

## A SINGLE CASE STUDY OF TRIPHALA GHRUTA TARPAN IN THE MANAGEMENT OF SIMPLE MYOPIA WITH AMBLYOPIA W.S.R. TO PRATHAM PATALGAT TIMIR – A CASE STUDY

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### ABSTRACT

Myopia is the most common Refractive error of the eye seen in children and young adults and it has become more prevalent in recent years and is a cause of concern the world over. Myopia commonly referred to as near or shortsightedness. Some of the clinical features of Pratham Patalgat Timira can be correlated with Myopia. Timira is counted under the Drishtigata Rogas.<sup>[1]</sup> described by Sushruta. Timira involving first and second patala in terms of symptoms, anatomical structures involved and the pathogenesis of the disease. Timira begins with the blurring of vision gradually leading to the deterioration of eyesight. Shastrokta lakshanas of Vatika Timira such as bhramanti vasapashyati, aavildarshan, vyaavidhadarshan, arunadarshan.<sup>[2]</sup> **Materials and Methods** - A 24-year-old female, came to Shalakyatantra OPD in Shree Ayurved Mahavidyalaya, Nagpur with complaints of defective vision for distance in both eyes, pain in both eyes and watering from both eyes since 4 months. She was treated with one sitting of Tarpana

with Triphala Ghruta. **Result** - At the end of the study, improvement in the visual acuity in both eyes, improvement in pain in both eyes and watering from both eyes have reduced.

**Conclusion** - Thus, it can be concluded that Ayurvedic kriyakalp like *Tarpan* is helpful to

control Myopia.

**KEYWORDS:** Myopia, Tarpana, Timira, Triphala Ghruta.

## INTRODUCTION

Ayurveda is an eternal science and deep ocean of knowledge that help to achieve longevity. Its main aim is to protect the health of the healthy person and cure the disease of the diseased. Myopia is a major public health problem about the eye that entails substantial societal, educational, personal and economic impact. Myopia is a type of refractive error in which rays of light coming from infinity are focused in front of the retina when accommodation is at rest.<sup>[3]</sup>

### Grading of Myopia

- 1) Low Myopia - error is equal or less than -3D
- 2) Moderate Myopia – error is between -3D to -6D
- 3) High Myopia – error is equal and more than -6D.<sup>[4]</sup>

Myopia is highly prevalent in our society, affecting at least 25% of the adult population in the United States. Various surveys in India have found myopia prevalence ranging from 6.9 to 19.7%. Furthermore, its prevalence may be increasing over time as suggested by some studies in various countries. Due to the significance of myopia as a global public health concern, it was chosen as a priority for vision 2030, the World Health Organisation global initiative for the elimination of avoidable blindness by the year 2030. Recent studies and W.H.O. reports indicate that refractive errors are the first cause of visual impairment and the second cause of visual loss worldwide as 43 per cent of visual impairments are attributed to refractive errors. In modern science, the treatment options of myopia include spectacles, contact lenses, and Lasik surgery which are very expensive.<sup>[5]</sup> Hence to provide an efficient and better cure by the cost-effective method through Ayurveda, this study is planned which incorporates KriyaKalpa procedure, an oral drug to tackle it efficiently. Snehana is the best treatment for Vataja disorders hence Tarpana is selected in the present disease. Tarpana is topical therapy in which medicated ghee is retained in the eyes by a retention made from Urada dal flour which has been recommended in improving the Drishtibala of the eyes as it has Roga Nivruti and VyadhiVinashakar properties. In Ayurveda, the clinical features related to visual disturbance are seen in DrishtigataRogas. Hence, all cases of visual disturbance can be included under the broad heading of Timira- Kanch-Linganasha group. Clinical features of

Timira (First and Second Patala) can be correlated with the most important refractive error, which is, myopia. In the Ayurvedic classics, we find the concept of Chakchushya and many drugs, and the therapeutic procedures explained which increases visual acuity as well as improve the health of the eye.

