



**AKSHITARPANA AN EXTERNAL THERAPEUTIC PROCEDURE TO PREVENT  
LIFESTYLE RELATED EYE DISORDERS**

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**Abstract**

Among all *indriyas* (sense organs), *netra* (eye) is *pradhana indriya* (utmost). Special care and concern should be taken to protect it. Stress and strain related disorders of the eye are common in the present era of computers and gadgets. We are now a day's witnessing school-going kids wearing spectacles at a tender age because of technology addiction and erratic study postures, wrong choices of food and sleep preferences. Majority of eye problems are due to the faulty use of eye with modern life style. Thus assessment was made to invest knowledge of ancient science for fulfilling the growing demand of mankind in new era. Ayurveda, the ancient system of medicine gives valuable guidelines not only in treatment aspects but also in preventive line. There is a great need to find out an ocular procedure for prevention and treatment of eye diseases having no or least adverse effect. *Akshitarpana karma* is one of the local therapeutic procedure which if promptly used shows objective evidences of excellent responses. In this article there is a review on *akshi tarpana karma*, their indications, contraindications and possible mode of action is discussed.

**Keywords:** *Tarpana, Netra roga, Present life style, Netra Kriyakalpa.*

## INTRODUCTION

The branch of Shalaky Tantras one among Ashtang Ayurveda, which specializes in the treatment of Urdhvajatrugata (Part of the body above clavicle and sternum manubri) Rogas. In Uttratantra of Sushruta Samhita, first 19 chapters have been devoted to the prevention and cure of eye diseases, which indicates the significance of Netrarogavigyan (Ophthalmology). Eye disorders are much more important than any other physical disability, since the loss of vision tantamount to the obliteration of the world. Various causative factors which are mentioned by ancient. Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. According to Ayurveda diseases due to „Prajnaparadha“ which results in disharmony of doshas in body are life style disorders, which are defined by Acharyas thousands of years ago, are presently the most common cause for ocular disorders, some of which with their correlation with modern life style are mentioned below:

### **1. Ushnabhitaptasya Jalapraveshat (Immersing in cold water immediately after getting exposed to heat/sun)**

- Sudden change in temperature may damage the functioning of vessels and lead to the weakness of the ocular tissues. It may interrupt with lacrimation, accommodation, pupillary and fixation reflexes. In present era, drinking cold drinks immediately after exposure to hot environment, entering in Air Conditioned area soon after exposure to sun are few reasons for eye disorders.

### **2. Swapnaviparyayat (Abnormal sleeping habits)** Abnormal sleeping patterns like diva swapna and nisi jagarana. Suppressing the sleep causes dryness in eyes. In present era night shifts, night parties are few instances of altered

sleeping habits. It may cause hyperaemia of conjunctiva, dry eye syndrome, reflux lacrimation, styes.

### **3. Klesha (Stress) :** Modern lifestyle has become synonym of stress. Both physical and mental stress may lead to eye disorders. Blepharospasms may occur as a result of increased stress. The spasms cause the eyelid to twitch uncontrollably which leads to poor depth perception and decreased vision. Stress may causedilation of pupil. Dilated pupils allow more light to enter in eyes need to react quicker, potentially leading to light sensitivity, headache.

### **4. Vega vinigraha (Suppression of natural urges):** Suppression of natural urges lead to diseases of eye. Suppression of urges causes vataprakopa, leading to weakness of ocular tissues and strain to eyes. Prolonged office duties, class room, meetings and even TV programs are responsible nowadays for suppression of natural urges.

### **5. Dhoomanishewanat (Excessive exposure to smoke)** Excessive exposure to smoke, noxious gases and other pollutants can cause also result in eye ailments. Smoking, air pollution from vehicles, factories cause vata and pitta dushti which is a major cause of dry eye, age related macular degeneration, Cataract, macular degeneration, uveitis.

