

## A CASE STUDY: EFFICACY OF MAHATRIPHALA GHRITA TARPANA IN SHUSHKAKSHIPAKA WITH SPECIAL REFERENCE TO DRY EYE

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### ABSTRACT

*Shushkakshipaka* is one among the *Sarvagata Netrarogas* mentioned by both the *Acharyas Sushruta* and *Acharya Vagbhata* under *Sadhya Vyadhis* caused due to affliction of *Vata* and *Pitta Doshas*. This condition can be well correlated to Dry eyes in modern parlance. Approximately 8% of world population is suffering with dry eye of which 78% are women. A number of contributory factors affect the severity of dry eye includes anatomical features, environmental surrounding, Rheumatoid Arthritis, contact lens use, unmodified life style, chronic inflammation and infections of eye which can lead to complications. Though this is a condition of present-day life style, our ancient seers have clearly explained the treatments which are *Vata-*

*Pittahara* and *Chakshushya* that can easily break the pathogenesis. *Akshi Tarpana* is one such procedure under ocular therapeutics where the affected tissues are benefited directly. Thus, *Mahatriphala Ghritha Tarpana* was selected to assess the Parameters of dry eyes in terms of clinical features and stability of the treatment.

**KEYWORDS:** Dry eyes, *Shushkakshipaka*, *Sarvagat Netraroga*, *Akshi Tarpana*, *Sadhya Vyadhis*, *Chakshushya*, *Mahatriphala Ghritha*.

### INTRODUCTION

One of the eight disciplines of *Ayurveda* that has existed for a very long time is *Shalakyatantra*. It addresses the aetiology, diagnosis, prognosis, prevention, and treatment of illnesses that affect the eyes, nose, head, and ears, which are positioned above the *Urdhwa Jatrugata*. *Netra* is given the almost priority in this branch since it is regarded as the *Pradhana* of all *Indriyas*. One of the "*Sarvagata Netra Rogas*" referred to by *Sushruta* and *Vagbhata* under the category of "*Vyadhis*" and brought on by *Vata* and *Pitta Doshas* and

characterised by *Gharsha, Toda, Bheda, Upadeha, Krichronmeelan, Vishushkata, Rooksha Daruna Vartma*, etc.<sup>[1]</sup> The *Shushkakshipaka*, which has been compared to "Dry eyes" in contemporary medicine, is one of numerous eye illnesses that have been recognised by both ancient Ayurvedic texts and modern medicine. It can affect any age group but mostly 20% up to adult aged of 45 or older and most common in women than man.<sup>[2]</sup> The clinical symptoms of dry eye syndrome (DES), a multifactorial condition of the tears and ocular surface, include irritation, a sense of a foreign body, dryness, itching, general ocular discomfort, chronic painful eyes, photophobia, etc. For the purpose of to cure dry eyes, lubricating eye drops like carboxymethylcellulose 0.5% are employed, however their preservatives are harmful to the eyes. Thus, prolonged uses is not feasible, and the effects of artificial drops are only short-lived. Other therapeutic options, including as surgery, are both unavailable and ineffective. These restrictions prompt us to consider efficient and non-traditional dry eye treatments. This provides the possibility for other medical systems, such as *Ayurveda*, to recommend and contribute alternative therapy approaches to alleviate dry eye pain. There are no curative therapy options, and palliative therapies are often insufficient. Ayurvedic medicine tackles the *Dosha* vitiation that causes dry eyes in order to cure the disease at its source, in contrast to most modern treatment techniques that just aim to reduce local dryness. The absence of preservatives and affordability are additional benefits of ayurvedic dry eye therapy. *Akshi Tarpana* is one among the *Kriyakalpas*<sup>[3,4]</sup> which is advised in many *Netrarogas* to normalize the vitiated *Doshas*. *Akshi Tarpana* splits into two words "Akshi" means eye and "Tarpana" means nourishment. *Tarpana* is a *Snigdha Kriya* indicated in *Vata* and *Pitta Dushta* ophthalmic conditions like *Sushkakshipaka* i.e. Dry eyes. Most of the drugs in the *Mahatriphala Ghrita* are mainly *Vata-Pitta Shamaka*. Hence this formulation successfully used in *Vata-Pittaja* diseases like *Sushakashipaka*.

## CASE REPORT

A female patient, 45 years old, visited to Ophthalmology OPD of *Shalakyatantra* Department, GAC and Hospital Nanded on 12/01/2023 with chief complaint of Photophobia, Dryness of eyes, foreign body Sensation in both eyes. Patient was suffering from all these symptoms from 3 months. She consulted other Ophthalmologist but not get satisfied result then she came to GAC And Hospital Nanded for Ayurvedic Treatment.

## Personal History

Diet - vegetarian

Appetite - Normal

Bowel - Regular

Habits - No Any Addiction

**H/o Rheumatoid Arthritis.**

### *Ashtavidha Parikshana*

*Nadi – 76/min*

*Mala – Prakrut*

*Mutra – Prakrut*

*Jivha – Niram*

*Shabda – Spashta*

*Druka – Aspashta*

*Aakruti – Madhyam*

### **Visual Examination**

Sr.no		Right Eye	Left Eye
1	DVA Unaided	6/9	6/12
2	Pin Hole	6/6	6/6
3	Near Vision	N/6	N/6

### **Ocular Examination**

Eyelid - Normal

Conjunctiva –Dryness with Mild Congestion

Cornea – Early Filamentary Changes

Anterior chamber - Shallow

Pupil – Normal in size Reactive to light

Lens – Within Normal Limit

Intraocular pressure by Schiotz tonometer was 17.3mmhg.

