

LITERARY REVIEW OF NETRA TARPAN IN NETRA ROGA

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ABSTRACT

In Shalakyatantra among the five sense organs. Siro and netra are the most important. This sense organ acquires most importance as this is one of the vital sense perceptions for human beings. While treating Netra Roga it is necessary to eliminate all the four vitiated doshas for total vyadhi shaman. Kriyakalpa is the main therapeutic process for Netra rogas. Kriyakalpa means the procedures in which various drugs are applied in & around the eye ball as a treatment modality, the importance of Ayurvedic treatment in the diseases of eyes cannot be ignored. There is a great need to find out an ocular procedure for prevention and treatment of eye diseases having no or least adverse effect. Tarpan karma is one of the local therapeutic procedures which if promptly used shows objective evidences of excellent responses. In this Article there is a review on netra tarpan karma there indication, contraindication and mode of action.

KEYWORDS: Shalakyatantra, Netra roga, Netra tarpan.

INTRODUCTION

Tarpana is usually practiced Kriya in Netra Chikitsa which is Brimhana (nourishing) in nature. It is also commonly known as Netra Basti or Akshitarpana. Netra refers to eyes and Basti stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated ghee. The literary meaning of Tarpana is to nourish the eye by fatty materials. Netra Tarpana is a procedure in which comfortably warm medicated ghee is kept over the eyes for a certain period of time with the help of a specially formed frame ring prepared from black gram powder or similar material that help to retain medicated ghee for certain duration. Tarpana is useful both in healthy as well as diseased persons. In healthy persons it is carried out to protect the eyes from degeneration due to aging process and to improve the eyesight. Tarpana is a Snigdha Kriya indicated in Vata Dusta ophthalmic conditions mainly in Dristigata Rogas. It is commonly indicated in macular degeneration, computer eye strain, degenerative conditions, 7th-6th nerve palsies, myasthenia gravis, drooping of eyelid. This Review study was performed with the aim to study the concept of Netra Tarpana, understand the standard procedure of Netra Tarpana and its efficacy.

Therapeutic is defined as the branch of medicine concerned with the treatment of disease and the action of

remedial agents or a therapy, or drug. Ayurvedic therapeutics (Kriyakalpa) helps in maintaining Swasthya and to cure diseases.

Kriya= Therapeutic action Kalpa= specific formulation of medicines.

Eyes are the only organ in the body which receives separate Treatment modality like Kriyakalpa as a Bahyaparimarjan Chikitsa and no other organs are individually receives the treatment modalities like Kriyakalpa on eyes. Tarpana karma is one of the local therapeutic procedures which if promptly used shows objective evidences of excellent responses. Tarpana is usually practiced Kriya in Netra Chikitsa which is Brimhana (nourishing) in nature.^[1]

MATERIALS AND METHODS

References regarding Netra Tarpana were collected from various classical and Ayurveda published works, published research papers from Pub Med, Google Scholar, previous work done and compilation was done. Concept of Tarpana in Netra roga Chikitsa was studied in detail.

Tarpan karm

Purva Karma (Pre-treatment procedure)^[2]

1. Preparation of the patient

- The parson is thoroughly examined.
- Explain the person about procedure.

2. Preparation for the treatment

Materials:- Ghruta (medicated ghee), Flour of black gram for the construction of Netra Tarpana socket, induction, bowls, vessels, spoons Sterile cloth/cotton.

Sterile preparation of the items- required items like cloth, cotton, bowl, and spoon are sterile with autoclave sterilization method.

Immediate Purvakarma's

- **Kaya Shuddhi:** Body cleansing (purifying, detoxifying) measures including - Vamana - therapeutic emesis (vomiting) and Virechana-therapeutic purgation
- **Shiro-Shuddhi.** Head cleansing measure (treatments meant for purifying and detoxifying head and sense organs) i.e. Nasya or Shiro-virechana (Nasal instillation of medications)

3. Preparing the flour ring - Flour of black gram will be mixed thoroughly in a sterile vessel by adding water and little. The mixture is made into a bolus. From this, 2 small rings so as to fit around the eye socket are prepared. That means to tell that the inner circumference of the ring will fit on the boundary of the socket of the eye so as to enclose the eye within it. The height of the ring should be of 2 angula's^[3] (1 angula=1.75 cm approximately). Small quantity of prepared flour should be kept in a small bowl This would be useful to seal the junction of the ring with the socket of the eye so as to prevent leakage of medicaments.

4. Preparing the medicine The ghee which would be used for Netra Tarpanam shall be liquefied and kept lukewarm For this, the required quantity of ghee is put in a small sterile bowl. The small bowl is placed in a big vessel having hot water. After the Ghruta gets melted its temperature should be checked (manually). The medicine should be administered.

5. Fomentation - A gentle fomentation is given to the eyes with cloth dipped in warm water before the treatment. The water shall be wiped off with a sterile cloth or cotton before constructing the Tarpana ring.

