. As a topical ophthalmic preparation, *Varti Kalpana* allows direct drug contact with ocular tissues, providing localized action with rapid therapeutic effect. The synergistic action of all ingredients makes *Haritakyadi Varti* effective in reducing itching, inflammation, secretions, and visual disturbances associated with ocular disorders.

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