



VIDALAKA KARMA- AN ANCIENT OCULAR THERAPEUTIC PROCEDURE

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ABSTRACT

In Ayurveda, we are applying ophthalmic therapeutics either in the form of local therapy i.e. Kriyakalp or in the form of systemic use i.e. oral Chakshushya Dravyas. We can select various drugs according to the stage and types of the disease and also can use various Kriyakalp procedures according to need. Acharya Susruta explains 5 varieties, but we get 7 types of Netra Kriya Kalpas in Sarngadhara Samhita, which include Seka, Aschyotan, Pindi, Vidalaka, Tarpana, Putapaka and Anjana. In Susruta samhita there is no indication of Pindi and Vidalaka. Vidalaka Karma is not only a Kriya Kalpa curing disease it is also a way of life that teaches us how to maintain and protect our eyes. In present review article indications, probable mode of action and importance of Vidalaka Karma will be discussed.

KEYWORDS: Kriya Kalpa, Vidalaka Karma, Netra Roga, Chakshushya Dravyas.

INTRODUCTION

Vidalaka Karma is topical application of drugs in the form of paste over the skin of lids are indicated in acute inflammatory conditions of the lids.^[1] After the application of paste eyes look like cats eye that's why it is named as Vidalaka. Because of easy administration, availability, affordable price Vidalaka Karma is good option among Kriya Kalpa especially in acute conditions. It is a type of Lepa.^[2] described in many Samhitas. Medicines in the form of a paste for external application are called Lepas. Lepas open the circulatory channels, facilitates the metabolic activity, improves the complexion of skin, clear the morbidity of Doshas or any toxic substance. In traditional era people were used to various Lepa, Alepa, Pralepa, Udwartan and Prakshalana etc.^[3] In classical text of Ayurveda there are three synonyms described for Lepa are Lepa, Lipta and Alepa.^[4] Acharya Sushruta has described about Lepa in Sutra Sthana chapter 18 Vran-alepanabandha-vidhiadhaya. Here he described three types of Lepa i.e. Pralepa, Pradeha and Alepa.^[5] Acharya Yadava Ji Trikam Ji described only two type of Lepa; Pralepa and Alepa. Pralepa- Are used in Rakta and Pitta disorder they

are cold Virya and it is applied in thin layer in cold condition. Pradeha- Are used in Kapha and Vata disorders and are applied in thick layer in slightly hot condition. Alepa- Are intermediate condition of Pralepa and Pradeha. The topical application of herbal paste to face and keeping it undisturbed for certain period is known as Mukhalepa. Vagbhat has mentioned six Mukhalepa (Drugs for external application) according to each half of verse (Ritus).^[6]

Acharya Sharangdhar Mishra described also three types of Lepa^[7]

- 1) **Doshaghna** (Anti humor Vata, Pitta, Kapha)- This variety of Lepa (face pack) includes such drugs which exerts their alleviatory action directly on the Doshas.
- 2) **Vishaghna** (Anti toxins)- This kind of Lepa (face pack) includes the drugs which nullifies the poisons directly at local level after application.
- 3) **Vranayakara** (enhancing beauty and complexion)- This kind of Lepa (face pack) includes the drugs which improve the complexion after application.

Vridha Vagbhata has given ten types of Lepa^[8]

- | | |
|------------------|---------------|
| i) Snaihika | vi) Stambhana |
| ii) Nirvapana | vii) Vilayana |
| iii) Prasadana | viii) Pachana |
| iv) Ropana | ix) Pidana |
| v) Savarnikarana | x) Shodhana |

All the above can be considered as Gunas of Lepa rather than types. According to use Vidalaka Lepa can be used in various forms.

Types And Matra of Vidalaka Karma^[9]

According to Acharya Sharandhara the quantity of Vidalaka should be like Mukhalepa.^[10] It should be removed just before it will dry, either it will become Gunheena (worthless), and harmful for skin. (Table 1)

Table-1.

A/C to Thickness	A/C to quality ^[11]	A/C to therapeutic Effect
1/2 Angula thick (9.5mm)	Utthama (Best)	Vranyakara
1/3 Angula thick (6.3mm)	Madhyama (Moderate)	Vishaghna
1/4 Angula thick (4.7mm)	Heena (Minimal)	Doshaghna

(1 Angula 1.96cm- A.P.I. Ayush)

Vidalaka Yogya Kaala.^[12]

Vidalaka Karma should be done any time in whole day excepting night, but at time of pain in eye (Netra Vedna) it would be done any time.

Indications of Vidalaka Karma.^[13]

Vidalaka Karma is indicated in acute inflammatory conditions of the eyelids.^[14]

Table-2.

Daha	Burning
Upadheha	Discharges
Asru Srava	Excessive tears
Sopha	Swelling
Raga	Redness/Congestion
Todha/Bedha/Ruk	Different types of pain
Kandu	Itching
Gharsha	Foreign body sensation
Arma	Pterygium
Pittabhishyanda	Conjunctivitis
Taruna Netra Roga	Acute eye diseases
Paka	Inflammatory diseases

Qualities of medicinal lepa

- It should be a smooth paste without gritty particles.
- The drugs should be uniformly mixed.
- Sufficient liquid media/ base should be added in preparation.
- It should have pleasant odor.
- It should produce a significant cleansing of skin.

