



NETRA TARPANA- A IMPORTANT KRIYAKALPA IN NERAROGA

*¹Vd. Trunali D. Thakare and ²Vd. Kalpana S. Wakode

¹P.G. Scholar, Dept of Shalaky Tantra, Govt. Ayurved College, Nanded.

²Associate Professor Dept. of Shalaky Tantra. Govt. Ayurved College, Nanded.

*Corresponding Author: Vd. Trunali D. Thakare

P.G. Scholar, Dept of Shalaky Tantra, Govt. Ayurved College, Nanded.

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ABSTRACT

Shalaky tantra is one of the branch among eight branches of *Ayurveda*, which deals with the study of diseases of *Netra, Karna, Nasa & Mukha* with its treatment. Eyes are the windows of the soul and it is one of the main site of *Alochaka pitta*. Excessive use computer work, other stressfull work which can affect the vision one of the most important therapeutic *kriyakalpa* used is *Netrabasti*. It is one of the *Kriyakalpa* which is also known as *Tarpana*. It is the specialized treatment for various eye disorders. Modern medicine doesn't have any definite treatment for the particular problem of the eye. Neurological as well as degenerative condition of the eye are resistant to advanced technologies too. Many of the people, all over the world are suffering from Neurological and degenerative conditions of eye. It is important to find out the ocular procedure which can prevent and treat various eye disorders by *Ayurvedic* management.^[1]

KEYWORDS: Netra tarpana, Alochaka pitta, Kriyakalpa.

INTRODUCTION

The eye is the main sense organ among all the sense organs. Eye is the main sense organ for the *pratyaksha gyana*. Eye is the seat of *alochaka pitta*.

As per *Acharya Vagbhata*, sincere efforts are made by every individual to preserve one's vision till the last breath of life, because for an individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth.

Each branch of *Ayurveda* having *visishtachikitsa*, apart from the *samanya chikitsa*. For example, *Bastichikitsa* is considered as *Ardha chikitsa* in *kayachikitsa*, *Raktamokshana* as *Ardha chikitsa* in *shalyatantra*. Similarly, in *Shalaky tantra*, *Kriyakalpa* is considered as its *Visishta chikitsa*.

Kriyakalas are meant for the allevation of *sthanik khavaigunya*. *Kriyakalpas* includes *Seka, Aschyotana, Tarpana, Putapaka, Anjana, Bidalaka* and *Pindi*.

Netra tarpana is considered as the *kriyakalpa* as explained by *Acharya Sushruta*. *Netra Tarpana* acts as both preventive and curative therapy for maintaining healthy condition of eyes.^[2]

Netra means eyes and *tarpana* means nourishment. *Netra tarpana* is a procedure where in lukewarm

medicated ghee is made to stay stagnant in the eyes for a speculated time in a specific formed frame. This procedure is useful in healthy as well as diseased person.

It cools, lubricates and rejuvenates the eyes. It helps in the clarity of the eyes as it expelled out the impurities. This procedure strengthens eye sight and increases the blood circulation. The medicines having the quality to get into minute channels of the body, when applied to the eyes enters deeper into the layers of *dhatu*.

Indications (*Tarpana sadhya vyadhi*)

1. *Netra shushkata* (Dryness of eyes)
2. *Prakashasahata* (Photophobia)
3. *Ati darun, shirna pakshma* (Stiff eyelashes)
4. *Netrabhigata* (trauma)
5. *Vata-pitta dosha* predominance
6. *Kricchonminmilan* (Difficulty in closing of eyelids)
7. *Sirotpata* (Hyperaemia of eye)
8. *Arjuna* (Subconjunctival haemorrhage)
9. *Abhishyanda* (Conjunctivitis)
10. *Adhimantha* (Glaucoma) etc.

