

**CONCEPTUAL STUDY OF PARISHEKA: LOCAL TREATMENT
METHODOLOGIES IN SHALAKYATANTRA**

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ABSTRACT

Local treatment methodologies in shalakyatantra refers to the Kriyakalpa, where kriya means unique therapeutic method and Kalpa means medicinal formulation such as Swaras, Kwatha, Kalka used in the treatment. Among the various contributions of Ayurveda, Netra kriyakalpa Parisheka(closed eye irrigation) holds the specific status in special local treatment done for eye disorders. Parisheka is pouring medicated solution in the form of the thin stream on closed eye. Parisheka is exclusive ayurvedic treatment with least complications as it is used externally. Parisheka is applied according to condition of d osha, then it can even cure the balwan dosha. The importance of seka-local ocular therapeutic and its measures in eye care is immense in to the present day in any inflammatory conditions due to its vast

advantages, cost effective, availability of the drugs and procedure. Here Attempt has been made to review the detailed explanation of Parisheka such as its variants, indication, clinical applications, some of the indication and preparation used for seka, the main procedure, paschatkarma as mentioned in Samhitas.

KEYWORDS: Irrigation, Kriyakalpa, Parisheka, Seka.

INTRODUCTION

Shalakya Tantra is one of the eight specialties of Ashtanga Ayurveda which deals with diseases which occur above the clavicle specially the sensory organs i.e. Eyes, Nose, Ears and Throat. Eyes hold special status among all the sense organs because good vision is crucial for social and intellectual development of human beings and the knowledge from direct observation (Pratyaksha pramana) can be achieved only by eyes. Other sense organs also depend on the eye sight for their accuracy as quoted by ancient sage Vagbhata.^[1] Netrakriyakalpa are various methods of application of medicines in the eyes.^[2]

An honest attempt has been made to review the detailed explanation of Parisheka such as its variants, indication, clinical applications, some of the indication and preparation used for seka, the main procedure, paschatkarma as mentioned in Samhitas.

There are seven Netra Kriyakalpas namely AkshiTarpana, Putapaka, Seka, Aschyotana, Anjana, Bidalaka and Pindi. The first 5 procedures were mentioned in Susruta Samhita.^[3] and last were prescribed only in Sharangadhara Samhita.^[4] along with other 5 procedures.

Seka is the foremost ocular therapeutic procedure explained by Sharangadhara alone and is also term as Netra Parisheka (Ocular irrigation on closed eyes.)

Aim

To review Parisheka therapy according to the Ayurvedic point of view.

Synonyms- Seka, Parisheka.

Indications:^[5]

1. Dryness of the eyes
2. Roughness of the eyes
3. Conjunctivitis
4. Watery eyes
5. Burning Eyes
6. Itching of Eye.
7. Photophobia

Types of Parisheka^[6]

Acharya Sushruta has mentioned three types of Parisheka same as that of Putapaka namely Snehan, Lekhana and Ropana.

Prayog kala of Parisheka.^[7]

Sr.NO	Types of Parisheka	Dosha predominance	Prayog kala
1	Snehan	In Vataj Disorders	Afternoon
2	Ropana	In Pitta and Rakta disorders	Evening
3	Lekhana	In Kapha disorders	Forenoon

Procedure^[8]

Procedures viz. poorva karma(pre-operative), Pradhan karma(operative), paschat karma(post-operative).

Poorva karma

Acharya Dalhana, has mentioned laghu bhojan, or upavasa, abhojana is also mention by some Acharyas.

Pradhan karma

The person is made to lie down on the table, eyes clean with cotton dipped in warm water, so that no dust can enter into the eyes. Required quantity of medicated decoction is taken dharapatra and poured on closed eyes from height of 4 angulas in thin and continue stream for specific time.

In present era IV set can be use for parisheka instead of dharapatra.

Duration of procedure

According to Acharya Sushruta the duration for which an affected eye is Subjected to Parisheka should be twice as long as that of putapaka or until the disease subsides.

According to Sushruta, Yogratanakara, Sarangadhara dhan kala of Parisheka are as follows.^[9,10]

Sr.no	Seka types	Sushruta	Yogratanakara	Sarangadgara
1	Snehan	400	600	600
2	Ropana	600	400	400
3	Lekhana	200	300	300

Matra is a term which denotes the time equal for a finger to circle the right knee joint once and it is equal to the time required for opening and closing the eyelids put together. Note 100 matra kala = approx. 1 minute.

1 angula = $3/4$ " = 1.8 cm.

Quantity of Parisheka 500 ml (250 ml for each eye).

