

NETRA TARPAN: AN EFFECTIVE AYURVEDIC PROCEDURE OF EYE**Dr. Vasudha Sharma^{1*} and Dr. Abhishek Sharma²**¹Assistant Professor Department in Shalkya Tantra Bharti Ayurved Medical College Durg.²MD Panchkarma Director Shreedhar Aushdhalaya Avam panchkarma Kendra Raipur.Article Received on
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Netra is the main sensory organ among the all sense organ. They are influenced by various reasons. Modern medicine not defined the particular problems of the eye but Ancient Ayurvedic texts mention special branch Shalaky Tantra on how to prevent and cure to various infective condition & Reflective errors of the eye. Ayurveda the ancient system of medicine gives valuable guidelines not only in treatment aspect but also in preventive line. Different Acharyas describe to different types of Netraroga. Acharya Shushruta describe Kriyakalpa for the management of Netra rogas. Kriyakalpa mention Tarpan are used in mainly cure the eye disease. This article mentions are netra tarpan indication, contraindications, Procedure, Snehadharana kala (period of retention of Ghrita) according to Dosha prakopa & Adhisthana with matra, Tarpanavdhi, samyak -Ati – Heena Tarpita lakshana, Tapan used in various formulation and mode of action is discussed. Netraroga are

dependent on Dosha & Sthanika. Tarpan uses for medicated Ghritamanda properties (snehana) contain like Proteins, lipids, Amino acid, vitamins (fat soluble) A,D,E,K & special Drug etc...they are transport to Deep tissue layer in eye and provide to Brihana, balaya, Chakshushya, oja & naurishment. These Act as an Antioxidant properties prevent the Cornea & lens from oxidative injures. Ghritamanda Activate in Alochaka pitta (Rhodopsin - eye power balanced) of the eyes. Ghritamanda increase the power of Drishtigata Nadi by activating the Chakshuvaisheshika & Buddhivaisheshika pitta. Drishtigata Nadi improving of the vision And correct to Reflective errors. Ghritamanda drug also decrease to Roughness / Dryness & provide to naurishment and therapeutic action.

KEYWORDS: Tarpan, Kriyakalpa, Netraroga, Ghritamanda, Snehandharankala, Alochaka pitta, Buddhivaisheshika, Chakshuvaisheshika, dosha and Adhithana.

INTRODUCTION

Ayurveda the ancient system of medicine gives valuable guidelines not only in treatment aspect but also in preventive line. There is a great need to find out an ocular procedure for preventive and treatment of eye disease. The Netra (Eye) is a important sensory organ Ayurveda has stated the important of Netra with quote – “**sarvendriyanamnayanampradhanam**” ieeye hold extraordinary status among all sense organ.

CharakSamhita has mentioned few details as for eye is concerned it had mention 4 type of netra roga in Sutrasthan and 96 type of netraroga in a chikitsasthan. Acharyashushruta describe the 76 type of Netra Rog written 19 chapter in Uttar tantra explaining the medical surgical and preventive aspect of Netra.

Ayurveda all things and living are nonliving are made up of panchmahabhutas similarly netra is also formed tejopanchamahabhutas. Netra is the seat of Alochak pitta and Tarpakkapha. Ayurveda vishista chikitsa a part of samanya chikitsa for instance Basti chikitsa happens to be the chikitsardha in Kaya chikitsa, Rakthamokshana chikitsardha in Shalya chikitsa, similarly Kriyakalpa from chikitsardha in Shalaky Tantra.

Kriyakalpa are unique procedure practiced in shalakyatantra. Kriyakalp the local ocular therapeutic procedure are a group of special methods of drug administration and management of Netra Vikars. Kriyakalp includes Seka, Aschyotana, Tarpan(Netra Tarpan /AkshiTarpan), Putpak, Anjan, Pindi and Vidalaka.

