

Importance of Tarpana in Netra Chikitsa

Ajay Kumar Pandey

Abstract

KriyaKalpa has a specific importance in Shalakyatantra. Kriya means Chikitsa (therapeutic action). Kalpa means Yoga (specific formulations). So KriyaKalpa means Chikitsa (therapeutic action) by Yoga (specific formulations). Acharya Charaka has explained about Vidalaka, Ashchyotana and Anjana. Acharya Susruta and Vagbhata has described about Tarpana, Putapaka, Seka, Ashchyotana and Anjana. Acharya Sharangadhara has explained about Tarpana, Putapaka, Seka, Ashchyotana, Anjana, Pindi and Vidalaka. Tarpana are also known as Netra Basti. It is a procedure by virtue of which eye gets Tripti (nourishment or satisfaction). Tarpana is indicated for Timira, Avila Darsana, Ruksha, Parisuska and Atisuska, Stabdhatta, Krichchhronmeela, Daruna and Klishtavartma, ShirnaPakshma, Sirotpata, Siraharsha, ArjunaSavrana Shukla, AvranaShukla, Abhishyanda, Adhimantha, Anyatovata, Vataparyaya, Shuskakshipak etc.

Proper Tarpana provides sound sleep, blissful awakening and cleanliness of eyes, perfect color vision, normal functioning of eyes in all respect, lightness of the eyes. According to modern pharmacology various drugs used in the form of eye drops or eye ointment enter the eye ball by passing through the cornea. This penetration depends upon the permeability of various layers of cornea. The epithelium and endothelium are highly permeable for lipid content as compared to stromal layer. Thus, fat soluble drugs readily penetrate the stromal layer. Thus, for complete penetration of the drug, it should be lipophilic as well hydrophilic.

Introduction

Kriya Kalpa has a specific importance in Shalakyatantra. Kriya means Chikitsa (therapeutic action). Kalpa means Yoga (specific formulations). So Kriya Kalpa means Chikitsa (therapeutic action) by Yoga (specific formulations). Kriya kalpa is a bahiparimarjana Chikitsa (external therapeutic application). As Acharya Vagbhata has said "the procedures like Nasya, Anjana, Tarpana and all other Kriya Kalpas are aimed at improving visual insufficiency- Netra bala because loss of eye sight will immerse a person into the world of darkness [1].

Acharya Charaka has explained about Vidalaka [2], Ashchyotana [3] and Anjana [4]. The types of Anjana like Varti, Rasakriya and Churna are also

enumerated by Acharya Charaka [5]. Acharya Susruta and Vagbhata has described about Tarpana, Putapaka, Seka, Ashchyotana and Anjana. Acharya Sharangadhara has explained about Tarpana, Putapaka, Seka, Ashchyotana, Anjana, Pindi and Vidalaka [6].

Tarpana

It is also known as Netra Basti. It is a procedure by virtue of which eye gets Tripti (nourishment or satisfaction).

Indications [7]

- Visual disturbances: Timira and Avila Darsana
- Dry eye conditions: Ruksha, Parisuska and Atisuska, Stabdhatta, Krichchhronmeela, Daruna and Klishta vartma, Shirna Pakshma
- Diseases of Shukla Mandala like Sirotpata, Siraharsha and Arjuna.
- Diseases of Krishnamandala like Savrana Shukla and Avrana Shukla.

Author's Affiliation: Lecturer Shalakyatantra Govt. Ayurvedic College Gurukul Kangri, Haridwar (U.K.)

Reprint's Request: Ajay Kumar Pandey M.S. (Ayurveda) Shalakyatantra, Lecturer Shalakyatantra Govt. Ayurvedic College Gurukul Kangri, Haridwar- 249404 (U.K.)

E-mail: pandeysavarna@gmail.com

- Diseases of Sarvagata like Abhishyanda, Adhimantha, Anyatovata, Vataparyaya and Shuskakshipak.

Contra-Indications [8]

- Climatic conditions: very hot, very cold and cloudy weather.
- General weakness: excessive stress, worries, tiredness and giddiness.
- Ama lakshanas (acute onset of eye disease) Raga, Ashru, Shoola, Samrambha and other complications.
- Conditions contra-indicated for Nasya Karma: Nava Pratishyaya, Swasa and Kasa.
- Immediately after drinking water, alcohol, poison, fatty substances.
- Kapha dominant Shiroroga, Karnaroga and Nasaroga.

Procedure [9]

Preparation of Patient

- Sodhana of patient
- After digestion of food patient is asked to lie down on treatment table.
- Mild massaging of eye lids with ghee and fomenting with wet cloths.

Preparation of Akshi Kosha or Application of Tarpana Goggle

- Akshi kosha is formed around eyes by sticky paste of Black gram floor. It is about two Angula high (two inches) or it can also be achieved by front open swimming goggle known as Tarpana goggle or Bhusari goggle. This forms a firm frame around the eyes. Care should be taken to avoid any weak point in Akshi kosha, so as to avoid leakage of Tarpana Dravya during procedure.

Warming the Medicated Tarpana Dravya

- The medicated Tarpana Dravya should be warmed in a water bath to make it similar to body temperature.

