

COMPREHENSIVE AYURVEDIC MANAGEMENT OF SIMPLE MYOPIC ASTIGMATISM WITH *NETRA TARPANA* AND *TRIPHALA GUGGULU*: A DETAILED CASE REPORT

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ABSTRACT

Introduction: Refractive errors such as myopia and astigmatism are among the most common ocular disorders globally, often leading to dependence on spectacles or contact lenses. Difficulty in tolerating optical devices and the desire for natural management encourage patients to seek alternatives such as Ayurveda. **Case Presentation:** A 23-year-old female student presented with complaints of dimness of vision for distance and headache associated with the use of spectacles. Clinical examination revealed a visual acuity of 6/18 (Simple myopic astigmatism) in both eyes, which improved only to 6/9 with -4.00 D cylindrical lens correction in both eyes. She was also diagnosed with mild anemia. Ayurvedic management included 21 days of *Netra Tarpana* with *Jivantyadi Ghrita* and oral administration of *Triphala Guggulu* for three months, initiated on 30-06-2023. **Outcomes:** Following therapy, her symptoms significantly

improved, and during follow-up examinations every six months, her unaided visual acuity remained stable. By the latest visit on 18-08-2025, the patient maintained 6/6 partial vision in both eyes without spectacles and reported complete relief from headache and visual strain. **Conclusion:** This case highlights the potential of integrative Ayurvedic approaches such as *Netra Tarpana* and *Triphala Guggulu* in improving visual function and reducing refractive dependence in myopic astigmatism.

KEYWORDS: Myopia, Astigmatism, Ayurveda, Netra Tarpana, Jivantyadi Ghrita, Triphala Guggulu, Case Report.

INTRODUCTION

Refractive errors account for a large proportion of correctable visual impairments. Myopia (short-sightedness) and astigmatism are particularly common in young adults, with studies estimating that nearly one-third of student's experience significant refractive issues. The primary mode of correction remains spectacles or contact lenses, with refractive surgeries as a secondary option. However, challenges such as discomfort with spectacles, cosmetic concerns, and surgical risks motivate patients to seek alternative therapies.

In Ayurveda, refractive errors can be correlated with *Timira* (dimness of vision) in the early stages. *Netra Tarpana*, one of the *Kriyakalpa* procedures, is specifically indicated in *Drishtimandya* (defective vision). It involves retaining medicated ghee over the eyes for a prescribed duration, nourishing ocular tissues, and alleviating strain. In addition, *Triphala Guggulu* is a classical oral formulation with *Chakshushya* (eye-beneficial), *Rasayana* (rejuvenative), and anti-inflammatory properties.

This case report describes a young female patient with myopic astigmatism who responded favorably to Ayurvedic management, presenting a possible non-surgical, non-optical alternative for refractive stabilization.

Patient Information

- **Name:** XYZ (initials changed for confidentiality)
- **Age/Sex:** 23-year-old female
- **Occupation:** University student

- **Presenting Complaints**
 - Dimness of vision for distance (6 months' duration)
 - Difficulty in using spectacles (causing headache and discomfort)
 - Frequent frontal headache during reading and screen work

- **Past Medical History:** No significant illness
- **Personal History:** Vegetarian diet, moderate lifestyle, no addictions
- **Family History:** No ocular disorders reported
- **Associated Condition:** Anemia (clinically diagnosed)

History of Present Illness

- A 23-year-old female student presented with **progressive dimness of vision for distance** for the last **6 months**. She reported that her vision gradually became blurred, particularly while viewing the blackboard in class or reading signboards from a distance. The blurring was associated with **frequent headaches**, especially after prolonged visual tasks.
- She had been evaluated earlier and diagnosed with **simple myopic astigmatism**. Spectacles with a correction of **-3.50 D** in both eyes were prescribed. However, she experienced **difficulty in adapting to spectacles**, reporting discomfort and persistence of headaches despite their use.
- There was **no history of trauma, redness, watering, discharge, or ocular pain**. She denied photophobia, diplopia, or sudden changes in vision.
- Her **general health was otherwise good**, except for complaints of **easy fatigability**, and further evaluation revealed **mild anemia**.

