

## NETRA PARISHEK KRIYAKALPA IN NETRA ROGA -A LITERATURE REVIEW

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### ABSTRACT

Ayurveda is one of the oldest medical science in the world. It says *Sarvendriyanam Nayanam Pradhanam*. Acharya Sushruta advocated *Kriyakalpa* is the main therapeutic procedure of *Netra Rogas*, along with other forms of treatment. He has described this in a separate chapter in *Uttartantra* of *Sushrut Samhita* i.e *Tarpan*, *Putpaka*, *Aschyotan*, *Parishek*, *Anjana*. *Parishek* is one of important *Kriyakalpa*. It includes pouring of medicated liquids on closed eye lids in a thin and continuous stream from 4" height for a specific time according to *dosha*. *Netra Parishek* is one such aspect which not only maintains health status of eye but also prevents pathogenesis of many *Netra Rogas*. So it is important to review the description available in the

Ayurvedic text related with *Netra Parishek*. This article is focusing on *Netra Parishek Kriya Kalpa* in *Netra Roga*.

**KEYWORDS:** *Netra Parishek, Kriya Kalpa, Netra Roga*.

### INTRODUCTION

The importance of *Netra* in all sense organs is quoted in Ayurveda by "*Sarvendriyanam madhye naynasya pradhanatavata*<sup>[1]</sup>". *Shalakya tantra* is one among eight specialties of *Ashtang Ayurveda* which deals with *Urdhwajatrugat vyadhis*.<sup>[2]</sup> In *Ayurved Samhita* Acharya has quoted many *Kriyakalpa yogas* for eyes rather than internal medication. Acharya Sushruta mentioned five *kriya kalpa* i.e *Tarpana*, *Putpaka*, *Seka*, *Aschyotan*, and *Anjana*.<sup>[3]</sup> Acharya Sharangdhar mentioned 7 *Kriya Kalpa* five of them are same as *Sushrut* and added *Pindi* and *Bidalaka* to them.

*Kriyakalpa* is the main therapeutic process for ophthalmology in *Shalakya tantra*. The word *Kriyakalpa* built from two words *Kriya* and *Kalpa*. *Kriya* means therapeutic procedure used to cure disease and *Kalpa* means practicable, possible, manner of acting, a prescribed rule.

*Parishek* is important *kriya Kalpa* in *Netraroga chikitsa*, so it is essential to review the literature regarding the *Prishek*.

**Defination:-** *Parishek* is a *Kriyakalpa* in which medicated liquid is poured on closed eyelid continuously from 4" height for specific time according to *doshas*.<sup>[4]</sup>

It is widely used method in eye diseases involving inflammation, pain, redness, burning like symptoms.

**Table showing Netra Kriya Kalpanas mentioned by different Acharyas.**

Sr No.	<i>Sushruta</i> <sup>[3]</sup>	<i>Sharangdhar</i> <sup>[5]</sup>	<i>Charak</i> <sup>[6]</sup>
1	<i>Seka</i>	<i>Seka</i>	<i>Bidalaka</i>
2	<i>Aschyotan</i>	<i>Aschyotan</i>	<i>Aschyotan</i>
3	<i>Anjana</i>	<i>Anjana</i>	<i>Anjana</i>
4	<i>Tarpan</i>	<i>Tarpan</i>	
5	<i>Putapak</i>	<i>Putapak</i>	
6		<i>Pindi</i>	
7		<i>Bidalaka</i>	

## AIM AND OBJECTIVE

To understand the concept of *Parishek Kriyakalpa* in *Netrarogas*.

## MATERIAL

*Parishek* common drugs<sup>[7]</sup>

1. Vatadushti - Tikta, Snigdha dravya
2. Pittadushti/ Raktadushti - Madhur, Sheet dravya
3. Kaphadushti - Tikta, Ushna, Ruksha
4. Sheet Ritu - Koshna dravya
5. Ushna Ritu - Sheet dravya

In our classics *pichu* (swab), *varti* (wick)<sup>[8]</sup> have been mentioned but practically a stainless steel glass, bowl, kundi etc used for *Parishek*.

## METHOD

Lie patient in supine position. Medicated liquids are poured on closed eye lids in a thin and

continuous stream from 4" height for a specific time, according to *dosha*. After the treatment eyes should be washed or cleaned with lukewarm water and advised not to see the bright things and not to take *kapha vriddhikar ahara* and *vihara*.<sup>[9]</sup>

### Parishek detail

Sr No.	Type <sup>[10]</sup>	Matra <sup>[11]</sup>	Dosha <sup>[12]</sup>	Kala <sup>[12]</sup>
1	<i>Lekhan</i>	200	<i>Kaphaj</i>	Morning
2	<i>Sneha</i>	400	<i>Vataj</i>	Evening
3	<i>Ropan</i>	600	<i>Raktapittaj</i>	Afternoon

### Indication

It is indicated in acute conditions like burning sensation of eyes, dry eyes, watery eyes, itchy eyes, conjunctivitis, foreign body sensation in eye.

### DISCUSSION

Mode of action of *netra parishek*

As medicine is poured over the eyelids continuously for a specific time, it absorbed through skin of lids and helps to improve the circulation locally thereby reduces the inflammation and strengthens the muscles, nerves of eyes.<sup>[13]</sup>

### Benefits

1. *Roga nivrutti* (relieved from disease)
2. *Swabhavik Varna*(getting natural colour to eyes)
3. *Karya Padutwam*(perfectness in the function of the part)
4. *Vedhana Shanti*(relief from pain etc)

### CONCLUSION

*Netra Parishek* is one of the important *Kriya Kalpa*, which has been used since thousands of years. It gives remarkable effect of the drugs locally and gives complete relief in the local signs and symptoms of the disease.

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