Paschat karma

Cleaning of eyes with soft cotton and rest to eyes.

Samyaka Yoga, Atiyoga and Hina Yoga of Parisheka^[11,12]

All the acharyas have not mentioned any particular lakshanas for seka, but have insisted to follow the lakshanas for Tarpana for seka too.

Samyaka Yoga

- Sukhaswapana-(sound sleep), Avabodhatvam- (blissful awakening), Vyshadyam (Cleaness of eyes), Varna patavam (Perfect colour vision), Nivruti of vyadhi(cure of disease)

Atiyoga

Netragaurava (heaviness in eyes), Avilta (Visual disturbances), Ati snigdha (oiliness of eyes), Netra asru (watering of eyes), Netra kandu (Itching of eyes), Upadeha (Stickiness).

Hina yoga

Rukshata(dryness of eyes), Avilata(visual disturbances), Adhika netra srava(excessive tear), Aashama Rupa darshana(intolerance to light), Vyadhipriddhi (worsing of the disease).

Probable mode of action of formulation of Parisheka

For the procedure of seka kashay, ksheer, or ghruta are used. Topically applied ophthalmic drugs are Primarily used for local effect rather than systemic absorption. In Parisheka drugs are applied in the form of streamon kaneeneka sandhi and all over the closed eye lid of patient. Parisheka help in relieving the inflammatory condition, congestion, irritation, etc. by enhancing vasodilatation and drainage of toxins from the affected area.

Importance

Avariety of routes employed for the administration of the drug into the body system in the field of Shalakya tantra Acharyas have given equal importance to systemic and local administration of the drug. Topical medicines play important role in arresting the symptoms to a better extent.

Parisheka is one of the Method of achieving therapeutic drug concentration within the eye And surrounding structures and can also be considered as first line of treatment in inflammatory Changes within the eye and adnexa.^[13]

It is used as potent, safe, cost effective treatment. It is exclusive ayurvedic treatment with least complications as it is used externally. If parishek is given according to dosha condition, then it can even cure the balwan dosha.^[14]

Parisheka is indicated in Amavastha of netra roga (acute inflammatory phase).

Medicines used in seka absorbed through Sandhi, Sira, Sringataka marma, Ghrana, Mukha, Srotasa and reaseach the upper region, this absorption of medicine. Will expel vitiated doshas.^[15] Although all kriyaklpa are not only useful to treat the disease but also for better functioning of indriyas. It not only treat symptom but eradicates the root cause of disease. Herw only medicines of natural origin are used. So freedom from steroids and unnecessary over use of antibiotics can be avoided.

Some of parisheka used in various diseases-

Medicines use for Parisheka	Diseases
Lekhan dravya kwath	Arma (Pterygium)
Milk with Saindhav	Shushkakshipaka (Dry eye syndrome)
Kantakari Moola with Aja Ksheerakwath	vataj abhishyanda (Allergic conjunctivitis)
Shigru patra ras	eyeache
Kwath of Yashti, Dhatri, Patola	Kumbhika (Follicular conjunctivitis)
Kwath of Haridra, Patola, Madhuka, Lodhra with Kshaudra	Anjannamika (Stye)
Kwath of Nimb, Arka, Lodhra with milk and Ghruta	Kaphaj Abhishyana (Acute Purulent Conjunctivitis)

DISCUSSION

Considering all of above discussed factors Parisheka therapy is a holistic, safe, well developed method of topical ocular drug administration which is described in detail with its indications, application method, pre and post procedure measures, dosage, duration in authentic texts.

All acharyas have given due importance to Parisheka-foremost procedure in treatment of all the eye disease. In Parisheka medicine is poured on closed eye lid of patient which cover whole region of eye.

Hence maximum absorption of Parisheka drava occurs. Acharya have specified different times for different type of seka, which shows that bioavailability varies.

CONCLUSION

Kriyakalpa has several advantages over oral administration. The affected tissue are targeted directly than from the systemic absorption and always give quick result. Seka is one such procedure indicated In Amavasta which can be consider as inflammatory condition of eye. This is one of the methodof achieving therapeutic drug Concentration within the eye and surrounding structure and can also be consider as first line of treatment in inflammatory condition.

Considering all these factors it can be said that therapy may be highly activated in the anterior Segment of the eye because of the presence of several anatomical, biological and physiological ocular barriers Various drugs can be selected according to stage and type of eye diseases and can combat the pathologies of those inflammatory changes which are mainly depends on antibiotics and steroids the rapiesfor long run and yet recurrences rate are more. Since it is an economical and safe procedure, development of the the procedure can contribute to the public health.

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