



## APPLICATION OF SHATAVARI GHRITA NETRA TARPAN IN TIMIR W.S.R.MYOPIA

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**ABSTRACT-**Myopia is a common refractive error & major public health problem pertaining to eye that entails substantial social, personal, educational & economic impact. Prevalence of myopia ranges from 6.9 to 19.7% all over the world. It is irreversible in progression & corrections of myopia are not without complications. The symptoms of myopia closely resembles with the disease Timir. It involves pratham & dwitiyapatala of Netra. Also both have similarity in the anatomical structures involved & the pathogenesis of

disease. Kriyakalpas are the procedures used to treat the Netraroga. Tarpan is one among 7 kriyakalpa which gives nourishment to the eyeball and cures the vata pitta vikara of netra. Thus it has preventive as well as curative effects.

**KEYWORD-TIMIR, KRIYAKALPA,SHATAVARI GHRUIT ,TARPAN**

**Introduction** :- Acharya Sushruta is the only person who explained the ophthalmology and E.N.T. in a complete manner in Uttaratantra portion of his treatise Sushruta Samhita. Ophthalmology is having utmost importance because eye is the organ for visual sensation; if only vision is lost everything is lost. A blind man, though ironic cannot enjoy the world. So, to guard this organ is not only a necessity but also a responsibility of every individuals and ultimately by a surgeon also. Now a days, due to busy life style, constant use of mobiles phones, computer and laptops patients does not have time to think and act for the healthy life and not able to follow the proper instructions for care of the eye, dietetic rules and regulations which may be responsible for the recurrent and relapsing nature of the disease. . In the process of tarpan, the oily substance is kept in the eye for a specific time by special type of arrangements. Key words: kriyakalpa, tarpan, myopia, ghrita, shodhan Life has completely changed with the use of advanced technologies like computers, internet surfing, television, use of air conditioners, people are facing to more polluted, dusty, dry and hot environment etc. The human eye was designed for more of distance work and we sailed through centuries with minimal difficulties as the eyes could adapt to the changes in our near tasks. . Myopia is a major public health problem relating to eye that entails substantial personal, societal, educational and economic influences .

## **MATERIAL AND METHODS-**

Timir (Myopia) :

As per concepts of Ayurveda, clinical features related with visual disturbances are considered as a Drushtigat Roga. According to progression of visual disturbance, the diseases can be correlated with Timir-kach -Lingnash. Timir can be correlated with refractive error.<sup>1</sup> Timir (Myopia) is one of the commonest complaints in day to day practice it is also a symptom of various diseases of eyes. Myopia is highly prevalent in our society more common in Asian countries, affecting up to 84% of adolescents.<sup>2</sup> The various etiological factors of myopia includes endocrine disturbances, general debility, nutritional deficiencies, anxiety, extreme near work, genetic factors, heredity.<sup>3</sup> Myopia is the state of refraction in which parallel rays of light are brought to focus in front of the retina of a resting eye.<sup>4</sup> Special methods of drug administration locally into the eye for the treatment of eye diseases in which Akshitarpan is

primary procedure for Timir management.<sup>5</sup> Akshitarpan is specially indicated in Adhimantha, Anyatovata,

Vataparyaya, Shukrarog, Shunapakshma, Adhimantha along with timir.<sup>6</sup> There are different snehadravys used for the tarpan procedure e.g. ghrita, tail, vasa & majja. Among these Ghrita is best for tarpana due its chakshushya, , yogvahi & sanskaranuvarti properties.<sup>7</sup> The probable mode of action of Akshitarpan considering the doshakarma appears to be predominantly vatashamaka followed by pittashamaka & kaphashamaka.<sup>8</sup> Few previous studies have reported practically equal efficacy of AkshiTarpana with plain Go Ghrita and medicated Ghrita in Timira (myopia). The Ghrita has the quality of trespassing into minute channels of the body. Hence, when applied in the eye, it enters deeper layers of Dhatus and cleanses every minute part of them.<sup>9,10</sup> Though the modern science has made tremendous and remarkable progress in the field of ophthalmology but no satisfactory and universally accepted treatment for myopia is available. Myopia progression is irreversible and there is no permanent cure. Hence, the Ayurvedic science can be explored to find a better alternative to manage this condition

Shatavari<sup>17</sup> (*Asparagus racemosus*) siddha Ghrita has been taken for the study, as Shatavari has the properties like madhur, tikta rasa, madhur vipak, sheet virya and guru, singdha, mrudu gunas. It is also vatapittashamak and kaphakar. Acharyas mentioned its special properties like Chakshushya and Rasayana.