Classifications of Kriyakalpa

Kriyakalpa	C.S.	Su.S.	A.H.	Sar. S.	B. P.
Tarpan	+	+	+	+	+
Putpaka	-	+	+	+	+
Seka	-	+	+	+	+
Aschyotana	+	+	+	+	+
Anjan	+	+	+	+	+
Pindi	-	-	-	+	+
Vidalaka	-	-	+	+	+

Netra Tarpan is derived from **Netra** referred to eye (Akshi) and **Tarpan** stands for nourishment or Rehydration process, Netra Tarpan quote –“**Tarpanakamnetramtriptikaramparam**” means nourishment of eye. The Netra Tarpan is the best treatment modality of eye disease and ayurvedic purification & rejuvenation treatment provide specially as part of panchkarma treatment. This procedure, an enclosure built is made around the eye with wheat flour and medicated ghee is poured over the eyelids for a fixed duration of time. Netra Tarpan act as a very effective, preventive and curative therapy for maintaining normal healthy condition of eyes and also cure the Vataja- Pittaja Netra vikaras and special type of Drishtigat roga. Tarpana is a Snigdha Kriya indicated in Vata Dusta ophthalmic conditions mainly in Drishtigata Rogas. It is commonly indicated in macular degeneration, computer eye strain, degenerative conditions, 7th-6th nerve palsies, myasthenia gravis, drooping of eyelid.

INDICATION FOR TARPAN KARMA

When a patient sees

- Tama (Darkness in front of eyes)
- Daruna Netra (Roughness of the eyes)
- Netra Vishuska (Dryness of eyes)
- Avila Netra (Dirtiness of the eyes)
- Stabdha Netra (Stiffness of eyelids)
- Sheerna Pakshma (Falling of eyelashes)
- Kathina Vartma (In extreme aggravation of the diseases of the eyelids)
- Jihma Netra (Deviated eyeball or squint)
- Netrabhigat (Injury / traumatic condition of eyes)
- Vata – pitta predominant disease.

A/c to Acharya Vagbhata– Some further added specifically selected disease for tarpan karma. They are.

- ❖ Kricchramilana (difficulty in opening eyes)
- ❖ Siraharsha (congestion of conjunctival blood vessel)
- ❖ Sirotkata (Episcleritis)
- ❖ Tama (blackout)
- ❖ Arjuna (Subconjunctival haemorrhage)
- ❖ Syanda (Conjunctivitis)

- ❖ Adhimantha(Glaucoma)
- ❖ Anyatovat (Referred pain in the eyes or sphenoidal sinusitis)
- ❖ Vataparyaya(Atrophy of the ciliary nerve)
- ❖ AvranaShukra(Corneal Opacity)

CONTRAINDICATION FOR TARPAN KARMA.

A/c to **Acharya Sushruta**—Tarpan karma is contraindicated are.

- Durdina - On a cloudy day
- Atyushna Dina or Ati sheet Dina - Extreme hot or cold seasons
- Chinta - In conditions of worries and anxiety – mental state
- Aayasaand Bhrama- In condition of tiredness and giddiness of eyes – physical health state
- Ashantaupadrava - In complications of eyes
- In the condition of acute pain, inflammation, redness etc. Persist in the eyes.

PROCEDURE

Poorva Karma (Pre-Treatment Procedure)

Before starting the procedure, some preparations are done, which include.

Preparation of the Patient: In Ayurveda, it is very important to take an examination of the patient to know the basic information, like his/her Prakriti and Vikriti. Accordingly, medications used in the procedures are decided.

Immediate Procedure: Before starting netra or akshitarpana, Sodhanakarma cleansing of the body like vaman, virechana, and shirovirechana are done. Later sthanikaabhyanga and mridu swedan is done.

Preparation of the Treatment: Before the procedure, all the materials needed for the procedure should be collected.

