iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 10 **Issue:** VII **Month of publication:** July 2022

DOI: https://doi.org/10.22214/ijraset.2022.45554

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 10 Issue VII July 2022- Available at www.ijraset.com

Netra Tarpana: An Ocular Therapy in Ayurveda for Maintenance of Eyes

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Abstract: ***Netra (eyeball) is a fundamental organ of perception. There are restrictions notwithstanding the remarkable developments and advancements in modern ophthalmology. There is currently no solution for this specific eye problem in modern medicine. The majority of inflammatory eye conditions are successfully managed by western medicine. Even the most cutting-edge new generation techniques cannot treat neurological eye diseases or degenerative eye problems. Neurological and degenerative eye conditions are common among patients in India alone. Even though ophthalmology has seen significant and astounding improvements in modern medicine recently, the importance of Ayurveda treatment for eye disorders cannot be understated. An old medicinal system called Ayurveda offers helpful guidance for both treatment and prevention.***
In order to prevent and treat eye diseases, it is vital to find an ocular procedure with few adverse effects. One of the most popular eye treatments in Ayurveda, Tarpana is acknowledged to offer a permanent solution to the issue of ocular disorders. Therefore, it is essential to look into Tarpana mechanism of action and present a precise pharmacodynamics picture of the drug in order to justify its use in a way that is grounded in science. An effort was made to find the scientific evidence that can support Ayurveda teachings with this viewpoint.
Keywords: Tarpana, Ayurveda, Kriyakalpa, Ghrita Akshi, and Chikitsa.

I. INTRODUCTION

The main sense that God endowed mankind with is their eyes. The *Ayurveda* saying "*Sarvendriyanam-Nayanam-Pradhanam*" [i] emphasises the importance of the eye, stating that it is the most important sense organ among all others. *Sushruta* talks in-depth about it. *Sushruta* explains the medicinal, curative, and preventative uses of *Netra* over the course of 19 chapters in *Uttartantra.* For *Indriya-janya-gyana,* which is regarded to be the source of *Pratyaksha gyana, Netra (Akshi*) is a crucial organ (direct perception) of the five *Indriya* (sensory organs*), Netra* is without a doubt the most crucial because it is how we acquire knowledge.

All materials, whether living or non-living, are made up of five basic components termed *Panchamahabhuta,* and all body parts are composed of the combination of these *Mahabhuta,* according to ancient Indian philosophy. The key figure in *Netra* case is *Teja Mahabhuta*[ii]. As a result, because *Teja Mahabhuta* is completely opposed to *Kapha Dosha,* the *Netra* organ is constantly at risk. The eye is where *Alochaka Pitta* is located. Everyone should make conscious efforts to maintain their vision until the end of life, in *Ashtanga Hridaya* opinion, as a blind person will not benefit from this beautiful planet, regardless of riches. [iii]. Use of *Nasya, Anjana, Tarpana,* and other therapies should be made in an effort to strengthen the eyes. The diversity of the world will merge into a single, uniform blackness once vision is lost. Even though ophthalmology has made significant and amazing strides recently, the value of Ayurvedic treatment for eye problems cannot be overstated. With the exception of *Samanya Chikitsa*, every branch of *Ayurveda* has produced *Visishta Chikitsa.* For instance, the *Chikitsardha in Kayachikitsa, Shalyachikitsa*, and *Shalakya Chikitsa,* respectively, are *Basti Chikitsa, Rakthamokshana, and Kriyakalpa*. *Kriyakalpa* are special techniques employed in *Shalakya Tantra* that have a significant impact on *Netra Vikara* control. *Kriyakalpa* are designed to lessen the effects that *Sthanika-khavaigunya* and vitiated *Dosha* have on *Netra Avayava*. *Kriyakalpa* can also be practised as *Swasthya-Sanrakshaka-Prayoga* to preserve the health of the sense organs and relieve illnesses brought on by ageing. *Kriyakalpa* is made up of *Seka, Aschyothana, Tarpana, Putapaka, Anjana, Bidalaka, and Pindi.*[iv] The most crucial *Kriya Kalpa* for treating eye disorders is *Netra Tarpana*. *Akshitarpana* is one of the particular remedies for numerous eye issues. For maintaining appropriate eye health, *Akshitarpana* is both a therapeutic and preventive therapy. Natural settings contain *Brimhana.* In Sanskrit, the words "*Akshitarpana*" (also known as "*Netrabasti"*) allude to the process of feeding or rehydration, and "*Akshi"* is the term for the eye.