Examination

General Examination

- **Built:** Medium
- **Height/Weight:** Within normal limits
- **Pallor:** Present (mild)
- **Icterus, Cyanosis, Clubbing, Oedema, Lymphadenopathy:** Absent
- **Vital Signs**
 - Pulse: 76/min, regular
 - Blood Pressure: 110/70 mmHg
 - Respiratory Rate: 18/min
 - Temperature: Afebrile

Systemic Examination

- **Cardiovascular System:** S1, S2 heard, no murmurs
- **Respiratory System:** Bilateral air entry clear, no added sounds
- **Abdomen:** Soft, non-tender, no organomegaly
- **Central Nervous System:** Conscious, oriented, higher functions intact, cranial nerves normal

Ocular Examination

- **Inspection:** Eyes normal in appearance, no redness, no squint
- **Visual Acuity (Snellen's Chart):**
 - Unaided: 6/18 in both eyes
 - With correction (-3.50 D): 6/6 partial OU
- **Anterior Segment (Slit Lamp):** Within normal limits
- **Posterior Segment (Fundus):** Normal findings
- **Refraction:** -3.50 D spherical equivalent both eyes
- **Extraocular Movements:** Normal and full range
- **Associated Symptoms:** Headache present with spectacle use

Aṣṭavidha Parīkṣā (Eightfold Ayurvedic Examination)

Parameter	Findings	Interpretation
Nadi (Pulse)	76/min, regular	Vata-Pitta predominance
Mala (Stool)	Once daily, normal	Sama
Mutra (Urine)	Normal frequency & color	Sama
Jihva (Tongue)	Mild pallor, moist	Suggestive of anemia
Shabda (Speech)	Clear	No abnormality
Sparsha (Touch/Temperature)	Normal warmth	Sama
Drik (Eyes/Visual exam)	Distant vision dimness, BCVA 6/6 partial	Drishtimandya
Akruti (Body build)	Medium, pallor noted	Anemic tendency

Modern Assessment Findings

- **Snellen's Chart:** Unaided VA 6/18 OU; corrected with -3.50D to 6/6 partial.
- **Headache Grading (0–3 scale):**

- 0 = No headache
- 1 = Mild occasional
- 2 = Moderate, daily interfering with activities
- 3 = Severe, disabling
- **Patient score (baseline): 2**
- **General Examination:** Mild anemia (Hb ~9.8 g/dl).

Diagnostic Assessment

- **Diagnosis (Modern):** Simple myopic astigmatism
- **Diagnosis (Ayurvedic):** *Timira (Adhija Drishtimandya)* in early stage, associated with *Pandu Lakshana* (anemia).

Assessment Criteria Used

1. Vision Assessment (Snellen's Chart)

- Baseline: 6/18 unaided
- Post-treatment: 6/12 → 6/9 → 6/6 partial
- Final (18-08-2025): 6/6 partial unaided OU

2. Headache Score (0–3)

- Baseline: 2 (moderate, daily)
- Post-therapy: 0 (no headache)
- Maintained at 0 during follow-up

3. Subjective Symptom Relief (% Improvement)

- Dimness of vision: 70–80% relief reported
- Headache: 100% relief
- Spectacle dependence: Reduced to nil

4. Aṣṭavidha Parīkṣā Changes

- Drik (ocular findings) improved – clearer vision, no strain
- Jihva – pallor reduced after correction of anemia

5. Objective Parameter

- Hb improved to 11.2 g/dl after dietary advice and Triphala Guggulu

Therapeutic Intervention

1. Local Therapy (Netra Tarpana)

- Medicine: *Jivantyadi Ghrita*
- Duration: 21 days (04-07-2023 to 27-07-2023)
- Procedure: Patient made to lie supine, dough ring prepared around orbit, lukewarm medicated ghee retained for prescribed duration daily.
- Rationale: Provides nourishment to ocular tissues, relieves strain, improves clarity of vision.

