

A REVIEW ON COSMETIC ASPECT OF TARPANA

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Institute of Ayurveda, Jaipur.**ABSTRACT**

Beauty has always been the key to unlock new doors to life and it has played a major role in our social life. Beauty is not only limited with physical appearance but it is related with a healthy state of all sense organs. *Ayurveda* has stated “*Sarvendriyanam Nayanam Pradhanam*” i.e. eye is the prime sense organ among all the sense organs which is considered as a source of *Pratyaksha Gyana* (direct perception) and doubtless knowledge. *Ayurveda* described *Kriyakalpas* in a beautiful manner for maintenance of health of eye as well as treatment of various eye disorders. Out of these *Kriyakalpas*, *Tarpana* is most important which provides nutrition to eye ball. As per cosmetic aspect,

it also improve physical appearance of eyes. So *Tarpana* has important role in ocular cosmetology. Therefore an attempt is made in this review to present cosmetic aspect of *Tarpana*.

KEYWORDS: *Tarpana*, Cosmetology, *Kriyakalpa*.**INTRODUCTION**

Beauty is a quality or combination of qualities gives pleasure to the mind and senses. It has always been the key to unlock new doors to life and it has played a major role in our social life. It is not only limited with physical appearance but it is related with a healthy state of all sense organs. As per *Ayurveda*, there are three pillars of beauty - *Roopam*, *Gunam* and *Vayastyag*. Regarding to eyes beauty appearance of eyes (*Roopam*) as well as health of eye (*Gunam*/function) both are essential components. In *Ashtanga Ayurveda*, each branch having their own principle treatment apart from general treatment for example, *Basti Chikitsa* is the principle treatment in *Kayachikitsa*^[1] (general medicine), and *Rakthamokshana* (bloodletting) is *Chikitsardha* in *Shalya Chikitsa*^[2] (general surgery), similarly *Kriyakalpas* form principle

treatment in *Shalaky Tantra*.^[3] That's why *Acharya Sushruta* has advocated better option in concern about *Netra Rogas* (eye disorders) in form of local therapy named as *kriyakalpa*.^[4] Out of seven types of *Kriyakalpa*, *Tarpana* is most commonly used treatment modality for management as well as prevention of eye diseases.^[5] *Acharyas* have described *Tarpana* in a very detailed and beautiful manner. The literary meaning of the *Tarpana* is to give nourishment to the eye.^[6] So *Tarpana* is the specific route of providing nourishment to ocular content by using *Ghrutamanda*, different medicated *Ghritas* remedies, *Vasa* and *Majja* (bone marrow) etc. some of the eye condition such as loss of eye lashes, muddy and deviated eye ball etc. affects the physical appearance of eyes and most of eye disorders breaks the healthy state of ocular tissues of eye diseases in consequence of pathology. In both the conditions *Tarpana* is indicated by our *Acharyas*, so, rather than preventive and therapeutic aspect of *Tarpana*, also has cosmetic potential which can be utilized in the new field of ocular cosmetology.

Indications^[7,8]

Cosmetic Indications

Dry eye (roughness/loss of lusture)

Falling of eye lashes / Madarosis

Premature greying of cilia / poliosis

Muddy eyes

Deviated eyes / Squint

Therapeutic Indications based on clinical practice

Computer vision Syndrome

Dry eye syndrome

Degenerative Disorders e.g. ARMD

Refractive Errors e.g. Myopia, hypermetropia etc.

Early presbyopia

Early Cataract

Neuro-retinal diseases such as optic atrophy, Optic neuritis etc.

Contraindications

Red eye with mucoid/watery discharge.

Tired eye.

After use of cosmetics.

Just after trauma.

Suffering from cold, cough and respiratory disorders.

Immediately after drinking water, alcohol and poison.

Very hot, very cold and cloudy weather.

Preferred time

Morning and afternoon are generally suitable.

Prerequisites

A chamber free from direct, sun rays, wind and dust.

Medicines - *Ghrita*, *Masha* powder, Water,

Utensils- Plate, Bowl, Glass, *Gokarna*, Induction

Others- Cotton, Swab, Bandage

Furniture – Table 3’’* 6’’ with mattress, Sheets, Stool.

Procedure

After the digestion of food or in the empty stomach, patient is asked to lie down in the supine position on the treatment table and providing fomentation to eyes with lukewarm water soaked in cotton. Eyes are encircled with firm compact leak proof wall height of 2 *Angula* (1-2 inches) made up by paste of powdered black gram pulse (*Masha*). Liquefied *Ghrita* is poured very slowly over the closed eyes, till the entire eyelashes are enclosed. Patient is instructed to blink his/her eyes (*Unmesha* and *Nimesha*). *Ghrita* is retained for a stipulated time, then drained out through a hole made near the outer canthus. At last eyes are cleaned by lukewarm water fomentation.

Retention time period

20-30 min.

Formulations used for cosmetic purpose

Yastimadhu Kshira

Go-Ghrita Manda

Triphala Kwatha

Instruction to patient

- Keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies

- Avoid Head bath.
- Avoid computer work, mobile use, TV watching and any near work or any other stressful work.

Results of proper procedure

- Sound sleep
- Blissful awaking
- Clearness of eyes
- Lightness of eyes
- Normal functioning of eyes
- Perfect colour vision.

Complications

Heaviness, itching, watering, sticky discharge and visual disturbances etc.

DISCUSSION

Tarpana is most common *Kriyakalpa* which is performed worldwide as a local therapy in Ayurveda ophthalmology. It has great value in preventive as well as therapeutic aspect in ocular treatment modalities. Through *Tarpana* bioavailability of the drug is increased due to prolonged use of drug with large area of tissue contact and decreased disposal of the drugs through Naso-lacrimal passage due to its viscous nature of the *Ghrita*. Absorption in *Tarpana* take place by ocular surface- conjunctiva and cornea. Lipophilic ingredients are absorbed through cornea by transcellular pathway and hydrophilic substances are absorbed by paracellular pathway from conjunctiva. In *Tarpana* procedure transient local vasodilatation in conjunctival vasculature occurs by *Sthanika Mridu Sweda* and *Sukhoshna Ghrita* as well as used medicated *Ghrita* has both lipophilic and hydrophilic active ingredients, so drug may be cross the cornea and conjunctiva and appear in anterior chamber. From here diffusion may be occurs up to the lens, vitreous and retina and provides specific action according to its properties. Hence, *Tarpana* may be provide strength inner as well as outer contents of eye ball via this route.

CONCLUSION

Tarpana is mostly used local therapeutic measure which has great role in ocular cosmetology. With this new concept of *Tarpana* in ocular cosmetics, we can draw attention of the world that may be helpful to improving the external ocular appearance.

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