### CASE HISTORY

A fully conscious oriented Female aged 24 years, has visited Shalakyatantra OPD, Shri Ayurved Mahavidyalaya, Nagpur with chief complaints of defective vision for distance in both eyes, pain in both eyes and watering from both eyes for 4 months.

History - have no relevant history was found. Family history - have no family history was found.

Personal History - the patient was Vegetarian, normal Appetite, Bowel history Regular, Normal Micturition and sleeps is sound sleep.

On eye examinations - by Torchlight and Slit lamp, we found.

**Table: 1.**

<b>EYE PARTS</b>	<b>Right eye</b>	<b>Left eye</b>
Lids, Lashes	Normal	Normal
Conjunctiva	Normal	Normal
Cornea	Clear	Clear
Pupil	NSRTL	NSRTL
Anterior Chamber	Normal	Normal
Lens	No singnificant changes	No significant changes

**Table 2: Visual acuity.**

	<b>Right Eye</b>	<b>Left Eye</b>
	<b>Before Treatment</b>	<b>Before Treatment</b>
DV unaided	6/60	6/60
BCVA	6/12	6/12
PH	6/24(p)	6/18(P)
NV unaided	N/6	N/6
Spectacle correction	-4.00D	-3.00D

### TREATMENT

*Shodhana* and *Shamana* both treatments were given to the patient.

### Treatment Protocol

#### 1. *Tarpana* -7 days

**Table 3: Therapeutics intervention adopted.**

PROCEDURE	DRUGS	DURATION	DOSAGE
<i>Tarpana</i>	<i>Triphala ghruta</i>	7 days	As required

*Tarpana* was done with *Triphala ghruta* in the morning time for seven days.

**Table 4: Ingredients of Drugs.<sup>[6]</sup>**

	DRUGS
1	<i>Haritaki</i>
2	<i>Vibhitaki</i>
3	<i>Aamalaki</i>
4	<i>Goghruta</i>

### RESULTS

**Table 8: Visual acuity.**

	Before Treatment	After <i>Tarpana</i>
<b>Right Eye</b>		
<b>DV</b>	6/60	6/36
<b>PH</b>	6/24(p)	6/24
<b>Left Eye</b>		
<b>BCVA</b>	6/12	6/9
<b>DV</b>	6/60	6/36
<b>PH</b>	6/18(p)	6/18
<b>BCVA</b>	6/12	6/9
<b>Spectacle correction</b>	-3.75D	-2.75D

### Treatment Protocol

#### 2. *Tarpana* -7 days

No adverse effects were reported during the study. There was an improvement in her visual acuity in both eyes at the same time symptoms like watering from both eyes and pain in both eyes subsides.

Spectacle correction after treatment.

### Distance Vision

Right Eye – -0.25D Left Eye – -0.25D

### DISCUSSION

*Timira* is treated with *kriyakalp Tarpana*, that are to be followed repeatedly. Based on

symptoms, Myopia can be correlated with *Vatika Timira*. Hence the line of management of *Vatika Timira* was adopted. *Tarpana* was completed with ***Triphala Ghrita***. It is indicated in *Chakshu Rogas*. ***Triphala Ghrita*** appears to be predominantly *Vatashamaka* followed *Pitta* and *Kaphashamaka*. Thus, the overall effect of the drug is *Vata Pradhan Tridosha Shamaka* and hence it destroys the pathology of *Timira*.<sup>[7]</sup> *Tarpana* is topical therapy in which medicated ghee is retained in the eyes by a retention wall made from *Urada dal* flour.<sup>[13]</sup> which has been recommended in improving the *Drishtibala* of the eyes as it has *Roga Nivruti* and *Vyadhi Vinashakar* properties. In the present study, ***Triphala Ghrita*** is adopted as it has *Snehana* and *Ropana* properties which may help in improving the vision. *Triphala* has *Chakshusya* properties.

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