

A LITERARY REVIEW OF NETRAPARISEKA KALPAS IN VARIOUS NETRA VIKARA

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ABSTRACT

"Sarvendriyanam Nayanam pradhanam" means Netraindriya is the most important sense organ^[1] because without sight we can't see this beautiful world. Our Acharya introduce Kriyakalpas as unique ocular therapeutics for "swasthasya swasthya rakshanam"^[10] of Netra and also cure Netrarogas. Kriyakalpas is a topical Ocular Therapeutic procedure used to treat Netra vikaras which gives advantages in the eye by direct-indirect contact, crossing certain barriers providing good results in the eye. There was total 7 Kriyakalpas introduced by our Acharyas i.e Tarpana, Putpaka, Anjana, Ashchotana & Pariseka were firstly introduced by Acharya Sushruta^[1] and Pindi, Bidalaka two more introduced by Acharya Sharngdhara.^[11] We are going to introduce here Netrapariseka kaplas which used in different Netravikaras, In this

article there is an attempt at a literary review regarding the collection of yogas used for Netrapariseka in different Eye diseases under one roof mentioned in Bruhat Trai, Laghu Trai, Vangsen Sanhita, Gadanigrah, Yogratanakar, Bhaishajya Ratnavali. That will be easily accessible to all scholars and Netrapariseka is bahir parimarjan chikitsa against in different inflammatory conditions of eye as an acute management to achieve success clinically.^[1]

KEYWORDS: Kriyakalpa, Netrapariseka, Netrarogas. Aamavastha.

INTRODUCTION

Ayurveda is a Holi science of India which is upveda of Atharva Veda further it divided into eight branches among that Shalakya tantra is the branch of a Ashtang Ayurveda which with

deals with Urdhwajatrugat vikaras i.e., diseases of Eye, Nose, Throat, Ear, Head, Teeth, Mouth and Neck with their management.^[3]

In that Eye is the most important and beautiful sense organ mentioned by Acharya Sushruta. Other sense organs also depend on the eye for their accuracy. There are 76 Netra Roga described in Sushrut samhita, and 94 in Ashtang Hrudaya, Ashtang Sangraha and Sharangdhar Sahita.^[9]

In Samhitas, Kriyakalpa is a special treatment given for Netra Roga. Kriya means the procedure and Kalpa means the medicated yoga or formulation. Kriyakalpa is nothing but the special topical ocular therapeutic procedure which is used to improve and maintain eyesight in Swasth Purush (healthy) and in the treatment of ocular pathology of Aatura purush (diseased). It is a type of Bahir parimarjan chikitsa due to which it is direct-indirect contact with the eye that gives good and immediate results in the ocular pathology.

There are seven Kriyakalpa mentioned in Samhitas such as.

1. Tarpana means retention of medicated ghrita on eye.^[3,4]
2. Putapaka means retention of medicinal decoction along with Mansa rasa on eye.^[3,4]
3. Pariseka means closed Eye irrigation with medicated kalpas.^[3,4]
4. Ashchyotana means Eye drops.^[3,4]
5. Anjuna is the Collyrium/eye ointment.^[3,4]
6. Pindi means Poultice application.^[11]
7. Bidalaka is the application of medicated paste on lids.^[11]

Netrapariseka is a procedure of ocular irrigation in which medicine is poured on closed eyes continuously from height of 4 Angulas in thin and continues stream for specific time.

Netrapariseka is also called sechana, seka, pariseka.

Procedure of Netrapariseka

Netrapariseka can be performed in three stages such as Poorva Karma (Pre-procedure), Pradhana Karma (procedure) and Paschat Karma (Post-procedure).

Poorva karma of Netrapariseka

Acharya Dalhana has mentioned Laghu bhojana or Upavasa.^[3] Abhojana is also mentioned by some Acharyas. In case of Aamaavastha of Netra rogas (attributes of inflammatory

changes), along with Apatarpana, Dipana, Pachana should be given 4 days^[5] then Netrapariseka should be started.

Pradhana Karma of Netrapariseka

The person is made to lie on the Drony, clean the face & eyes with cotton dipped in warm water, so that no dust can enter into the eyes. The prescribed quantity of medicated decoctions is taken in Dharapatra and medicated drugs are poured on the closed eyes from a height of 4 Angulas in a thin and continuous stream^[5] for specific time as given below.