### **6. Sukshmanireekshanat (Watching minute objects for longer duration)**

Watching minute objects for long duration. This causes strain to ciliary muscles, lens and extra-ocular muscles leading to eye strain, headache, blurred vision, watering in eyes and early need of presbyopic addition. In this modern era, excessive use of computers, mobiles, reading on video display screens are some of the major causes. Ayurveda is not merely a system of medicine in the conventional sense of curing disease, but it is also a way of life that teaches us to maintain and protect health. The holistic approach of Ayurveda, targeted towards

physical, psychological, and spiritual well-being makes this science a great preference in lifestyle disorders.

**KriyaKalpas** are unique procedures practiced in Shalaky Tantra having wide range of implications in the management of netra vikaras. KriyaKalpas are meant to alleviate the sthanika khavaigunya resulted out of vi-tiated doshas & their impact on netra-avayavas. KriyaKalpas can also be used as swasthya sanrakshaka prayoga to maintain functional integrity of the sense organs & overcome age related disorders.

*KriyaKalpas* includes Seka, Aschyothana, Tarpana, Putapaka, Anjana, Bidalaka, and Pindi.<sup>5</sup>

Among all kriyaKalpas, **Netra Tarpana** is the foremost procedure for eye disorders. Netra tarpana is one of the specialized treatments for various eye disorders. Netra tarpana acts as both preventive and cura-tive therapy for maintaining normal healthy condition of eyes. It is brimhana in nature.

The phrase Akshitarpana (also called Ne-trabasti) is from sanskrit where Akshi re-fers to eye (Netra = eyes) and tarpana stands for nourishment or rehydration process. So accumulatively the term means nourishment of eyes or in a way rehydra-tion of eyes. Netra Tarpana is the ayurvedic purification and rejuvenation treat-ment provided especially as part of Panchakarma treatment in ayurvedic care facilities. Netra Tarpana is a procedure where in lukewarm medicated ghee is made to stay stagnant in the eyes for a speculated time in a specific formed frame. The therapy is quite beneficial for the relaxation of eyes and the treatment of various ailments related to eyes. Netra Tarpana has been used from the ancient times in ayurveda for improving the eyesight and is highly beneficial to people working late in front of computers and on the machineries affecting the eyes. It is the most revered KriyaKalpa extensively used in Netra practice. It nourishes the eyes,

improves & strengthens the drishti shakti. It is a very effective, preventive & curative procedure in vataja & pithaja vikaras.

## MATERIALS AND METHODS

The data has been collected from vedic era to recent studies regarding ayurveda and modern science. It is compiled and analyzed for the discussion and attempt has been made to draw some conclusions.

### INDICATIONS FOR TARPANA KARMA:

- When a patient sees darkness in front of eyes
- Dryness of the eyes
- Roughness of the eyes
- Stiffness of eyelids
- Falling of eyelashes
- Dirtiness of the eyes
- Deviated eyeball or squint
- In extreme aggravation of the diseases of the eye
- Injury/traumatic condition of eye

Acharya Vagbhatta has further added a list of diseases specifically selected for tarpan karma. They are:

- Kricchronmilana (difficulty in opening eyes)
- Siraharsha (congestion of conjunctival blood vessel)
- Sirotkata (episcleritis), Tama (blackout)
- Arjuna (subconjunctival haemorrhage)
- Syanda (conjunctivitis), Adhimantha (glaucoma)
- Anayatovata (referred pain in the eye or sphenoidal sinusitis)
- Vataparyaya
- Avrana shukra (corneal opacity).

### CONTRAINDICATIONS FOR TARPANA KARMA:

According to Acharya Sushruta tarpana is not indicated:

- On a cloudy day

- Extreme hot or cold seasons
- In conditions of worries and anxiety
- In conditions of tiredness and giddiness of eyes
- In complications of eyes
- In the condition of acute pain, inflammation, redness etc.

#### **PROCEDURE:**

##### **Poorva Karma:**

Appropriate shodhanakarma is carried out according to procedure. Later sthanika abhyangam & mridu swedan is done.