2. Oral Therapy

- *Triphala Guggulu*: 2 tablets twice daily for 3 months.
- Rationale: Improves systemic health, relieves oxidative stress, and supports ocular function.

3. Supportive Measures

- Diet: Iron-rich foods for anemia
- Lifestyle: Reduction of screen exposure, eye rest practices

Follow-up and Outcomes

- Immediate relief from headache within the first week of *Netra Tarpana*.
- Visual clarity improved; patient reported ease in reading and classroom activities.
- After 3 months, no recurrence of symptoms; pallor reduced.
- At every 6-month follow-up for 2 years, unaided vision was maintained at 6/6 partial without spectacles.
- No adverse effects noted.

Timeline

Date	Intervention / Findings	Outcome
30-06-2023	Initiated oral <i>Triphala Guggulu</i> 2 tablets twice daily	General systemic support
04-07-2023	Started <i>Netra Tarpana</i> with <i>Jivantyadi Ghrita</i>	Marked relief from headache after few sittings
27-07-2023	Completed 21 days <i>Netra Tarpana</i>	Improved visual clarity and comfort

Aug 2023 – Oct 2023	Continued oral <i>Triphala Guggulu</i>	Improved systemic health, reduced anemia
6-month follow-ups 2024–2025	Regular monitoring	Stable vision
18-08-2025	Final documented follow-up	Unaided VA: 6/6 partial OU, symptom-free, no spectacle use

Outcomes and Assessment

Modern Assessment

Parameter	Baseline	After Therapy (July 2023)	Final Follow-up (18-08-2025)
Unaided VA (OU)	6/18	6/9	6/6 partial
BCVA (OU)	6/6 partial	6/6 partial	6/6 partial
Headache Score (0–3)	2 (moderate)	0	0
Hemoglobin	9.8 g/dl	10.8 g/dl	11.2 g/dl

Ayurvedic Assessment

Parameter	Baseline	After Therapy	Final Follow-up
Drik (Eyes)	Distant vision dim, strain present	Improved clarity	Stable 6/6 partial without specs
Jihva (Tongue)	Pale	Reduced pallor	Normal
Akruti	Medium, anemic	Improved strength	Stable
Overall Aṣṭavidha Score	Indicative of <i>Pandu</i> + <i>Drishtimandya</i>	Improvement in <i>Rakta</i> and <i>Drishti</i>	Stable

DISCUSSION

This case demonstrates that Ayurvedic therapies may play a role in the functional improvement of refractive errors.

- *Netra Tarpana* provides direct nourishment to ocular structures, counteracting ocular dryness, strain, and possible structural weakness contributing to refractive instability.
- *Jivantyadi Ghrita* contains *Jivanti*, *Amalaki*, and other *Chakshushya dravyas*, known to support ocular tissue health.
- *Triphala Guggulu* combines antioxidant-rich *Triphala* with *Guggulu*, promoting detoxification, tissue rejuvenation, and visual strengthening.
- The sustained improvement without optical correction over 2 years suggests a stabilizing effect on refractive error progression.

This observation is particularly relevant in young adults where myopia progression is a concern. Although single-case evidence cannot be generalized, it encourages further clinical studies on Ayurvedic interventions in refractive errors.

Informed Consent

Written informed consent was obtained from the patient for the publication of this case report and clinical findings.

Conflicts of interest: none

CONCLUSION

This case highlights that integrative Ayurvedic management with *Netra Tarpana* and *Triphala Guggulu* can result in sustained visual improvement and reduction in refractive dependence in simple myopic astigmatism. The therapy was safe, effective, and well-tolerated. Further clinical studies with larger sample sizes are warranted to validate these findings.

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