

**A REVIEW: TARPANA THERAPY AND INTENSE PULSE LIGHT THERAPY IN DRY EYE SYNDROME**¹*Dr. Bhagyashri Radhakisan Dale and ²Dr. Neeta Patil¹Pg Scholar Ms Shalakyatantra and ²Professor Dept. of Shalakyatantra
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ABSTRACT

Dry eye syndrome is a common condition world wide and a primary reason for visit to Ophthalmologist. In ayurvedic point of view dry eye syndrome include in Sarvagatanetraroga term as Shushkakshipaka commonly occur due to Ati and Mithya yogas. Ex-Excess screen time, Outdoor Work, Direct blow of AC, etc. Dry eye syndrome is the group of symptoms which includes irritation, redness, dryness of eye, grittiness, preaking, etc.

- Prevalence Rate of Dry Eye Syndrome in INDIA is 14.35%.^[1]

KEYWORDS: Shushkakshipaka, Dry Eye Syndrome, Tarpana Therapy, Intense Pulse Light Therapy.**INTRODUCTION**

In modern point of view Dry eye syndrome also known as dry eye disease or keratoconjunctivitis sicca.

DES is a group of symptoms which includes irritation, burning, redness and dryness of eye due to instability of tear film.

The tear film is approximately 2 to 5.5 micrometer thick over the cornea and comprises 3 main layers – Lipid layer, aqueous layer and Mucin layer. In ayurveda dry eye syndrome mentioned by sushruta as well as vagbhata as a Shushkakshipaka. It is one of the sarvagatnetrarogas caused by elevation of vata and pitta doshas.^[2] Tarpana is the important ocular therapy mentioned for netragata rogas which nourishes the eyes and cures vata pitta doshas.^[3]

SYMPTOMS OF SUSHKAKSHIPAKA AS PER AYURVEDA

- Dryness of eye (akshishushkata),
- Irritation (tod),
- Redness (rag)

SYMPTOMS ACCORDING TO MODERN

- Irritation,
- Burning,
- Dryness of eye,
- Redness

CAUSES

- Excessive use of screen

- Decrease tear production
- Increased tear evaporation

CLASSIFICATION BASED ON SYMPTOMS

- Mild dry eye syndrome
- Moderate dry eye syndrome
- Severe dry eye syndrome

SAMPRAPTI (PATHOGENESIS)

Dry eye is classified etiopathogenetically into Aqueous Tear Deficient Dry Eye, which results from reduced lacrimal gland secretion or impaired tear delivery due to sensory nerve dysfunction or conjunctival scarring, and Evaporative Dry Eye, commonly caused by meibomian gland dysfunction that destabilizes the tear film lipid layer, with both forms contributing to tear hyperosmolarity and instability of the lacrimal functional unit.

TREATMENT APPROCHES**According to ayurveda**

Tarpana therapy with
Madhura, Amla, Katu, Tikt, Kashyaya rasatmaka dravya, Sita virya dravya, laghu gunatmaka, Which balance vata –pitta dosha.
Some ghritha use to treat shushkakshipaka:
Goghrita, Triphala ghritha jivantyadi ghritha

Netra Tarpana Procedure

Step 1: Before undergoing Netra Tarpana, a thorough Ayurvedic consultation is neccessary. The practitioner considers the individual's dosha (body constitution),

specific eye conditions, and overall health to decide the treatment accordingly.

Step 2: The eyes are prepared for the tarpana therapy through a gentle massage around the eye sockets, promoting relaxation and enhancing the absorption of the nourishing substances.

Step 3: With care and precision, the practitioner constructs the dough dam around the eyes and fills it with warm, medicated ghee or herbal oils, allowing the eyes to blink upto 100 matras.

Step 4: As the eyes soak in the nourishing elixir, the individual is encouraged to relax, The duration of the therapy may vary, typically lasting 15 to 30 minutes for 7 days.

Step 5: After the therapy, the eyes may be gently cleaned, and the individual may be advised to rest for a short period, avoiding exposure to bright lights or screens.

ACCORDING TO MODERN

Intense pulse light therapy Procedure

Initial Consultation: Patient is assessed for suitability (MGD severity, skin type, medical history). Tests may include tear break-up time, meibography, or Schirmer's test.

Pre-Treatment Preparation

Patient's face is cleaned to remove oils and makeup. Protective eye shields or goggles are placed to protect the eyes from light exposure. A cooling gel is applied to the treatment area (cheeks and under the eyes).

IPL Treatment

A handheld IPL device emits controlled pulses of broad-spectrum light. Light is applied in a series of pulses along the cheekbone and lower eyelid area. The light helps liquefy and release clogged meibomian gland secretions and reduce inflammation by targeting abnormal blood vessels. Post-IPL Expression (Optional): In some protocols, meibomian gland expression is done immediately after IPL to manually express the melted oil from the glands.

Post-Treatment Care

The gel is cleaned off, and sunscreen may be applied. Patients are advised to avoid sun exposure for several days. Mild redness or warmth may occur but usually subsides quickly.

Treatment Schedule

Typically, 3–4 sessions are performed at 2–4 week intervals. Maintenance sessions may be recommended every 6–12 months.

DISCUSSION

In today's life style dry eye syndrome is more common due to excessive screen time, outdoor work, etc. Dryness of eyes occurs due to meibomian gland dysfunction. In ayurveda for Triphala ghrita tarpana therapy mentioned for shushkakshipaka treatment. Which reduces the vata

pitta dosha.

Mode of action of tarpana therapy: Tarpana therapy indicated in netrarogas because of chakshushya, snehana and rasayana properties of tarpana dravya, immunomodulator and anti-inflammatory property due to their rasa, virya, vipaka and guna of tarpana dravya which reduces the vata-pitta dosha. It gets relief from dry eye syndrome.^[4]

Mode of action of IPL Therapy: In modern science there is newly introduced Intense Pulse Therapy (IPL) for dry eye syndrome. IPL system is a non-layer large source of light that produces non-coherent light. Which works on the basis of heat mainly targeting meibomian glands to improve their functions, normalise tear quality and relieve dry eye syndrome symptoms.^[5]

CONCLUSION

Tarpana therapy and Intense Pulse light Therapy both are effective on Dry Eye Syndrome. But Tarpana is affordable for all patients. Because of cost of IPL Therapy is more than Tarpana therapy.

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