

**RECENT ADVANCES IN PANCHAKARMA PRACTICE (NETRA
TARPAN) YES****Pallavi M. Ramteke^{1*} and Mohan Yeole²**

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ABSTRACT

Netra means eyes .the eye is the main organ. A person who is blind, day and night square measure identical and lovely world is of no use to him. Not with standing he possesses tons of wealth therefore sincere efforts ought to be created by each individual to preserve his/her vision until the lost breath of life. Despite exceptional progress advances in modern medicine there are some limitations. Ayurveda the proven system of drugs provides valuable guidelines not solely in treatment aspects however additionally in preventive life. Netra tarpan treatments is one of all the local therapy that it promptly used shows objective evidences of fantastic response Netra Tarapan is an Ayurvedic treatment where warm medicated ghee is made to hold in eye tarpan yantra or mould frame on the eyes for a specific time it's

like eyes are bathed ith ghee. Netra tarapan eye treatment is quite beneficial for the relaxation of eyes and the treatment of various ailments related to eyes. Netra tarapan has been used from ancient times in Ayurveda for improving the eyesight and is highly beneficial to people working late in front of computers and on the machinery affecting the eyes It is most revered Kriya Kalpa extensively used in netra shakti. Ayurvedic Netra Tarapan is a very effective, Preventive and curative procedure.

KEYWORDS:- Panchakarma, Netra Tarpana, Kriya Kalpa, Ayurveda.

INTRODUCTION

The eye is the main sense organ gifted by god to human beings. Ayurveda has stated the

importance of an eye with quote “sarvendriyanam nayanam pradhanam “ i.e eye is the prime sense organ among the all sense organ. it is describe by sushruta in detail. Sushruta has written nineteen chapters in uttatantra explaining the medical surgical and preventive aspect of netra. Netra is an important organ for indriya janya gyana which is considered as a source of pratyasha gyana (direct perception) We acquire doubtless knowledge with the help of indriya (sense organ) and out of five indriyas the most important is the netra. Ancient Indian philosophy is of opinion that all materials living or non living are made up of five fundamental elements called panchamahabhuta and all parts of body are also made up by the combination of these mahabhutas. In case of netra there is a dominance of teja mahabhuta therefore netra organ has always a threat from kapha dosha which has exactly opposite qualities that of tej mahabhuta.

- Netra Tarpan Ayurveda treatment improves the vision of eyes and cure eye problem naturally. This panchakarma procedure nourishes the eyes This procedure is useful both in healthy as well as diseased person. It protects the eyes from degeneration due to ageing process in healthy person. Netra Tarpan is usually practiced kriya in Netra chikitsa which is brimhana (nourishing) in nature. It is also commonly known as netra basti or akshitarpan tarpan is useful both in healthy as well as diseased person tarpan is a snigdha kriya indicated in macular degeneration computer eye strain. Degenerative conditions myasthenia gravis drooping of eyelid.^[1]

MATERIAL AND METHOD

Indication- Dryness of the eyes, stiffness of eyelids, falling of eyelashes, Dirtiness of the eyes, Deviated eyeball or squint, vata pitta predominant disease. Burning in the eyes, conjunctivitis, pain in the eyes, watering eyes, night blindness, Myopia, reduces Dark circles.

Contraindication

According to Acharya sushruta tarpana is not indicated. On a cloudy day. Extreme hot or cold seasons. In condition of tiredness and giddiness of eyes, in complication of eyes, in the condition of acute pain, inflammation redness etc. A pregnant woman or woman has just had a cold, cough, asthma, fever, red eyes and severe pain, mucous discharge from the eyes and severe pain, mucous discharge from the eyes.

Netra basti procedure

Netra tarpan should be carried out in the afternoon on an auspicious day after the food (taken

by the patient) has been digested and after the head and the whole body of the patient have been treated with purification measures properly. The patient is asked to close the eyes and over the closed The patient is asked to close the eyes and over the closed eyes, melted Ghrita is poured very slowly till the entire eyelashes are under the melted Ghrita. Patient is instructed to close and open his / her eyes (Unmesa & Nimesa). Ghrita should be poured on closed eyes up to immersion of eye lashes. Only in Astanga Sangraha, it is mentioned as amount required for filling up to dipping of eye lashes and cilia of eyebrows. Time of retention of Ghrita has been mentioned according to the Dosa involved and site of the disease. Akshi - Tarpana should be retained for a period, which is taken for counting the number of syllables mentioned according to the healthiness or unhealthiness of the eye which is termed as Matra Kala. In Sharngdhara Samhita, it is mentioned to open the eyes after pouring Ghrita on closed eyes, but not clearly indicated to blink the eyes. The ghee is kept for 10-20 minutes. A uniform temperature is maintained by reheating and replacing the heated ghee. Susruta, without clarifying the condition of the eye, simply asks to perform the procedure for one day, three days and five days or till the proper satiating features are attained. In vatika diseases procedure should be carried out daily, alternatively in Paittika and Raktaja diseases, with interruption of two days in healthy eye and Sannipataja disease and with the interruption of three days in Kapha diseases. Vagbhatta is in agreement with Videha, except for Kapha diseases where he advises an interruption of two days. Tarpana should be retained for a period, which is taken for counting the number of syllables mentioned according to the healthiness or unhealthiness of the eye. Retention period in Healthy, Kapha Pitta and Vata Predominance is 500, 600, 800 and 1000 Matra Kala respectively. According to desired site the retention period in Sandhigata, Vartmagata, Suklagata, Krsnagata, Drstigata and Adhimantha is 300, 100, 500, 700, 800, 1000 Matra Kala respectively. Sound sleep, blissful awakening, cessation of secretion, clearness of vision, discernment of individual colors, agreeable sensation, lightness of the eye and proper functioning of eye, ability of the eye to tolerate Sunlight are the features of properly conducted Tarpana. Heaviness, indistinct vision, excessive oiliness, lacrimation, itching, stickiness and aggravation of Dosas especially Kapha Dosa result from excessive Tarpana. Dryness, indistinct vision, excessive lacrimation, intolerance to light and aggravation of the disease are the features of insufficient Tarpana. In these two conditions, treatment should be applied according to predominance of Dosas with Dhumpana, Nasya, Anjana and Seka either Snigdha or Ruksh