- Medicated ghee/oil.
- Flour of black gram or white flour for making the ring around the eyes.
- Bowl, vessels, and stoves.
- Tissue paper, Cotton swab, and Sterile clothes.
- Material for dhoompana.

Preparation of Flour for ring: Flour of black gram and barley should be mixed in a vessel by adding water and oil. From this mixture, 2 small rings will be prepared around the eyeball.

Preparation of the Medicine: The ghee to be used for therapy should be liquefied in lukewarm water.

Pradhan Karma (Treatment Procedure)

Time of the Netra Tarpana: This Ayurvedic therapy should be done in ‘Sadharana Kala’, i.e. forenoon or afternoon on an auspicious day after sodhan karma.

Position of the Patient: The patient is made to lie down and neck support in supine position in a good lighted, ventilated room free from direct sunrays, wind and dust.

Construction of ring around the eyes: The height of the ring should be 2 angula's and rings of flour are made over the eye sockets. The ring should be made in such a way as to prevent any kind of leakage of medicated ghee/oil.

Filling of Ring with Medicated ghee/oil: The prescribed lukewarm medicated ghee/oil is gently poured into the rings so that both the eyes are dipped in the medicine. The patient eyes should be closed while dropping the medicine in the ring. Later he or she is instructed to open and close the eyes repeatedly and slowly so that the interior of the eyes come into contact with the medicines. Then the medications are left in place for a fixed duration of the time as per mentioned in the Ayurvedic texts, after that they should be removed from both the eyes.

SNEHADHARANA KALA (PERIOD OF RETENTION OF GHRITA)

Sneha Dharana Kala is implemented considering Adhithana of Disease and severity of Dosha Prakopa.

Snehadharana kala according to DoshaPrakopa: (withMatrakala)

<i>Doshabheda</i>	Su.Sa.	A.S.	A.H.	Sha. Sa.	B.P.
Healthy eye	500	500	500	500	500
KaphaPrakop	600	500	500	500	500
Pitta Prakopa	800	600	600	-	600
VataPrakopa	1000	1000	1000	1000	1000

Snehadharana kala According to Adhishthana of Disease.

<i>Adhishthana (With Matra)</i>	Su.Sa.	A.S.	A.H.	Sha. Sa.	B.P.
Sandhigata	300	300	300	500	500
Vartmagata	100	100	100	100	100
Shuklagata	500	500	500	600	-
Krishnagata	700	700	700	700	700
Drishtigata	800/1000	800	800	800	800
Sarvagata	1000	1000	1000	1000	1000

**Su. Sa. - Shushruta Samhita, A.S. – AsthangaSangraha,
A.H. – AsthangaHridhay, Sha. Sa. – SharangdharSamhita,
B.P. – Bhav Prakash**

Pashchata Karma (Post - Treatment Procedure)

- **Removing the Medicated Ghritamanda:** Medicated Ghritamanda is drained out creating a small hole in the lower portion of the wall of the flour ring near the outer canthus of the eye and draining the Ghritamanda contain slowly collect in a bowl.
- **Wiping and Fomentation of the eyes:** The Ghritamanda are sticking of the eye and the surrounding eye socket. Both are swabbed out by wiping them off with the help of a sterile cotton pad. Later the eyes can be wiped off a sterile cloth dipped in warm water or gentle fomentation of the eyes.
- **Shirovirechana (Nasya) & Dhumapana:** Shirovirechana or Nasya Karma to eliminate the Kaphaused in Anu Tail, Sadbindu Tail etc. & Dhoomapana to eliminate the Kaphaused in Dhoomavartiwhich has been exaggerated due to the administration of Ghritamanda during NetraTarpana.
- **Putapaka:** The botheyes get tired after Tarpana procedure. Putapaka is done to ward off the eyes tiredness. In Putapaka, swarasa is extracted by Putapakamethod and procedure aresimilar to Netra Tarpana. Putapakaprovide Oja, Balya and Brihanain both eyes.
- **Patient Instruction:** Patient is instructed to keep away from direct exposure to bright lights and avoid looking at bright sky, high windexcessive heat, cold, lustrous and luminous bodies. patient is advised to avoidhead bath, sleeping during day time, rubbing of the eyes and using electronic gadgets.