- It should be nontoxic to the skin.
- When applied, it should not dry out rapidly.
- The coating should be such sufficient thickness which can be removed either by piling or by gentle washing and should not cause any discomfort to face.

**Vidalaka Lepa Preparation****Vidalaka Application****Method of Application**

The Vidalaka procedure can be divided in to three parts
Purva Karma (Pre procedure)
Pradhana Karma (Main procedure)
Pashchata Karma (Post Procedure)

1. Purva Karma

a) **Selection of Patient-** It depends up on the diagnosis which should be done with Ashtawidha (Eight fold examination) and Dashavidha Pariksha (Tenfold examination).

b) **Selection of Medicine-** It should be based on patients condition, the medicine selection depend up on Rogi Bala (Strength of patient) and Roga Bala (Severity of disease). The fine powder of medicine should be filtered with the help of fine pore sieve so that the paste applied uniformly.

2. Pradhana Karma

The patient should be made to lie on the Kriya Kalpa table (Droni), clean the face and eyes properly so that no dust should inter into the eyes, after which slight Abhyanga should be done on the face followed with a mild sudation on the face and the patient should be advised to close the eyes. Then in prescribed medicated powder Luke warm water should be added for paste formation in semisolid consistency. This paste should be

applied on closed and relaxed eyes excepting the lid margins in $\frac{1}{4}$ Angula thickness. Paste should be left on eyes till dry or approx. 10-15 minutes.

3. Pashchata Karma

After procedure the paste should be removed gently, eyes were cleaned properly and patient should be advised to take some rest. Lepa should allowed to remain till it becomes dry; if left dry, it vitiates the complexion of the skin, irritates the skin and eyes. It should be removed after moistening and when removed, the face should be anointed with oil. The person should be advised to avoid day sleep, excessive talk, exposure to fire and sunlight, sorrow and anger.

Contraindication Of Mukha Lepa/ Vidalaka Lepa^[15]

It should not be applied to persons suffering from Pinasa (rhinorrhoea), Ajirna (indigestion), immediately after Nasya Karma (nasal drops), Hanugraha (lock jaw), Arochaka (anorexia) and after keeping awake the previous night.

Bases Used In Lepa Kalpana^[16]

The selection of an optimum base for the preparation of Lepa is extremely essential in Indian system of Medicine as it provides a suitable & easier access to the active principles of the drugs up to the deepest stratum of skin. Ghrita, Tail, Kanji Gomutra, Siktha, Milk, Butter milk, Butter, Lemon Juice & likewise substances can be used as bases in Lepa Kalpana. Bases of these types are occlusive, increase skin hydration by reducing the rate of loss of surface water. Skin hydration on the other hand may increase drug activity. These bases solely can be used for their skin-moisturizing effect. Though the efficiency of the above said oleaginous bases is beyond doubt, their acceptability is very less because of their greasy nature & a peculiar rancid odor they render to skin. Such bases are emollient but generally require addition of Antioxidants & other preservatives. These oleaginous bases should be used in those Lepas which are expected to have Snehana, Nirvapana, Prasadana, Ropana & Savarnikarana properties. The Ayurvedic bases for Lepa Kalpana are not inert substances but they are therapeutically active too. Also the bases, as such, do not fulfill the criteria for an ideal base laid down by modern pharmaceuticals; still they are much more than that in efficacy.

Benefits of Vidalaka Karma

1. Nourishes the skin, supply essential nutrients to skin.
2. Helps to reduce, scars and marks depending on its herbal ingredients.
3. Remove dead cells of skin.
4. Provide a soothing and relaxing effect on skin.
5. Help to restore the lost shine and glow of skin in short span of time.
6. Regular use provide glow to skin, improve skin texture and complexion.

7. Harmful effects of pollution, harsh climates can be effectively combated with judicial use.
8. Help to prevent premature aging of skin.
9. Formation of wrinkles, fine lines and sagging of skin can be treated.
10. Natural herb make the skin healthy.

Mode of Action of Vidalaka Karma

After Vidalaka application there is release of active principles; they enter at proper site in skin.^[17] then absorption takes place; after that Pachana by Bhrajakagni.^[18] occurs; then new metabolites formation takes place. After that pacification of Doshas occurs which leads breaking of pathogenesis and alleviation in the symptoms. The active principles of the Lepa reach to the deeper tissues through Siramukha & Swedavahi Srotas. Vidalaka has high bioavailability because it remains in contact to cell for long time and give maximum efficacy to the drugs. Absorption through the skin is increased by occlusive dressing; which retain moisture and macerate the epidermis.

CONCLUSION

The main aim of any pharmaco-therapeutics is to attain an effective concentration at the site of action for a sufficient period of time to elicit the response. In Vidalaka Karma medicine is absorbed through the skin of lids and mechanical effect of pressure helps in Meibomian gland expression, reducing lid oedema, watering, redness of eye and lid. Tissue contact time in Vidalaka Karma is also more which helps in diseases alleviation from eyes. It provide a soothing and relaxing effect on skin, formation of wrinkles, fine lines and sagging of skin can be treated. Natural herb used in procedure make the skin healthy. Thus it can be concluded that Vidalaka Karma as a Kriya Kalpa procedure will be an effective treatment for eye diseases in future. Further researches should be done to study the efficacy of Vidalaka Karma in various eye disorders.

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