



“Netra Putpaka Kriyakalpa in Netra roga- A Literature Review.”

¹Author - Dr. Vilas Ganpatrao Khode.

Asso. Professor, Shalakyta Tantra,
Jupiter Ayurved College, Nagpur.

²Dr Pratibha O. Pandao,

Assistant Professor, Dept of Samhita Siddhant
Jupiter Ayurved Medical College, Nagpur.

Abstract:

Acharya Sushruta, advocated ‘Kriyakalpa’ is the main therapeutic procedure for Netra Rogas, along with other forms of treatment. He has described this in a separate chapter in Uttartantra of Sushruta Samhita. i.e. Tarpan, Putpaka, Anjan, Aschyotan, Parishek, etc. Two more procedures added by Sharangadhara and Vagbhata. i.e. Pindi and Vidalaka.

The Kriyakalpa Means the unique branch of medicine which deals with specialized topical ocular procedures/ methods of preparation for the management of different diseases of eye and Adnexa.

Topical application of extracts prepared out of plant drugs, animal flesh, mineral drugs and fats, byn heating their mixture (paste) in a closed chamber. This extract is retained over the eyes as in Tarpana. Compliance,

disposal and tissue contact time are also same as in Tarpana. Pippalyadi Putapaka- Retinitis pigmentosa (RP)- (Sleshmavidagdha dristi) Krushnadi Putapaka- Lekhana (Scraping properties)- Corneal opacity.

The Netra Putpak is the treatment in netra roga, so it is important to review the description available in the ayurvedic text books related with Netra Putpak. This article is focusing on Netra Putpak kriya kalpa in netra roga.

Key words: Netra Putpak, Kriya kalpa, Netra roga.

Introduction:

Eyes are the only organ in the body which receives separate treatment modality like Kriyakalpa as a Bahyaparimarjan Chikitsa. Panchakarma is the foundation for kayachikitsa, similarly netra kriyakalpas are the foundation for netrachikitsa. They are modulated to suit the structural peculiarities and different disease conditions of the eye. These local therapies are unique and each does their function in a different ways.¹

Acharya Sushruta mentioned five Kriya kalpa i.e., Tarpana, Putpaka, Seka, Aaschyotana, and Anjan.² Acharya Sharangadhara mentioned 7 Kriya kalpa five of them are same as Sushruta and added Pindi and Bidalaka to them. Kriyakalpa is the main therapeutic process for ophthalmology in Shalakyta tantra. The word Kriyakalpa built from two words: Kriya and Kalpa. Kriya means therapeutic procedures for Chikitsa used to cure the disease and Kalpa means practicable, possible, manner of acting, a prescribed rule. So Kriyakalpa means specific formulation used for therapy in Ayurvedic Ophthalmology. It includes selection of specific procedure, preparation of special drug form and finally its proper application to the eyes. Putpak is main & important kriya kalpa in netraroga chikitsa. So it is essential to Review the literature regarding the Putpak chikitsa.

Objectives:

To understand the concept of Putpak kriyakalpa in netraroga.

Methods:

Manual searching and collection.

All Bruhatrayi and Laghutrayi samhitas granthas used for the Tarpan concept in relation with Kriyakalpa in netra roga.

Putpaka: Definition: Topical application of extracts prepared out of plant drugs, animal flesh, mineral drugs and fats, by heating their mixture (paste) in a closed chamber. This extract is retained over the eyes as in Tarpana. Compliance, disposal and tissue contact time are also same as in Tarpana. Pippalyadi Putapaka- Retinitis pigmentosa (RP)- (Sleshma vidagdha dristi) Krushnadi Putapaka- Lekhana (Scraping properties)- Corneal opacity.³

Putapaka is one among kriyakalpa done after tarpana. The indications & procedure of Putapaka is like Tarpana but the medicine preparation of medicine, ingredients and duration are different. The materials used are 2 pala Mamsa (~100gms), 1 pala Dravya (~50gms) and 8 pala Drava (~400ml) are used to prepare the medicine (swarasa) by Putapaka Vidhi.⁴

Indication, contraindication and samyaka lakshana: same as Tarpana.

Atiyoga lakshana: Pain, oedema, nodular swelling, timira, muddy eyes, foreign body sensation, throbbing sensations, etc.

Hinayoga lakshana: Inflammation, excessive lacrimation, recurrence of symptoms and aggravation of Doshas.

Chikitsa: In hina & atiyoga- anjana, aschyotana and swedana are indicated based on vitiated Doshas.⁵

Putapakayogya common drugs:

- **Snehana:** anupa mamsa, vasa, majja, meda & madhura ausadha
- **Lekhana:** Jangala mamsa, trikatu, lauha, tamra, shankha, praval, saindhava, etc.
- **Ropana:** Jangala mamsa, madhu, ghrita, tikta dravyas, etc.
- **Prasadana:** Madhura dravya, mrig pakshi yakrita, maja, vasa, stanya sadhita ghrita, etc

Putpak detail:

Types of Putpak Sushrut	Types of Putpak Vaghabhat	Dosha	Duration	Matrakal
Snehan	Snehan	Vata	1 day	100
Lekhan	Lekhan	kapha	2 day	200
Ropan	Prasadana	Pitta & Rakta	3 day	300

Discussion:

Mode of action of Netra Putpak: Putapaka Drug ionisation, nano particles. Better absorption, bioavailability more Tissue contact time more Very effective in both ant. And post. Eye diseases Very concentrated.⁶

Benefits of kriyakalpa (topical administration):

The medicines have direct action on the ocular tissues. The medicine will bypass the systemic metabolism. The contact time between the tissue and the medicine can be monitored. The medicines can reach the target tissue more easily because of the direct contact. The bioavailability of drug is high.⁷

The Procedure is conducted in 3 procedure ie Purvakarma, Pradhan karma and Pashyat Karma.

Conclusion:

Putpak is one of the important Kriya kalpa.

Putapaka is highly developed Nanoconcept which is been used since thousands of years.

Putpak Chikitsa is very much useful in Netra roga.

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