

**REVIEW OF NETRA KRIYA KALPA****Dr. Nilesh V. Patil<sup>1</sup>, Dr. Padmavati M. Patil<sup>2</sup> and Acharya Deshabhushan<sup>3</sup>**<sup>1</sup>Professor & Head, Department of Shalakyatantra.<sup>2</sup>Assistant Professor, Department of Swasthavrittha.<sup>3</sup>Ayurvedic Medical College & Hospital, Bedkihal, Tal. Nippani, Dist. Belgavi.Article Received on  
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Shalakyatantra.**ABSTRACT**

In Ayurvedic classics various therapeutic procedures are explained which are said to improve or enhance the visual acuity as well as improve the health of the eye. Kriyakalpa is one such group of special methods of drug administered locally into the eye for the treatment for eye diseases, Shalakyata Tantra is a branch of Ashtanga Ayurveda which deals with study of diseases which occurs above Urdhva Jatrugatasthana (Part of the body above clavicle and sternum manubri). In this fast and advanced life we rarely pay attention to the health of the most precious organ i.e. "Eyes". Kriya Kalpa is main therapeutic process for Netraroga.

**KEYWORDS:** Shalakyata Tantra, Netra Roga, Kriya Kalpa, Urdhva Jatrugata.**INTRODUCTION**

The eyes are one of the most important organs present in the human body since it is through the vision that humans are able to gain knowledge, interact socially and develop intellectually. The most important thing to be able to see this beautiful world is through the eyesight. Because for those without sight, day and night become the same. Even Acharya Vagbhata, stated that the other sense organs depend on eyesight for their accuracy. Hence it is of utmost importance to maintain the proper functioning of the eyes through Kriyakalpa.<sup>[1]</sup>

Eye disorders are much more important than any other physical disability, since the loss of vision tantamount to the obliteration of the world. Various causative factors which are mentioned by ancient Acharyas thousands of years ago, are presently the most common cause

for ocular disorders. In Ayurvedic Samhitas, the local treatment procedures for Netra Rogas are explained in the name of Netra Kriyakalpa. The word Kriya means therapeutic action and Kalpa means specific formulations.

The word Kriyakalpa" itself consists of two distinct and separate words which are 'Kriya' and 'Kalpa'. Kriya refers to the therapeutic procedures that are undertaken or carried out to cure the disease and the word Kalpa refers to the specific medicine or formulation that is selected for use in that specific disease indication.

In Ayurveda, "Chikitsa" means the treatment that is used and it is classified into 3 types, known as Trividha Chikitsa. It consists of

- (i) Antahparimarjana- treatment done to cleanse or purify from within
- (ii) Bahyaparimarjana- treatment done to cleanse from external means and
- (iii) Shastrapranidhana - treatment that involves surgical intervention.

Kriyakalpa is a Bahyaparimarjana Chikitsa (External Therapy) and it has many advantages which directly treats the organ known as the eyes. Kriyakalpa are basically the procedures that are described where medicated Ghee and Churna (powdered formulations) are administered either directly or indirectly (above or around) the eyes as an effective treatment modality.

### **Types of Kriyakalpa**

According to Acharya Charaka –3 types<sup>[2]</sup>

- 1. Vidalaka
- 2. Aschyotna
- 3. Anjana

According to Acharya Susruta – 5 types<sup>[3]</sup>

- 1. Tarpana.
- 2. Putapaka
- 3. Seka
- 4. Anjana
- 5. Aschyotana

According to Acharya Sharangdhara - 7 types<sup>[4]</sup>

- 1. Seka

2. Aschyotna
3. Pindi
4. Bidalaka
5. Tarpana
6. Putapaka
7. Anjana

### **Tarpana**

This gives nourishment therapy to the eyes and cures Vata/Pitta Vikara (preventive as well as curative aspects) by its application. The Ghee is kept directly over the open eyes and patient is advised to rotate the eyeballs. Before doing Tarpana, Kaya Shodhana by Vamana, Virechana, Basti, Raktamokshana or Shiro Shodhana with Nasya should be done. It relieves symptoms such as Netra Abhishyandi, Adhimantha, Shotha, Netra Kandru, etc, but also indicated in acute stages of all eye diseases.

### **Putpaka**

The procedure of *Putapaka* is similar to *Tarpana*, but the ingredients, preparation of medicine and durations are different. Ghee or Swarasa (usually extracted by Putapaka Vidhi) is kept over the eyes for a specified time. The medicines can be simple. Putapaka indication is similar to Tarpana as it can be done in all conditions that is indicated for Tarpana. It is used for rejuvenation of the eyes, after the eyes gets fatigued (especially after doing Tarpana)

### **Seka**

Medicine is poured in Suksma Dhara (Thin stream) over the closed eyes continuously from a recommended height of 4 Angula, for a specified time, according to the Dosha involved. Usually it is done during the day time but in emergency situations it can be performed at night also. It is indicated for acute conditions like itchy eyes, watery eyes, conjunctivitis, burning eyes, dry eyes and photophobia. Seka is beneficial in those disease conditions that cannot be alleviated by the use of Aschyotana.

### **Anjana**

In this Kriyakalpa, the medicine is usually applied in the form of a collyrium. It is commonly applied to the internal surface of the lid margin, using Anjana Salaka (Ophthalmic probe) starting from the Kanineeka Sandhi (inner canthus) and continuously applying it until the Apanga Sandhi (outer canthus) is reached. It is usually indicated for Dushti Prasadana

(Improvement of vision) & to those patients that have undergone Shodhana (bio-cleansing therapies) of Vamana (therapeutic emesis) and Virechana (therapeutic purgation) when the Nirama Doshas are causing eye diseases.

### **Ashchyotna**

Usually, the medicine, (medicated ghee or drops) are instilled into the eyes that are kept open. The prescribed height from which this should be done is mentioned as 2 Angula, and it should be retained in the eyes for 100 Vakmatras (Time duration for pronunciation of one alphabetic letter). Ghee prepared by churning of Ksheera Sarpi also aids in relieving eye pain due to Vatarakta.

### **Pindi**

This is a slightly modified application of Bidalaka, where the medicated paste is wrapped in a thick cotton bandage or Doshaghna leaves and then kept in tightly over the closed eyelids. It is also called as Avaguntana. It is useful in the early stages of all eye diseases. It relieves symptoms such as Netra Abhishyandi, Adhimantha, Shotha, Netra Kandu, etc, but also indicated in acute stages of all eye diseases.

### **Bidalaka**

In Bidalaka, the selected medicated paste is applied directly to the outer surface of the closed eyes, on the eyelids, except the eyelashes, for a specified time period. It is indicated in Daha, Upadeha, Asru, Sopha, Raga, Toda, Bheda, Kandu, Gharsa. Thickness of the paste in Bidalaka is similar to that of Mukhalepa like Dosagna Bidalaka is 4 Angula, Vishagna is 2 Angula, Varnya is ½ Angula.

### **CONCLUSION**

The distinctive feature of Kriyakalpa is that various medications/ formulations can be selected according to the stage of the disease and then it can be applied through any one of the Kriyakalpa mentioned, according to the need and the suitability. In day-to-day practice all Kriyakalpas are found to be therapeutically effective.

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