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Thus, the name collectively refers to eye feeding or, in a way, ocular rehydration. *Ayurveda* care centres offer *Akshitarpana,* a cleansing and regeneration procedure, as a *Panchakarma* treatment. The *Akshi Tarpana* method uses lukewarm medicinal ghee to administer The *Akshi Tarpana* procedure involves placing lukewarm medicinal ghee into a specially made frame and allowing it to remain stationary in the eyes for a certain amount of time. The therapy is particularly beneficial for treating a number of eye conditions as well as for relieving eye strain so that the eyes can remain still for a period of time. Since ancient times, *Akshi Tarpana* has been used in *Ayurveda* to enhance vision. It is especially beneficial for people who spend long hours using equipment that strain their eyes, such as computers. It is the *Kriya Kalpa* that *Netra* practitioners enjoy and use the most. It strengthens *Drishti Shakti* while also nourishing the eyes.
In *Vataja* and *Pittaja Vikara,* it is a very successful preventive and curative approach.

A. Indications for Tarpana Karma[v,vi]

1) *Tarpana Karma* Indicators,
2) When a patient notices the gloom in front of their eyes.
3) Eyes that are dry.
4) The eyeballs' roughness.
5) Tightness in the eyelids.
6) A drop in eyelashes.
7) The eyes filthiness.
8) Deviated or squinted eyes.
9) In the most severe worsening of eye disorders.
10) Traumatic or injury-related ocular ailment.
11) Illnesses that are primarily *Pitta* or *Vata.*

A list of diseases that have been carefully selected for *Tarpana Karma* has also been provided by *Acharya Vagbhata.* The following people have eye problems: Subconjunctival haemorrhage in *Arjuna,* conjunctivitis in *Syanda,* glaucoma in *Adhimantha,* and *Anyatovata* (referred pain in the eye or sphenoidal sinusitis), *Tama* (dizziness), *Siraharsha (*conjunctival blood vessel congestion), *Sirotpata* (episcleritis), *Vataparyaya,* and *Kricchronmilan* (corneal opacity).

Indications against using *Tarpanakarma*[vii] *Acharya Sukrata* asserts that *Tarpana* is not recommended on cloudy days.

- Seasons of extreme heat or cold.
- When there are fears and anxiousness.
- When your eyes are giddy and you are exhausted.
- In eye-related problems.

II. PROCEDURE

Shodhana Karma is carried out in accordance with accepted procedure. *Sthanika Abhyanga* and *Mridu Swedana* finished later.

A. Practice Karma

On an auspicious day, *Akshitarpana* is best administered in the early or late afternoon after the patient has digested their food and has undergone the necessary cleansing procedures. The patient is given access to a room that is open, well-lit, and free of dust in which to lay down and rest. The Pali (wall) around the eyes is then covered with Masha paste to form a sturdy, leak-proof barrier. *Vagbhata* says that *Pali* can grow to a height of 2 *Angula.*

B. The Passata Karma

The eye is then fomenteated with lukewarm water after the *Ghrita* has been stored for a set amount of time through a hole in the dough wall close to the outer canthus. *Kapha* should be eradicated with *Shirovirechana (Nasya)* and fumigation *(Dhoompana)* when employing *Kapha* suppressing medications when it has already been stimulated by the potency of *Ghrita.* The patient must take every precaution to stay away from things like lights, wind, the sky, mirrors, and moving lights.
Period of Retention of *Ghrita,* also known as *Snehadharanakala* With regard to the severity of *Dosha Prakopa* and the diseases *Adhishtana, Snehadharanakala* is initiated. *Sushruta sharirsthana, Asthanga Hriyda, Sharangadhar Samhita, Bhavaprakasha.* Given the severity of *Dosha Prakopa* and the prevalence of diseases *Adhishtana, Snehadharanakala* is initiated.

C. *Days of procedure or Tarpana Avadhi*

Acharya Sushruta just requests that the treatment be provided for one, three, or five days, or until the *Samyaka Tarpita Lakshana* are visible, without noting the state of the eyes. According to *Acharya Jejjata, Tarpana* should be practised for one day for *Vataja* diseases, three days for *Pittaja* issues, and five days for *Kaphaja* issues. Depending on the dosha and *Teevratha* of the *Vyadhi* as well as the *Swasthya, Tarpana* can be practised every day, every other day, alternately, with a two- or three-day respite, or with an interval of two or three days.

D. Samyak Tarpita Lakshana

- *Avbodhatva- blissfula wakening*
- *Sukha Swapana -good(sound)sleep*
- *Vaishadhya- clearness of the eyes*
- *Varnapatava- discernment of individual colours*
- *Nivriti means comfort*
- *Prakashkshamta-* ability to with stand bright light

E. Ati Tarpita Lakshana

- *Netra Gaurava*-heaviness in eyes
- *Avilta*-indistinct vision
- *Atisnigdhata-* excessive oiliness
- *Ashru Srava-* lacrimation
- *Upadeha-* stickiness

F. Heena Tarpita Lakshana

- *Netra Rukshata-* dryness of eye
- *Avilta-* indistinct vision
- *Ashrusrava-* lacrimation

G. Treatment of excessive and insufficient Tarpana

The Dhoompana, Nasya, Anjana, Seka, Ruksha, or Snighdha procedures should be used to address both inadequate and excessive *Tarpana* circumstances depending on the predominance of *Dosha*. *Ruksha* is a *Kapha, Sheeta Seka* is a *Pitta Dosha*, and *Snigdha Seka* is a *Vata Dosha* illness.

