

## **A CASE STUDY: EFFICACY OF MAHATRIPHALADYA GHRITA TARPAN IN SHUSHKAAKSHIPAKA W. S .R. TO DRY EYE IN COMPUTER USERS**

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### **ABSTRACT**

Dry eye is a tear film disorder due to tear deficiency or excessive evaporation, which causes damage to interpalpebral ocular surface associated with symptoms of discomfort, visual disturbances and tear film instability with potential damage to ocular surface. Prevalence rate of Dry eye is ranging from 20 to 50% which is growing day by day worldwide. Dry eye disease is mainly seen in computer users associated with asthenopic symptoms. In modern science, there is no any effective treatment, treatment is only using artificial tear drops. But, there is no permanent relief. In Ayurveda, Mahatriphaladya Ghrita

having Netrya, Rasayan, Balya and Tridoshghna properties. Netratarpan is described as purification and rejuvenation treatment as a part of Panchakarma treatment. Hence, Mahatriphaladya Ghrita is selected for a case study.

**KEYWORDS:** Dry Eye and Computer users, Mahatriphaladya Ghrita Tarpan, Shushkaakshipaka.

### **INTRODUCTION**

Shushkaakshipaka: The word Shushkaakshipaka Shushka: means dryness, Akshi: means eyeball, Paka: means inflammation. It means inflammation of eyeball due to dryness caused by altered coherence of Ashru.

Dosha Pradhyana in Shushkaakshipaka is mainly Vata Dosha, according to Acharya Vagabhat it consists of Vata Pitta doshas. Sthan Sarvagat Roga and Sadhyaasadyata is Sadhya Vyadhi.

Dry eye is a disease of ocular surface caused by disturbance of tear film, this is commonest disorder especially in computer users. It produces discomfort and reduces vision h tear film becomes chronically unstable and repeatedly breaks up into conjunctival epithelium to evaporation.

Symptoms of dry eye can be correlated with Shushkaakshipaka eg.

Kunit Vartma: Narrowing of palpebral aperture due to photophobia.

Avil Darshan: Transient blurring of vision

Darun Ruksha Vartma: Crusting of lids

Sudarun yat Pratibodhne: Eyelids stuck

The standard treatment of Vata Dosha is Snehana. Therefore, Tarpan with Ghrita is recommended effectively. Mahatriphaladya Ghrita having Rasayan, Netrya, Balya and Tridoshghna properties.

In Ayurveda, Netratarpan is described as purification and rejuvenation treatment as a part of Panchakarma treatment. So, here a case of dry eye in computer users treated with Mahatriphaladya Ghrita Tarpan is reported.

## **MATERIALS AND METHODS**

### **Case Report**

**Name of Patient:** XYZ

**Age/Sex:** 21 yrs/M

**OPD No:** 95697

**Place:** GAC&H, Nagpur

**Occupation:** B.E. (Computer Science) student

**Date of consultation:** 10/4/19

### **Chief Complaints**

Dryness of bil. eyes (since 5 months)

Foreign body sensation of bil. eyes (since 5 months)

Burning sensation of bil. eyes (since 5 months)

Blurring of vision bil. eyes (since 5 months)

**History****Present and past history**

H/O Using artificial tear drops since 2 months.

No H/O HTN, DM, TB, RA & drug allergy.

No H/O any other major illness.

No H/O any refractive surgery.

**Examination**

Visual Acuity	RE	LE
	6/9	6/9

**Slit Lamp Examination**

	RE	LE
Eyelid	Normal	Normal
Conjunctiva	Mild CC	Mild CC
Cornea	Dry	Dry
Ant. Chamber	Normal depth	Normal depth
Iris	Colour pattern normal	Colour pattern normal
Pupil	NSRL	NSRL
Lens	Normal	Normal

**Systemic Examination**

**G.C.:** Moderate Afebrile

**RS:** AEBE

**CVS:** S1S2 Normal

**CNS:** Conscious, well oriented

**Investigations**

**Hb%:** 12.6gm%

**BSL(R):** 96mg/dl

**ESR:** 17mm at the end of 1 hr/

**Urine: Sugar** - Nil

**Albumin** - Nil

**Tests****1).Tear Break Up Time (TBUT)**

Fluorescein strip is moistened with non preserved saline and instilled in lower lid, asked to patient to blink several times.

Tear film was examined at slit lamp with broad beam using cobalt blue filter. After a interval of >10 seconds black spots appeared in fluorescein stained film indicating formation of dry areas.

**RE** - 6sec

**LE** - 5sec

## **2). Schirmer 1 Test**

Schirmer filter paper folded 5mm from one end and inserted at the junction of middle and outer one third of lower lid without topical anaesthesia and asked the patient to keep the eyes closed.

After 5min, the strip was removed and there was >6mm wetting of filter paper is indication of dry eye.

### **Measurements and Score**

**Normal:** 10mm or >10mm

**Borderline:** 10 to 6mm

**Deficient:** 6mm or <6mm

### **Treatment**

**Mahatriphaladya Ghrita Tarpan**

**Dose:** 20ml once a day

**Route of administration:** Topical

**Time of administration:** Once a day (Morning)

**Duration of therapy:** 30 days

The patient was treated with Mahatriphaladya Ghrita Tarpan of 3 settings of 7 days with 3 days interval.

### **Diet recommendation**

Patient was advised to follow Pathya, Aahar and Vihar as mentioned in Netra Roga Chikitsa in classics.

**Poorva Karma**

Patient (Rogi) should be placed in comfortable position i.e. supine position. Then, sterile cotton dipped in lukewarm water after squeezing should be used for Swedan Karma.

**Pradhan Karma**

Construct of Parimandal (Pali) around the eyes a height of 2 anguli with Mashpishti.

When eyes are closed, Mahatriphaladya Ghrita was poured into Parimandal upto the eyelashes level.

Patient was asked to open and close the eyes intermittently and steadily upto 10 min(500 matra).

**Paschyat Karma**

A small opening was made to Pali near Apang Sandhi and Ghrita was slowly drained out. Eyelashes should be cleaned with cotton by removing the Parimandal (Pali).

Mrudu Swedan was given to eyes by sterile cotton dipped into lukewarm water.

**RESULT**

Sr. No.	Symptoms	Before Treatment		After Treatment
1.	Dryness of eyes	Present		Absent
2.	Forein body sensation	Present		Absent
3.	Burning sensation	Present		Absent
4.	Blurring of vision	RE	6/9	6/6
		LE	6/9	6/6

Sr. No.	Test	Before Treatment		After Treatment	
1.	TBUT	RE	LE	RE	LE
		6 sec	5sec	12sec	12sec
2.	Schirmer 1	6min	6min	10min	10min

**DISCUSSION AND CONCLUSION**

Dry eye syndrome along with asthenopic symptoms is more common in computer users. In modern science, there is no satisfactory treatment. Treatment is only using lubricating eye drops. But, there is no permanent relief.

This study concluded that, the above treatment reduces asthenopic symptoms and improves tear break up time and Schirmer's test values. So, above treatment is effective in dry eye.

That may be because of increase in stability of lipid layer of tear film and local Snehan and Swedan causes improvement in functioning of glands of eye and gives nourishment to the ocular surface.

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