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)

Table 1: Types of Netrapariseka, Duration of procedure in terms of Matra Kala, according to dosha pradhanta in Netra vikara, preferred kala which are as follows.

Sr. No.	Pariseka Types	Sushruta	Yogratnakara/Sarangadhara	Dosha Pradhanta ^[3]	Kal ^[3]
1.	Snehana	400	600	Vataj	Purvanha
2.	Ropana	600	400	Pittaj and raktaj	Madhyanha
3.	Lekhana	200	300	kaphaj	Aparanha

Paschat karma of Netrapariseka

Cleaning of eyes with soft cotton cloth and rest to the eye.

Table 2: Yogas for Netrapariseka according to Netra vikara with their reference.

Sr no.	Indication	Yogas for Netraparishek	References
1.	Kumbika	1. Kwatha of Yasti, Dhathri and Patola	1. A. Sn U ^(12/5)
2.	Atiyoga of Lekhana	1. Stree ksheera or Chagala ksheera 2. Kwatha of Musta and Jangalamansa rasa 3. Ksheera with Chandana 4. Kwatha of Dhatri, Asmantha, Jambupatra	A.Sn.U ^(12/60-72) A..Hr U ^(9/10-14)
3.	Utsangini, Anjananamika	1. Kwatha of Haridra, Madhuka, Patola, Lodhra with Kshudra	1. A.Sn.U ^(12/29)
4.	Pothaki	1. Kwatha of Kadhiraasara, Vasa, Shigrupatra, 2. Kwatha of Triphala, Madhuka, Dwi- haridra 3. Kwatha of Musta, Sarkara, Kapitapatra & Ambu	1. A.Sn.U ^(12/15) 2.A.Sn.U ^(12/19) 3.A.Sn.1 3.A.Sn.U ^(12/20)
5.	Pittotklista	1. Ksheera, Chandana, sadita	1. A.Hr.U ^(9/18)

		2. Chandana Shrut, Dugdh	2. A.Sn.U ^(12/10)
6.	Kukunaka	1. Kwatha of Dhatri, Asmanta and Jambupatra 2. Kushta or Guduchi kalka, water, Jaggery and honey parisheka for relieved pain 3. Bruhati, Arjuna, Bilwa, Nimb, Guduchi, Mogra, Karpas, Maltipatra kwatha	1. Su.U ^(19/13) 2. A.Sn.U ^(12/37) 3. A.Sn.U ^(12/37)
7.	Praklinna vartma	1. Musta, Haridra, Madhuk, Priyangu, Mohri, Lodhra, Utpala, Sariva churna with varsha jal kashaya	1. Su.U ^(12/48)
8	Pakshmarodha	1. For vran vednahar post chhadana karma a. Nyagrodhadi kashaya with Ksheera b. Yashtimadhu siddha ghruta c. Vatadi Kashaya with dugdh parishaka	1. A.Hr.U ^(9/38) 2. A.Sn.U ^(12/47) 3. A.Sn.U ^(12/49)
9	Arma	Post chhedana karma a) On first day Sechana with cold water and then warm ghrita b) On second day with Yashtimadhu ghrita sechana c) On third day kwatha of Lodhra, Haridra, madhuk, Patola, daruharidra, korandbuds and palash flower with madhu sechana	1. Su.U ^(15/12-13) 2. A.Sn.U ^(14/33-37)
10.	Arjun	Mix Ikshu, Madh, Sugar, Breastmilk, Darvi, Madhuka, Saindhav	Su.U ^(12/19)
11	Shuktika	Treat like Pittabhishtyanda	A.Sn.U ^(14/9)
12	Savvana shukra	1. Uptala, Kakoli, Draksha, Yashti And Vidari siddha in Goat milk with sugar and then sechana 2. Sheetvirya dravya kwatha sechana	1. A.Hr.U ^(11/31) 2. A.Sn.U ^(14/60)
13	Avranshukra	1. Kwatha of Nisha, Yashti, Sariva, Lodhra 2. Lodhra churna pottoli dipped in warm water 3. Kwatha of Dhatriphal, Nimb, Kapitha, Patra, Yashti, Lodhra, Khadir, Tila.	1. A.Hr.U ^(11/38) 2. A.Hr.U ^(11/39) 3. Yo.R ⁽²⁷⁰⁾
14	Ajaka	1. Vatahara Ghrita for Seka	1. Yo.R. ⁽²⁸⁹⁾
15	Aksipakatyaya	1. Ervaraubija, Pundarika with milk	1. Yo.R. ⁽²⁸⁵⁾
16	Abhishtyanda	1. In Purvarupa sechana with Daruharidra Kwatha with honey 2. In Samaavastha advice fast 3 days with parisheka a. Kwatha of Dhatriphala niryasa, Shigrupatra rasa, Madhu and Saindhava b. Shigrupatra rasa with honey. c. Kwatha of Erandapallava, Kantakarimoola and Aja dugdha	1. A.Hr.U ^(16/8) 2. Yo.R. ⁽³⁶¹⁾ and 3. B. R Netra Rog Adhikar ⁽¹⁶⁻²²⁾
17	Vataja Abhishtyanda	1. Erandatwak/Patra/Mula with Paya 2. Kantakarimula siddha in goat milk	1. Yo R ⁽³⁵⁹⁾ 2. Su.U ^(9/12)
18	Pittaja Abhishtyanda	1. Kwatha of Lodhra, Darvi, Katvadwaya, Propondarika, make pottoli and deep in water with mixed in honey 2. Chandana, kumod, sariva and Manjishta etc.	1. A.Sn.U ^(19/53) 2. A.Sn.U ^(19/54)