Method of Tarpan vidhi :<sup>18</sup>

Shatavari Ghrita which is to be applied is made lukewarm by heating it in the water bath. Patient is asked to close his eyes. Then medicated ghee is poured upon the eyes with dropper or spoon on to both eyes Ghee is poured up to the level of eye lashes. The eye is made to open and close alternatively several times & then ghee is removed to complete the procedure

Paschat karma (After Procedure):

After tarpan medicine will be removed by doing a perforation in mashapali at temporal side. Disposable 10cc syringe can also be used to remove ghee. Swedan is given with satupottali netraprakshalan with luke warm water.

**AushadhaDharankala <sup>(7)</sup>:**

**Vyadhi ( According to sthana)**

1) Vartmagata

2) Sandhigata

3) Shuklagata

4) Krishnagata

5) Drushtigata

6) Sarvagata 1000 matra

**According to dosha :**

Vatajvikara

Pittajvikara

Kaphajvikara

Swastha (normal person )

**Dharankala(matra)**

100 matra

300 matra

500 matra

700 matra

800/1000 matra

1000 matra

800 matra

600/500 matra

500 matra

Number of days for procedure:

Vataj -1 day

Pittaj -3 days

Kaphaj -5days

As per AcharyaJejjata:

Alpadosha 1 day

Madhyamadosha 3days

Atidosha 5days

➤ **SamyakTarpanlakshanas:**

➤ Prakashahtwa,

➤ laghuta,

➤ vishadata,

➤ prakritvarna,

➤ vyadhinash,

➤ kriyaprakrutwa

**DISCUSSION** There are different snehadravayas used for the tarpan procedure e.g. ghrita, tail, vasa & majja. Out of these, ghrita is best for tarpana due its chakshushya, arogyakarak, rasayana, yogvahi & sanskaranuvarti properties (7). The probable mode of action of Akshitarpan considering the doshakarma appears to be predominantly vatashamaka followed

by pittashamaka & kaphashamaka. Thus the Sumedha J Pundge & Yogesh T Kotangale: The Conceptual Study Of Akshitarpan In Myopia 2428 www.iamj.in IAMJ: Volume 3; Issue 8; August- 2015 overall effect of the compound drug is vatapradhan tridoshashamakas & hence it disintegrates the pathology of timir, which is also vatapradhan tridoshaj in its manifestation. The ghruta has the quality of transpassing into minute channels of the body. Hence when applied in the eye; it enters the deeper layers of dhatus & cleanses entry of every minute part of them. The lipophilic action of ghruta facilitates the transportation of the drug to the target organ & finally reaching the cell because cell membrane also contains lipid. This lipophilic nature of ghruta facilitates the entry of drug into the eyeball through the corneal surface since the corneal epithelium is permeable to lipid soluble substance, stroma permeable to water & these substances cross the corneal epithelium irrespective of their molecular size(8). More ever ghruta preparation used in Akshitarpan is in the form of suspension containing different particles of drugs & the particles do not leave the eye as quick as a solution

**CONCLUSION** The action of Tarpan dravyas occurs in two ways: First by allowing more absorption of the drug by corneal surface & secondly by exerting direct pressure upon the cornea. There may be changes in the refractive index of the cornea causing less convergence of the light rays. . Tissue contact time & bioavailability is more & hence therapeutic concentration can be achieved by Akshitarpan. shatavarighruta which is generally used for Tarpan is saturated with decoction of various drugs and it contains both lipid and water soluble constituents of shatavarighruta. Thus it is lipophilic as well as hydrophilic & hence has got very good penetration through various layers of cornea.

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no.392