Pradhana Karma or Tarpana Procedure

- Patient is asked to close his eyes. The warmed medicated Tarpana Dravya is poured in Akshi Kosha in the medial side of eye with the help of dropper or spoon upto the level of eye lashes. Patient is asked to open and close his eyes beneath the medicated dravya. This is continued for a specific period. When the time is over, slowly collect the medicated dravya from lateral side and remove the Akshi Kosha.
- Retention time for Tarpana Dravya varies as per dosha and Sthana of vyadhi-

On the basis of Dosha	Duration(in Matrakala)		In general practice
	Susruta	Vagbhata	
Vataja	1000	1000	30 min
Pittaja	800	600	20 min
Kaphaja	600	500	10 min
On the basis of adhisthana	Duration(in Matrakala)		In general practice
	Susruta	Vagbhata	
Vartmagata	100	300	5 min
Sandhigata	300	300	10 min
Shuklagata	500	600	20 min
Krishnagata	700	600	25 min
Drishtigata	700	700	25 min
Sarvagata	1000	1000	30 min

Paschat Karm [10]

- Mild fomentation with warm paste of barley or warm water.
- Prayogika dhoompana with kaphahara dravya.
- Patient is advised to avoid seeing very bright objects or distant sky immediately after Tarpana Karma.
- In the evening and night eyes should be packed with cooling Jasmine flower buds for at least three days.

- To remove debility and speed up healing activity, Putapaka is recommended.

Course of Treatment [11]

- According to Acharya Videha, Vagbhata and Gada Nigraha-
 - Vataja roga- daily
 - Pittaja roga- alternate days
 - Kaphaja roga- once in three days
 - Sannipataja roga- once in two days
 - According to Acharya Susruta and Gayadasa-
 - Vataja roga- daily
 - Pittaja roga- once in three days
 - Kaphaja roga- once in five days
 - According to Acharya Jejjata severity of disease should be a criterion.
 - Mild diseases- only once
 - Moderate diseases- three days continuously
 - Severe diseases- five days continuously
- Strict after care for double the duration of Tarpana is advised.

Features of Proper Tarpana [12]

- Sound sleep
- Blissful awakening
- Clearness of eyes
- Perfect colour vision or clarity of Shukla Mandala, Krishna Mandala etc.
- Cure of diseases, normal functioning of eyes in all respect
- Lightness of the eyes

Complications [13]

There are two types of complications are mentioned in Ayurvedic literatures:

Atiyoga

- Guru -feeling of heaviness in the eyes
- Avila - visual disturbances
- Atisnigdha - excessive oiliness in the eyes
- Kandu - itching sensation in the eyes
- Ashru - watering of the eyes

- Upadeha - stickiness due to excessive discharge
- Many types of Kaphaja eye diseases

To treat these complications, Dhoompana, Nasya, Pariseka and Anjanas of Rooksha types should be applied.

Heena Yoga

- Rooksha - dryness of the eyes
- Avila Darshana - visual disturbances
- Asradhya - excessive tears
- Asaham roop Darshane- intolerance to light
- Vyadhi Vriddhi- worsening of the disease
- Many types of Vataja eye diseases

To treat these complications snigdha type of Anjana, Ashchyotana and Swedana should be applied.

Probable Mode of Action of Tarpana

The medicated Tarpana dravyas may act in the following way as Acharya Susruta and Vagbhata has narrated action places of these drugs as:

- Akshikosha - eye lid and orbit
- Sandhi - Junctional areas
- Sira - blood vessels
- Srotas- through the minute channels
- According to modern pharmacology various drugs used in the form of eye drops or eye ointment enter the eye ball by passing through the cornea. This penetration depends upon the permeability of various layers of cornea. The epithelium and endothelium is highly permeable for lipid content as compared to stromal layer. Thus, fat soluble drugs readily penetrate the stromal layer. Thus for complete penetration of the drug, it should be lipophilic as well hydrophilic.

Conclusion

Tarpana is a specific method of treating eye disorders. It is described in various treatises of Ayurveda. In new era it may be used to treat disorders like computer vision syndrome, cataracts, photosensitive disorders, refractive disorders, allergic disorders of eye etc.

References

1. A.H.Su.24/22
 2. C.Ch.26/231
 3. C.Ch.26/237-239
 4. C.Ch.26/255-256 & C.Su5/15
 5. C.Ch.26/231-261
 6. SH.UK.13/1
 7. S.U.18/17-18 & A.H.Su.24/1-2
 8. S.U.18/18-19 & A.H.Su.24/3
 9. S.U.18/6-8 & A.H.Su.24/4-5
 10. A.H.Su.24/9
 11. S.U.18/12
 12. S.U.18/12-13 & A.H.Su.24/11
 13. S.U.18/14-16&30 & A.H.Su.24/11 & A.S.Su.32/4
-

Red Flower Publication Pvt. Ltd,

CAPTURE YOUR MARKET

For advertising in this journal

Please contact:

International print and online display advertising sales

E-mail: redflowerpppl@vsnl.net / tel: +91 11 22754205, 45796900

Recruitment and Classified Advertising

E-mail: redflowerpppl@vsnl.net / tel: +91 11 22754205, 45796900