##### **Pradhana Karma:**

Netra tarpana should be carried out in the forenoon or in the afternoon on an auspicious day after the food (taken by the patient) has been digested and after the head and the whole body of the patient have been treated with purification measures properly. Patient is made to lay supine position in a good lighted, ventilated room free from dust & smoke. Then the eyes are encircle with firm, compact leak proof pali (wall) made up of paste of powdered masha. According to Vagbhatta pali is made upto a height of two angulas. The patient is asked to close the eyes and over the closed eyes, ghrita processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.

##### **Paschata Karma:**

After retaining of ghrita for a stipulated period, the ghrita is drained out through a hole made at the bottom of dough wall, near the outer canthus of the eye and the eye is irrigated with lukewarm water fomentation. The kapha which has already been stimulated by the potency of ghrita, should be eliminated by shirovirechan (nasya), and fumigation (dhoompana) with the kaphasuppressive drugs. Patient is

instructed to keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies.

**Retention time of Tarpana:** It has also been mentioned in classics on the basis of Dosha and Adhistana like 1000 Matrakala in Vataja Netra Roga, 600 or 800 in Pittaja, 500 or 600 in Kaphaja. 100 or 300 in Vartmagataroga, 300 in Sandhigata, 500 or 600 in Shuklagata, 600 or 700 in Krisnagata, 700 in Dristigata and 1000 Matrakala in Sarvagata Netra Roga.

##### **Samyaka Tarpita Lakshana:**

- Sukhaswapana - Good (sound) sleep
- Avbodhatva - Blissful awakening
- Vaishadhya - Clearness of the eyes
- Varnapatava - Discernment of individual colours
- Nivriti - Feeling of comfort
- Vyadhidhvansa - Cure of the disease
- Kriya laghavana - easiness in closing & opening the eyes
- Praksh kshamta - Ability to withstand bright light

##### **Ati Tarpita Lakshanas:**

- Netra gaurava - Heaviness in eyes
- Avita - Indistinct vision
- Atisnigdhatva - Excessive oiliness
- Ashru srava - Lacrimation
- Kandu - itching
- Upadeha - Stickiness

- Doshasamutklishhta - Aggravation of dosha

#### Heena Tarpita Lakshanas:

- Netrarukshata - Dryness of eye
- Avilta - Indistinct vision
- Ashrusrava - Lacrimation
- Ashyam roopdarshan - Difficulty in vision
- Vyadhivridhi - Aggravation of disease

#### Formulation used for tarpana:

- Triphala Ghritham
- Mahatriphala Ghritham
- Patoladi Ghritham
- Jeevanthyadi Ghritham

#### Mode of action

In this process the medicated ghee is made to stand over the eye for a specific time which is in the form of suspension. The prescribed medicines has the quality of transpassing into minute channels of the body, hence when applied in the eyes, it enters deeper layers of Dathus and cleans every minute part. The lipophilic action of Gritha facilitates the transportation of the drug to the target organ and finally reaches the cell because the cell membrane also contains lipids.

This phospolipid nature of medicine facilitates the entry of the drug into the eye ball through the corneal surface. Since the corneal epithelium is permeable to lipid soluble substances and lipid soluble substances crosses the corneal epithelium irrespective of the molecular size. Moreover, the medicine preparations used in Netra Tarpana is in the form of suspension containing different particles of the drug and the particles do not leave the eye as quick as a solution. Tissue contact time and bioavailability is more and hence

therapeutic concentration is achieved by Netra Tarpana.

This facilitates the action of drug by two ways, first by allowing more absorption of the drug, by the corneal surface, and secondly by exerting direct pressure up on the cornea. There may be changes of refractive index of the cornea causing less convergence of light rays and it also nourishes the eyes and prevent it from day to day strain.

#### CONCLUSION:

Day and night are similar for a blind person and all the wealth in the world seems to be of no use. Hence to lead a desired life, one should always try to protect the eyes. Through All the above explanations and observation it is very obvious to conclude that Tarpana plays a very important role in lifestyle related eye disorders.

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