### **TEST**

#### **Schirmer-1- test<sup>[5]</sup>**

Schirmer filter paper 5\*35mm long folded 5mm from one end was inserted at the junction of middle and outer one third of lower lid without topical anaesthetic and asked the patient to keep the eyes closed. After 5 minutes the strip was removed and there was less than 6 mm wetting of filter papers indicative of dry eye.

- Measurement and score-

- Normal -  $\geq$  10 mm
- Borderline - 10 to 6 mm
- Deficient -  $\leq$  6 mm

**Before Treatment: 6mm Both eyes**

### **PROCEDURE: Akshi Tarpana (Mahatriphala Ghrita)**

#### **Poorva Karma**

Appropriate *Shodhanakarma* is carried out according to procedure. Later *Sthanika Abhyanga* & *Mridu Swedana* is done.

#### **Pradhana Karma**

*Akshi Tarpana* should be carried out in the forenoon or 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. Patient is made to lay supine position in a good lighted, ventilated room free from dust & smoke. Then the eyes are encircled with firm, compact leak proof *Pali* (wall) made up of paste of powdered *Masha*. According to *Vagbhata Pali* is made up to a height of two *Angulas*. The patient is asked to close the eyes and over the closed eyes, *Ghrita* processed with appropriate Drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.

#### **Paschata Karma**

After retaining of *Ghrita* for a stipulated period, the *Ghrita* is drained out through a hole made at the bottom of dough wall, near the outer canthus of the eye and the eye is irrigated with lukewarm water fomentation. The *Kapha* which has already been stimulated by the potency *Ghrita*, should be eliminated by *Shirovirechana (Nasya)*, and fumigation (*Dhoompana*) with the *Kapha*-suppressive drugs. Patient is instructed to keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies.<sup>[6]</sup>

### **RESULT**

#### **TEST: Schimer 1 test Score After Treatment**

Sr. no.	Symptoms	Before Treatment	After Treatment
1	Dryness of eyes	Present	Absent
2	Photophobia	Present	Absent
3	Foreign body Sensation	Present	Absent

After Treatment Both eyes 10mm.

## DISCUSSION

### AKSHI TARPANA

*Akshi Tarpana* is one of the *Kriyakalpa* used to strengthen eyes and to improve vision. *Akshi Tarpana* aims to provide optimum rejuvenation to the eyes. Probable Mode of action of *Netra Tarpana Karma*. Most of the drugs in the *Mahatriphala Ghrita* are mainly *Vata-Pitta Shamaka*. Hence this formulation successfully used in *Vata-Pittaja* diseases like *Sushakashipaka*.

- *Netrendriya* is originated from *Majja Dhatu*. *Ghrita* is having the properties like *Balya*, *Brimhana* and *Rasayana* and it nourishes *Meda*, *Majja* and *Shukra Dhatu*. Thus, it gives strength to the eyes.
- *Ghrita* is having *Madhura Rasa* and *Madhura Vipaka*, *Sheeta Virya* which is useful in mitigating *Vata* and *Pittaja Vikara*.
- *Ghrita* contains vitamin A, D, E, K and carotene in it. Vitamin A and E are antioxidants and vitamin A also preserves the outer lining of the eyeball moist.
- Digestion, absorption and delivery to a target organ system are crucial in obtaining the maximum benefit from any formulation. This is facilitated by *Ghrita*, since active ingredients of drugs are mixed with *Ghrita* and they are easily absorbed. Hence it nourishes the ocular structures.
- In cornea, the epithelium and endothelium are lipid permeable i.e. lipophilic whereas stromal layer is hydrophilic. Hence the lipophilic and hydrophilic drugs are effectively delivered to cornea, whereas the drug permeability across the sclera depends upon the molecular size and weight of the drug.
- The drugs used in *Tarpana* procedure is the combination of *Ghrita* and decoction of medicines, hence the drug can easily cross the corneal epithelium (being lipophilic) and endothelium (being hydrophilic).
- Also due to more contact time the active component of drug used in *Tarpana* will be absorbed more to cure the diseases like darkness before the eyes, dryness, stiffness etc.
- The *Ghrita* with decoction of medicines has the quality of trespassing into minute channels of the body, hence when applied in the eyes; it enters deeper layers of *Dathus* and cleanses every minute part.
- The lipophilic action of *Ghrita* facilitates the transportation of the drug to the target organ and finally reaches the cell because the cell membrane also contains lipids.

## CONCLUSION

Eye is considered as the most important and noblest sense organ of human body. Dry eyes a tear film disorder has a close resemblance with the clinical entity of *Shushkakshipaka*. Dry eye is the most common disease in the present days because of its recurrence, chronicity and lack of potential treatment in contemporary science. *Seka, Tarpana, Nasya, Anjana*, and *Sarpipana* are the treatment modalities explained as *Vishesha Chikitsa* for *Shushkakshipaka*. *Akshi Tarpana* is one of the local therapeutic procedures which acts on the principle of *Bahya Snehana*. It can successfully cross the defensive barriers present in eye for absorption and nourishes the ocular and periocular structures and also strengthens the sphincters. *Akshi Tarpana* with *Mahatriphala Ghrita* rejuvenates and relieves the ocular stress and helps the eyes to function more efficiently and effortlessly. Dry eye syndrome is more common disorder in women than man and also person have history of Rheumatoid Arthritis with asthenopic symptoms without any satisfactory treatment in modern science. This study concluded that the *Mahatriphala Ghrita* is effective and given symptomatic relief to the patient and improvement in schirmer's test values.

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