SAMYAKA TARPITA LAKSHANA

- **Prakashkshamatva**(Ability to withstand bright light / tolerance of light)

- Sukhaswapana– (Good (sound) sleep)
- Avbodhatva (Blissful awakening)
- Vaishadhya (Fresh eye / Clearness of the eyes)
- Varnapatava (Discernment of individual colours)
- Vyadhidhvansa (Cure of the disease / Health gain)
- Nivriti (Feeling of comfort)
- Laghutwam in Nimeshonmeshnam(Feels easy in closing and opening the eyes)

ATI TARPITA LAKSHANA

- Netragaurava (Heaviness in eyes)
- Netra Avilata (Indistinct vision / Dirty collection in the eye)
- AshruSrava (Lacrimation / Epiphora)
- Atisnigdhatva(Excessive oiliness)
- Kandu (Itching sensation)
- Upadeha (Stickiness)
- DoshaSamutklishtata (Aggravation of Dosha)

HEENA TARPITA LAKSHANA

- Netrarukshata(Roughness / Dryness of eye)
- Netra Avilata(Indistinct vision)
- AshruSrava(Lacrimation / Epiphora)
- AsahyamRoopdarshan (Difficulty in vision)
- Rogavidhi (Aggravation of disease)

Management of AtiTarpita and HeenaTarpita Netra

Doompana, Nasya, Anjan, Seka either Ruksha or Snighdha are to be done for treating both condition. Treatment should be planned according to the predominance of the Doshavitiated -

In VatapradhanaDoshaPrakopa – SnighdhaSeka

In PittapradhanaDoshaPrakopa- SheetaSeka

In KaphapradhanaDoshaPrakopa – RukshaDhuma etc.

TARPAN AVADHI (DAY OF PROCEDURE).

<i>Aacharya</i>	TarpanAvadhi
Aacharyashushruta	Without clarifying the condition of the eyes perform the procedure 1 day, 3 day, 5 day Or till the Samyakatarpita lakshana.
AacharyaJejjata	Vataja Roga & Alpa Dosha – 1 day Pittaja Roga & Madhayam Dosha - 3 day Kaphaja Roga & Ati Dosha – 5 day
AacharyaVideha	(Depending on Dosha & Teevratha of vyadhi) Healthy condition – with 2 days gap Vataja Dosha – Daily Pittaja & Raktaja Dosha – 1 days gap (Alternatively) Kaphaja Dosha – 3 days gap Sannipataja Dosha – 2 days gap
AacharyaVagbhata	Vata – Daily Pitta – 1 days gap (Alternatively) Kapha & swastha (Healthy Person) – 2 days gap

VARIOUS FORMULATIONS INDICATION OF TARPAN

SHAMHITA	FORMULATION	DISEASES
Shushruta shamhita	Triphaladi Ghrita Trivruta Ghrita Tilvaka Ghrita Purana Ghrita	Shuktika, Amladhyusita, Pittaja Vidagdha Dristi, Kaphaja Vidagdha Dristi Timir Roga
Chakradatta	Triphala Ghrita Nagvallabha Ghrita Shashakadya Ghrita Kakolyadi Ghrita Mahatriphaladi Ghrita Patoladi Ghrita Madhukadi Ghrita Vruksaadanyadi	Timir Roga, Kacha, Arma, Shukra, Vartmagata Roga, Abhishyanda, Arbuda, Kandu, Akshisotha. Sarva Netraroga Timir Roga, Kacha, Naktandhya, Abhishyanda, Adhimantha, Nilika, Arbuda, Pakshmakopa etc. All Abhighattaja Netraroga (Corneal Ulcer & Corneal Opacity)
YogRatnakar	Laghu Triphaladi Ghrita Baladi Ghrita Dashamula Ghrita Patoladi Ghrita Rasnadi Ghrita Bibhitakadi Ghrita	Netra Shukra Sarva Netraroga Vataja Timir Roga
Ashtanga Hriday	Jivantyadi Ghrita Vasa Ghrita Drakshadi Ghrita	Timir Roga Vataja Timir Roga, Naktandhya Timir Roga, Kacha, Abhishyanda, Shirahshoola