		with sheetvirya drawya siddha in dugdh 3. Manjistha, laksha, Utpala, Rajani, draksha, madhu ka, kwatha with sharkara 4. Kwatha of Chandana, Arishta, Patrani, Yashti, Darvi, and Saindhava 5. Kwatha of Darvi, Draksha, Chandana and Utpala 6. Streestanya, Sarkara & Madhu 7. Kwatha of Padma patram, Yashti, Haridra	3. A.Hr.U ^(13/16) 4. Vangsen Netra Rog ^(77-80 / 892)
19	Raktaja Abhishyanda	1. Like pittajabhisya 2. Kwatha of Triphala, Lodhra, Yashti, Sita and Musta 3. Kwatha of Nimba, Arka and Lodhra with Ghritha and Ksheera 4. Lodhra, Triphala, Yashti, Sarkara, Badra, Mustaka with Seetaambu 5. Kwatha of Laksha, Madhuka, Manjista, Lodhra, Sariva and Prapoundarika 6. Kwatha of Nilotpala, Kantakari, Yashti, Musta, Lodhra and Padmaka with Ghrita 7. Kwatha of Kaseruka and Madhuka with Aja dugdha or Ghrita 8. Kwatha of Mrunala, Chandana, Usira, Padmaka, Utpala and Yashti	1. Su.U ^(11/5) 2. Yo R ⁽³⁸¹⁾ 3. Yo.R ⁽³⁸¹⁾ 4. Vangsen Netra Rog ^(96-99/892)
20	Kaphaja Abhishyanda	1. Nimbpatra, Patolapatra, Jatipatra, Lodhra, Kantkari and Sunthi And make pottoli dip in the honey and gul or sidhau 2. Make ras of Nimba, Arka and Lodhra by putpaka method mix with Go ghrita and Ksheer	1. A.Sn.U ^(19/75) 2. Yo R ⁽³⁷²⁾
21	Anyatovata/ vataparya	1. Sendhav mixed in warm milk 2. Haridra and Daruharidra siddha dugdh with saindhava	1. Yo.R ⁽³⁹⁸⁾
22	Amlodhyushit	1. Seka like Pittaabhishyand	1. A.Hr.U ^(16/43) 2. A.Sn.U ^(20/40)
23	Shushka Akshipaka	1. Sheet Paya saindhava 2. Haridra, Daruharidra, Saindhava sidhha dugdha	Su. U ^(9/22-23)
24	Pittaja Timira	1. Kwatha of Manjistha, Rajani, Laksha, Draksha, Madhuka, Utpala and Sita	A.Sn.U ^(16/52)
25	Sannipatik Timir	1. Vatpraroh, Maduk, Durva, Lodhra, Til, Utpala dravya mix with dugdha.	A.Sn.U ^(16/76)
26	Kaphaj lingnash pashchatkarma	1. Erandpatrasidha warm milk 2. Jeevaniya gan aushadhi sidhha milk or ghrita 3. Laghu panchmul sidhha milk or ghrita	A.Sn.U ^(17/27-30)
27	Kshatasukra	1. Kwatha of Utpala, Kakoli, Draksha, Yashti, and Vidari along with Sita & Aja paya	A.Hr.U ^(11/31)
28	Heena chedana of Arma	1. Lekhana dravya seka	A.Hr.U ^(11/23)
29	Sashopha And Ashopha Akshipak Shulahara	1. Sweta Lodhra fried in Ghrita & powdered and should be tied in vastra, then done Mardana in Jala & used for Seka	A.Hr.U ^(16/32)