- It is recommended for people who regularly work at computers, operate machinery,
- Person suffering from tired, painful and sore eyes.
- Decrease spectacle number benefits in effects on the eyes caused by diabetes and high blood pressure.
- Clearer color definition when seeing, Relief from aching tired eyes Eyes without tears or excessive tears, Dark circle under eye area, eyelids hair loss, Eye strain, eye pain, eyelash curling, effects on the eyes due to T.V., computers pollution etc,
- Itching at the roots of the eyelid hairs, Increase in the number of eyes, loss of vision and blurred vision.
- Removes dryness, watering of the eyes, Impress blurred vision, Itching in the eyes, painful, swollen eyes, Darkness in front of the eyes, Relieves the eye inflammation for heavy users of laptop

DISCUSSION

In Netra Tarpana medicated ghees having nourishing properties are the important ingredient of the procedure. Netra Tarpana relieves pain, stiffness and swelling associated with Vata, Pitta and Kapha and brings about lightness and a feeling of health in the eyes and ocular muscles and soft tissues. Most of the published works of previous studies including few clinical studies have emphasized on the importance of Tarpana in disorders of eye. In a pilot study on clinical efficacy of Ayurvedic management in computer vision syndrome Shatavaryaadi Churna (orally), Go-Ghrita Netra Tarpana (topically), and counseling was done and the study suggested the need of a systemic intervention rather than topical ocular medication only. The Clinical study on primary open-angle glaucoma with Ashchyotana, Tarpana and oral medication concluded that Ayurvedic treatment protocol after Koshta Shodhana and Nasya, Tarpana and Ashchyotana was found to be effective in reducing the IOP and controlling the progression. A case report on Ayurvedic management of Ulcerative Keratitis highlighted the potential of Ayurvedic management in nonresponding ulcerative keratitis where Jaloukavacharana, Snehapana, Virechana, Nasya, Anjana, Tarpana and Putapaka was done. Ayurveda has an important role to play in infective eye diseases which needs to be explored scientifically. A clinical study on the role of Akshi Tarpana with Jeevantiyadi Ghrita in Timira (Myopia) aimed at evaluating the efficacy of the Akshi-Tarpana procedure with Jeevantiyadi Ghrita in fresh and old myopes and the study revealed significant results. In A clinical study on Akshitarpana and combination of Akshitarpana with Nasya therapy in Timira with special reference to was Conducted to

evaluate the role of Tarpana with and without Nasya in patients suffering from myopia. Tarpana with Mahatriphaladya Ghrita was administered. Comparatively, more relief in the signs and symptoms were found in the combined Tarpana and Nasya. In Netra Tarpana – Gladdening ocular therapeutics of Ayurveda.

CONCLUSION

Netra tarpan is most often recommended practice in ayurveda. Netra roga chikitsa. Netra tarpan may help to the affected area gets rid of dosha imbalances strengthens the muscles in the area and helps on improving eye sight akshi tarpan Netra basti is an excellent soothing, relxing eye treatment to rejuvenate eyes and surrounding tissues. Larger clinical studies with uniformity in the procedure of netra tarpan may help to develop scientific evidences to classical indication. Netra tarpan is most often recommended practice in ayurveda netra rog chikitsa Tarpana and oral medication concluded that Ayurvedic treatment protocol after Koshtha Shodhana and Nasya, Tarpana and Ashchyotana was found to be effective in reducing the IOP and controlling the progression. A case report on Ayurvedic management of Ulcerative Keratitis highlighted the potential of Ayurvedic management in nonresponding ulcerative keratitis where Jaloukavacharana, Snehapana, Virechana, Nasya, Anjana, Tarpana and Putapaka was done. Ayurveda has an important role to play in infective eye diseases which needs to be explored scientifically. A clinical study on the role of Akshi Tarpana with Jeevantyadi Ghrita in Timira (Myopia) aimed at evaluating the efficacy of the Akshi-Tarpana procedure with Jeevantyadi Ghrita in fresh and old myopes and the study revealed significant results. In A clinical study on Akshitarpana and combination of Akshitarpana with Nasya therapy in Timira with special reference to myopia was conducted to evaluate the role of Tarpana with and without Nasya in patients suffering from myopia. Tarpana with Mahatriphaladya Ghrita was administered. Comparatively, more relief in the signs and symptoms were found in the combined Tarpana and Nasya. In Netra Tarpana - Gladdening ocular therapeutics of Ayurveda .netra tarpan may help to nourish eyes, increase blood circulation to the affected area gets rid of dosha imbalances, strengthens the muscles in the area and helps on improving eye sight akshi tarpan is an excellent soothing, relaxing eye treatment to rejuvenate eyes and surrounding tissues larger clinical studies with uniformity in the procedure of netra tarpan may help to develop scientific evidence to classical indication.

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