Ghrita is typically used for *Tarpana*, a medicine that primarily comprises omega-3 and omega-6 fatty acids, vitamins A, E, and K, and antioxidants[17]. *Tarpana*, which contains a variety of vitamins, minerals, amino acids, etc., is also made with milk[18].

III. CONCLUSION

God gave mankind their primary sense organ, the eye. Every person should make sincere efforts to preserve his vision until the last breath of life since for a Blind person, day and night are the same, & no matter how wealthy he is, this beautiful world is useless to him. Despite great advancements and expansion, there are still certain restrictions in modern ophthalmology. The traditional medical system known as Ayurveda offers helpful guidelines for both treatment and prevention. When used quickly, the local therapeutic technique known as *Akshi Tarpana Karma* yields measurable proof of exceptional outcomes.

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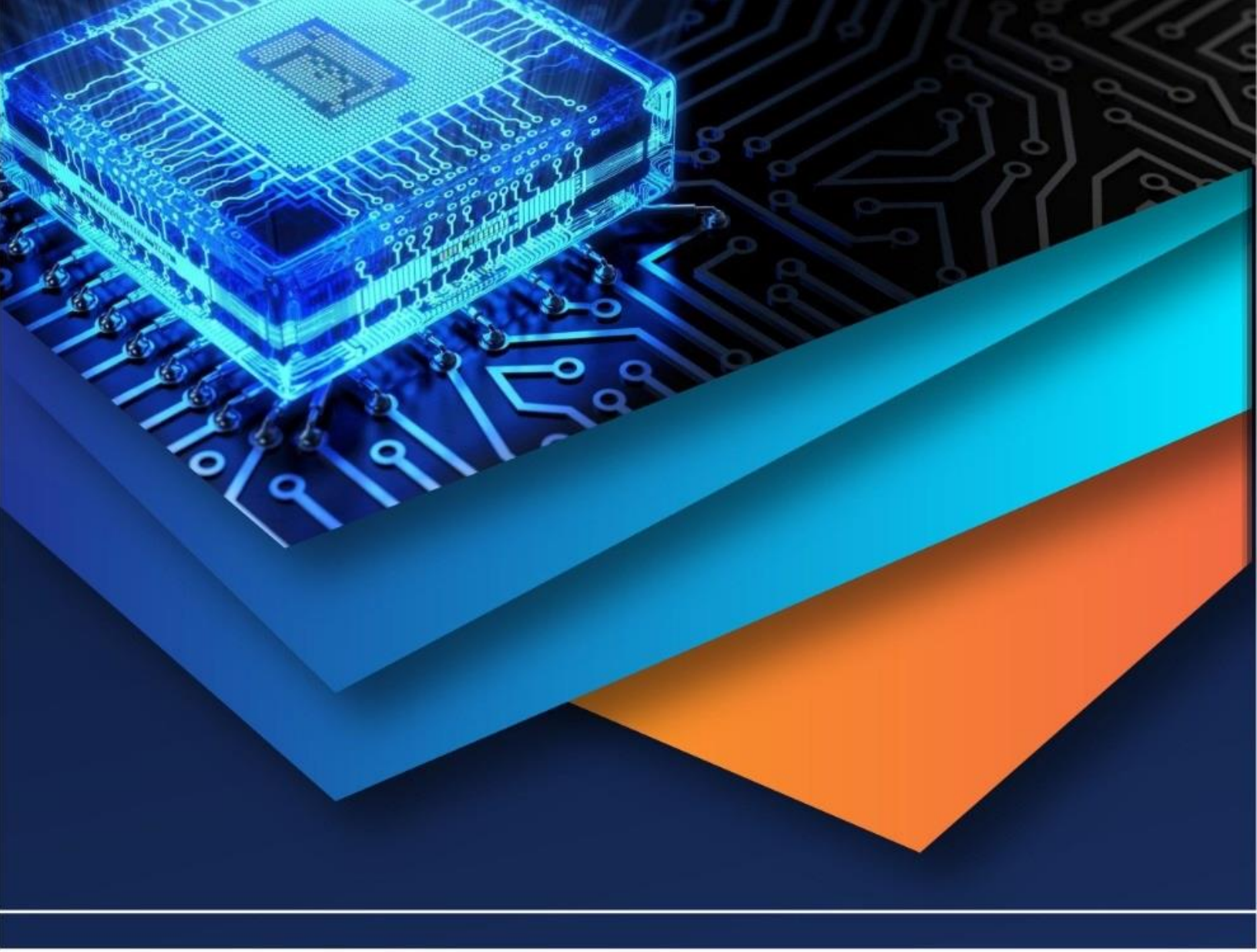
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