Pradhana Karma (Treatment proper)^[3]

After explaining the method of treatment to the patient in detail, he or she shall be taken to a place devoid of heavy breeze or air to conduct Akshi Tarpana treatment.

1. Season and Time of Tarpana treatment: The treatment shall be done in 'Sadharana Kala' i.e. in a season which is neither too hot nor too cold and when there is no rain or sky enveloped with clouds. The treatment should be conducted either in the morning time or evening time or at both times if the condition of the disease demands an extra attention.

2. Position of the patient: The patient is made to sleep supine (on the back or facing the roof). He or she shall be given a neck support.

3. Construction of Netra Tarpana cabinet (ring) around the eye: The rings of flour which were kept ready in the Purvakarma are inserted over the eye sockets, (one on each eye) such that the eyes are enclosed within their respective rings. The junctions of the rings with eye sockets are sealed with wet flour so that the medicament doesn't leak or escape during the process of the treatment.



4. Filling the Tarpana Ring with medicine - The medicated ghee (ghrita) which was melted and kept warm in the Purvakarma is gently poured in the Netra Tarpana cabinets such that the eyes are dipped within the medicine. The patient is advised to close the eyes while dropping the medicine in the ring. Later he or she is instructed to open and close the eyes repeatedly so that the interior of eyes come into the contact of the medicines intermittently. The medicaments are left in place for a fixed duration. of time. The patient might experience burning sensation during the process of the treatment but he or she should be intimated that it is quiet natural to happen. The irritation will come down once the medicines are removed.

Doses of drug- Approx 35 ml for both eyes

Paschat Karma (post treatment procedures)^[4]

1. Removing the medicine -The medicine is removed by creating a small. hole in the lower portion of the wall of the flour ring at the outer angle of the eye and draining the contents in a bowl. Alternately, the wall of the ring is broken at the outer canthus (outer angle of the eye) and the contents are drained in a bowl.
2. Wiping the eyes and the surrounding area The medicines sticking to the eye and the sockets are swabbed out by wiping them off with the help of a sterile cotton pad or a tissue paper. Later the eyes can be wiped off gently with a sterile cloth dipped in warm water or the same cloth is used to give a gentle fomentation to the eyes.
3. Dhumapana- Herbal Smoking should be given to eliminate the Kapha which has been exaggerated

due to the administration of Ghrita and or Ghrita Manda in Netra Tarpana.



4. Virechana Nasya or Shiro-virechana - Purgatory/strong and intense nasal medications are instilled and it serves the same purpose of Dhumapana. Nasya can be altered with Dhumapana (used purely on the decision of the doctor)

5. Putapaka- After the Netra Tarpana, a procedure called Putapaka is done. The eyes get tired after Tarpana. Putapaka is done to ward off the tiredness. The method of treatment is similar to that of Netra Tarpana. Mamsarasa (meat-soup). Dugdha (medicated milk), Ghrita (medicated ghee), Vasa (muscle fat) etc.

Indications of Netra Tarpanam^[5]

- Tamyati -feeling of darkness in front of eyes (also due to irritation after exposure to light).
- Ati vishushkam -excessive dryness of the eyes.
- Ati daruna- eyes appear to have hardened.
- Sheena pakshma -eye lashes falling down.
- avila netram- dirtiness of eyes.
- Jihma netram -abnormal deviation of eye ball.
- Roga klishtam -eyes which have been constantly and repeatedly afflicted and debilitated due to many diseases.

Contra-indications of Netra Tarpana^[6]

- Durdina - cloudy day
- Atyushna dina -very hot day
- Ati sheeta dina - very cold day
- Chinta-person who is mentally worried
- Aayasa- after physical exhaustion
- Bhrama- giddiness
- Ashanta upadrava -when complications like inflammation, redness, severe pain etc persists in the eye.

Probable mode of the action of Tarpana

- First of all Sthanika mrudu snehana & swedana was given (this could have helped in dilation of conjunctival sac & limbal vessels which in turn helps in better absorption)
- Topically instilled medications largely penetrate intraocularly through the cornea.

- The cornea epithelium & endothelium are lipophilic and are crossed readily by lipid soluble drug.
- The active principles in medicated ghruta easily gain entry through corneal epithelium irrespective of their low molecular size
- Duration of tarpana upto 9 to 10 mints approx.
- Ghruta is highly viscous the contact time is increased & this helps penetrating of drug through cornea
- The drug absorbed through cornea & enters into the anterior Chamber & they enter the capillaries & reaches ophthalmic arteries.
- The active principle of medicated ghruta reaches central nervous system & nourishes the structures around Including the nerves supplying of eyes
- There by strengthening the ocular muscles This might have helped in some asthenopic symptoms (eye strain, headache, watering etc.)
- The pressure execrated by ghruta its surface tension & contact time with cornea would have helped in flattening the sleep corneal surface to some extent.

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