MODE OF ACTION OF NETRA TARPAN**ADMINISTRATION OF TARPAN IN EYES****TRANSIENT REGIONAL VASODILATION OF CONJUNCTIVAL**

By Sthanika Mridu Swedan & Sukhoshna lipotropic quality of Ghritamanda)
(Conjunctival vasculature – arterioles, Mera arterioles, Venules, Capillaries & Communicating vessels)

**ABSORPTION OF THE MEDICATED GHRITAMANDA IN CORNEA LAYERS**

(Fat soluble ingredients)(Epithelium to Endothelium)

(Lipotropic Nature)

(Lipophilic Nature)

**TRANSPORTATION OF FAT SOLUBLE MEDICATED GHRITAMANDA DRUGTHROUGHHRUPAVAHASIRAS**

(Depending on Molecular Size)

Cornea to Deep layer Tissue Anterior Chamber – Posterior chamber

Iris – Cilliary body –Sensory ligament –Lens (Aqueous humour) -- (Vitreous humour)

& Sclera -- Choroid --RetinaFluid maintain in IOP (IntraOcular Pressure)



GHRITA – PITTA SHAMAKA, RASAYANA, BALYA, CHAKSHUSHYA, OJAVARDHAK

LIPID & VITAMINS – A, D, E, K + AMINO ACID & PROTEINS

INCREASE LUBRICATION B/W LENS INCREASED MUSCULAR & FIBRE ACT AS AN ANTIOXIDANT POWER OF CILIARY MUSCLES
(Maintaining and therapeutic Action)

ACTIVATION OF ALOCHAKA PITTA (RHODOPSIN)

ACTIVATION OF CHAKSHUVAISHESHIKAALLOCHAKA PITTA

Activation of Retinal layer –
Pigment Epithelium → **ROD CONE** → Activate Rhodopsin (Generate Action potential)
(Photoreceptor cells) Horizontal cell – Bipolar cells –
Amacrine cells
Ganglion cells
(Increased power of Drishtigata Nadi) Optic Nerve Activate

ACTIVATION OF BUDDHIVAISHESHIKAALLOCHAKA PITTA

Medicated Ghritamanda provide Balya, Oja, Brihana & Nourishment (ions and vitamins etc.)
And they are helping in oxidative injuries and conducting Visual signal pathways maintain.
Drishtigata Nadi activation of Visual Centre in Brain (Occipital lobe)

IMPROVEMENT OF VISION & RELIEF IN SYMPTOMS

CONCLUSION

Netra is most important sensory organ in human body. Netra are very common and easily infected organ in our body. So our responsibility to protect in health eye and lifestyle through

Ancient Ayurvedickriyakalpa. Tarpan are used in mainly cure the eye disease. Eye disease are dependent on Dosha & Sthanika. Tarpan uses for medicated Ghritamanda properties (snehana) contain like Proteins, lipids, Amino acid, vitamins (fat soluble) A,D,E,K & special Drug etc...they are transport to Deep tissue layer in eye and provide to Brihana, balaya, Chakshushya, oja and Antioxidant properties. It help in activation of Alochaka pitta (eye power balanced) of the eyes, decrease to Roughness / Dryness, provide to nourishment and help in oxidative injuries. So tarpankriya is the best procedure in cure of Eye diseases. It maintaining the healthy of eyes & improvement of vision.

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