Contra-Indications (*Tarpana ayogya awastha*)

1. *Durdina*
2. *Ati-ushna* or *atishita kala*
3. Patient having *chinta, bhrama*^[3,4]

Tarpana Dravya

1. Sarpi
 2. Majja
 3. Vasa
 4. Taila
- } All Sneha dravyas

Tarpana Vidhi

This procedure is divided into three parts

- a) Purvakarma
- b) Pradhanakarma
- c) Paschatkarma

a) Purvakarma

1. Before tarpana, samyaka kayik and shira shodhan to be done.
2. Netra swedana to be done with luke warm water.

b) Pradhanakarma

1. The patient is made to lie in the room which is vata-
aatapa rahit.
2. A dough using gram flour is made which is to be placed around the both eyes. Precaution to be taken so that the medicine should not spill from the dough.
3. The luke warm medicated sneha dravya or ghrita is poured into it and made it stay for 5 minute, then replaced the dravya.
4. This procedure is to be performed for 20-25 minutes.

c) Paschatkarma

1. Sneha dravya is removed along with the dough, should be washed with ushnodaka and pottali swedana is done.
2. After that kaphaghna shirovirechana or Dhoompana is done for Kapha shodhana.

Tarpana Dharana Kala (As per Dosha and Adhishtana)^[5,6]

- a. As per Dosha

Dosha	Matra
1. Swastha purusha	500 matra
2. Kaphaparakopa	600 matra
3. Pittaparakopa	800 matra
4. Vataparakopa	1000 matra

- a. As per Vyadhi – adhishtana

Roga	Matra
1. Vartmagata roga	100 matra
2. Sandhigata roga	300 matra
3. Shuklagata roga	500 matra
4. Krishnagata roga	700 matra
5. Sarvagata roga	1000 matra
6. Drishtigata roga	1000 matra

Tarpana Kala

1. As per Acharya Sushruta
After the digestion of food, Shubha din, Purvhanha kali (Morning) or Apranha kali (Evening)

2. As per Acharya Vagbhata
 - a. Vatadushti- Daily
 - b. Rakta/ pittadushti- Alternate day
 - c. Swastha purush- With 2 days break
 - d. Kaphadushti- With 2 days break

Samyaka Tarpana Lakshanas

1. Sukha swapna (sound sleep)
2. Vaishadya (Clean eyes)
3. Varna patava (normal colour)
4. Vyadhividhvansa (Cure of disease)
5. Kriya laghava (easiness in kriya of netra)

Hina Tarpita Lakshanas

1. Netra rukshata (dryness of eyes)
2. Avila (blurred vision)
3. Srava adhya (lacrimation)
4. Asaha rupdarshana (visual difficulty)
5. Vyadhivruddhi (Aggravation of diseases)

Ati Tarpita Lakshanas

1. Netra guruta (heaviness of eyes)
2. Avilata (Blurred vision)
3. Atisnighdhata (oiliness)
4. Ashru srava (lacrimation)
5. Kandu (itching)
6. Upadeha (stickiness)
7. Dosha- utklishtha (aggravation of dosha)^[7,8]

Mode of Action of Tarpana

The prescribed medicines in tarpana has the quality of transfer into minute channels of the body. When these are applied over eye, it enters into deeper layers of dhatus and cleans every minute parts.

As per modern pharmacology, various drugs enter the eyeball by passing through the cornea. The epithelium and endothelium is highly permeable for lipid as compared to stroma. Fat soluble drugs readily penetrate these two layers while water soluble drugs can penetrate only stromal layer.

In tarpana, tissue contact time is more with its bioavailability. This facilitates the action of drug by two ways, firstly by allowing more absorption of the drug and secondly by exerting direct pressure up on the cornea.

CONCLUSION

Netra tarpana is one of the kriyakalpa which acts both as preventive and curative therapy. It maintains normal healthy condition of eyes. It has been used from the ancient times in Ayurveda for improving the eyesight and is highly beneficial to people. Netra tarpana is the greatest gift by Ayurveda for Netrarogas.

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