30	Vataj Netra Roga	1. Eranda pallava, moola, twachya with Chagapaya 2. Kantakarimula kashaya	GN ^(3/105) GN ^(3/106)
31	Pittaj Netra Roga	1. Kwatha of Prapoundarika, Yashti, Nisamalaka, Padmaka with Madhu	GN ^(3/117)
32	Shopha	1. Kseerapaka of Draksha, Madhuka, Manjishta, Jivaniand paya	GN ^(3/118)
33	Raktajaabhisyaanda	1. Lodhra, Triphala, Yashti, Sita, Musta and Seetha Ambu	GN ^(3/138)
34	Shukra, Aksipakatyaya	1. Kwatha of Dhatriphala, Nimba, Kapitha, Yashti, Lodhra, Tila and Khadira 2. Nagakeshara with Jala 3. Shyamakakwatha 4. Pundarika, Chagaksheera	GN ^(3/201) GN ^(3/206)
35	Sarva Netra roga	1. Shigru Patra Swarasa 2. Kwatha of Prapoundarika, Yasti, Darvi, Lodra, Chandana, Eranda & jala 3. Kashaya of Darvi & jala with madhu 4. Sarpi	1. GN ^(3/147) 2. GN ^(3/164) 4. Vangsen Netra Rog (54/888)
36	Sarva Netrasula	1. Sweta Lodra fried in Ghrita, powdered & triturated in Ushnajala	GN ^(3/146)

DISCUSSION

Considering all above discussed factors, Netrapariseka therapy is a holistic, safe, well-developed method of topical ocular drug administration which is presented here with its application method, pre and post procedure measures, with detail review of all drug combinations used in different Netra vikara in Sushrut Samhita, Ashtang Hridaya, Ashtang Sangraha, Yogratnakar, Bhaishajya Ratnawali, Vangsen Samhita and Gada Nigrah with its references.

Acharyas have given due importance to Netrapariseka- foremost procedure in treatment of utmost Eye disease especially in inflammatory conditions.^[5] In Netrapariseka, medicated kashaya, ras, combination with madhu or paya is poured on the closed eye lid of the patient which covers the whole region of eye.

Hence maximum absorption of Netrapariseka drug occurs so it gives good and fast results.

CONCLUSION

Kriyakalpa is topical ocular therapy, so it has several advantages over oral administration. The affected tissue is targeted directly than from the systemic absorption and always gives quick results. They can be selected depending upon stage and severity of diseases so that tissue contact time of drug can be reduced and achieve higher bioavailability. Among all

seven Kriyakalpa, Netrapariseka is a procedure indicated in many Netraroga with different combinations of dravya (yoga) specially used in Amavastha which can be considered as inflammatory conditions of the eye. Main purpose of Netraparseka is to attend an effective absorption at site of action for a specific period to elicit response. This is one of the methods of achieving therapeutic drug concentration within the eye and surrounding structures and can also be considered as the first line of treatment in inflammatory changes within the Eye. Various drugs can be selected according to stage and type of Eye diseases for Netrapariseka from this article. We can easily access any kalpas for Netrapariseka which are collected from in Sushrut Samhita, Ashtang Hridaya, Ashtang Sangraha, Yogratnakar, Bhaishajya Ratnawali, Vangsen Samhita and Gada Nigrah with references, so it makes it useful to all scholars to find combinations according to availability in minimum time for specific disease. Since it is an economical and safe procedure can contribute to the public Eye health.

ABBREVIATIONS

1. Su.U.-Sushrut Samhita Uttarsthan.
2. A.Hr.U.-Astang Hridaya Uttarsthan.
3. A.Sn.U- Astang Sangraha Uttarsthan.
4. Yo.R-Yogratnakar.
5. B.R-Bhaishajya Ratnawali.
6. GN-Gada Nigrah.

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