



## AYURVEDIC PERSPECTIVE OF *KRIYAKALPA* FOR THE MANAGEMENT OF EYE DISEASES

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### ABSTRACT

Ayurveda considered eye and its disease as part of *Shalaky tantra* and mentioned various disorders of eye and their treatment approaches. The imbalance of the *Doshas* not only affects limbic function of body but also affects sense organs such as; eye. The term *Timira-Kacha-Linganasha* resembles all types of eye disorders. *Kriyakalpa* is a system of Ayurveda play significant role towards the care of eye. This article described importance of *Kriyakalpa* for the management of various eye problems. *Kriyakalpa* relief severe pain, oedema, redness, sensation, watering and itching, it also improves visual power.

**KEYWORDS:** Ayurveda, *Kriyakalpa*, Eye, *Timira-Kacha-Linganasha*.

### INTRODUCTION

Ayurveda offer potential of economical, eco-friendly and natural system of healthcare, Ayurveda describe various therapeutic approaches for the management of different disorders; these therapeutic approaches involve use of herbs & ayurvedic formulation along with different biological procedures.<sup>[1-4]</sup>

*ShalakyTantra* is branch of Ayurveda dealt with sense organs and diseases arises above the clavicle. The problem of eye (*Drishti dosha*) associated with nervous debility and infections. The *Kriyakalpas* is a process utilized for care of eye which included; *Seka*, *Tarpan*, *Putapaka*, *Aschyotanam* and *Anjanam*. The procedural protocol of *Kriyakalpa* includes preparation of specific drug and adopting optimum procedure for application of drug to the eyes. Some other traditional text mentioned *Pindi* and *Vidalaka* as part of *Kriyakalpa*. These approaches of *Kriyakalpa* used for the various specific conditions of eye problems.<sup>[3-6]</sup>

*Seka* is indicated for eye infections, *Tarpana* indicated in *Vata-Pita* dominating eye disease, *Putapaka* help to relax fatigued eyes and provide energy to the eyes. *Aschyotana* used to pacify *Doshas*<sup>[5-8]</sup>

### SEKA

➤ *Seka* may be performed with *Vata* mitigating *Kwatha*, *Kwatha* prepared by *Kantakari Moola* in *Aja Ksheera*, *Kwatha* prepared by *Aanoopa Jalamamsa* and *Kwatha* prepared by *Moola* and *Twak* of *Eranda* in *Aja Ksheera*.

- *Shigru Patra Swarasa* and *Madhu* also used for *Seka*.
- *Aja Ksheera* with *Saindhava Lavana* may be used for *Seka*.
- *Taila*, *Vasa*, *Ghrita* and *Majja Seka* also used for *Seka*.

### Ayurveda described three types of *Seka*

- ***Snehana***: it is indicated for *Vaata* vitiation, the formulations of *Ghee*, meat and fats are used for *Snehana Seka*.
- ***Ropana***: used for *Dosha* associated with *Pitta* and *Rakta* vitiation, medicaments possess *Tikta Rasa* properties and prepared using honey, *Ghee* and meat used for the purpose.
- ***Lekhana***: indicated for *Kapha* vitiation, iron powder, meat of animals, purified copper, rock salt and wey etc. are used for *Lekhana Seka*.

### TARPANA

*Tarpana* utilizes *Ghrita*, *Ghrita Manda*, *Vasa* and milk; these medicaments nourishes eye. It is indicated for dryness and squint etc. *Kricchronmeelana*, *Sirotapata*, *Shukra*, *Adhimantha*, *Timira* and *Vataparyaya* are some conditions when *Tarpana* may be used. *Vatika* & *Paitika* diseases of eyes also considered for *Tarpana*. *Tarpana* may be done with *Ghrita* prepared with *Kwatha* of *Kashmarya*, *Madhuk*, *Tamala*, *Mamsi*, *Sariva*, *Darbhamula* and *Kasheru* in milk. The nourishment value of *Tarpana* may be attributed to the *Jangama Sneha*, *Balavardhaka*, *Ojovardhaka*, *Vayasthapana*, *Agni Deepana* and *Dhatuposhaka* value of *Ghrita*.

*Sanskaranuvartana* and *Snehana* properties of *Tarpana* medicament control *Vata Dosh*. *Tarpana* help to manage *Pittaja* and *Vataja* disorders of eye and *Dhatus* thus *Ojas*.

#### PUTAPAKA

It is used for fatigued eye for rejuvenation purpose:

- *Nimba Patra* and *Lodhra* with *Jala* may be used as *Putapaka*.
- *Aja Yakrita*, *Saindhava*, *Madhu* and formulated *Ghrita* may also be used for this purpose.

#### ASCHYOTANA

It is used for various eye diseases. The medicaments used in this procedure are as follows:

- *Aushadha Dravyas*; *Saindhava Lavana* and *Pippali Kwatha* prepared with milk.
- *Bilvadi Panchamool*, *Tarkari* and *Madhushigru Kwath* may be used.
- *Putapaka Rasa* of *Lodhra* bark.
- *Shigru Patra Swarasa* and *Amalaki Swarasa* along with honey.
- *Aja Ksheera Kwatha* with root of *Kantakari*.
- *Shaliparni*, *Prisniparni* and *Madhuka Kwatha*.

#### ANJAN

It is advised when *Doshas* predominantly affect eyes only; *Pakwaawastha* of eye disorders, help in the symptoms such as; *Vedana*, *Ragata*, *Daha*, *Shotha* and conjunctiva disorders. It not only offer relief in the management of eye disease but also improves visual power.

There are various types of *Anjana* yogas which are as follows:

- *Sphatika*, *Sankhanabhi*, *Madhuka Pathyanjana*.

- *Aja Ksheera* along with *Madhuka*, *Rajani*, *Pathya* and *Devadaru*.
- *Gutika* prepared by *Gairika*, *Krishna* and *Nagar* in water.
- *Vasa* of aquatic animals along with *Saindhava*.

Some traditional text also described *Pindi* & *Vidalaka* as part of *Kriyakalpa*; the clinical importance of *Pindi* & *Vidalaka* is as follows

#### PINDI (Kawalika)

It is used in itching, oedema and pain located around eye region. *Triphala* and *Khakhasa Valkala* along with *Ahiphena Dravya* and *Twak* and *Moola* of *Eranda* with *Ghrita* may be used for this purpose.

#### VIDALAKA

It is useful in acute and initial stages of disease as preventive approach; following formulations may be used for *Vidalaka*:

- *Madhu* along with paste of *Agaru* and *Chandana*.
- *Agaru*, *Trijataka*, *Svarnagairika*, *TriKatu*, *Tagara* and *Kustha* paste.
- Paste of *Misi*, *Chandana*, *Pippali* and *Utpala*.
- *Maricha*, *Ela*, *Patra*, *Suvarnagairika*, *RasAnjana*, *Tagara*, *Lavana* and *Yastyahva* paste.
- Paste of *Rakta Chandana*, *Svarna Gairika*, *Vacha* and *Daru Haridra*.
- *Lodhra* mixed with *Ghrita*.
- *Amalaki*, *Lodhra* with *Ghrita* mixed as paste.
- Paste of *Gairika*, *Yasti*, *Saindhava*, *Darvi* and *Tarkshya*.
- *Vacha*, *Haridra* and *Nimba* paste.
- *Lodhra*, *Saindhava*, *Madhu* and bees wax mixed together.
- Combination of *Kumari* and *Chitraka*.

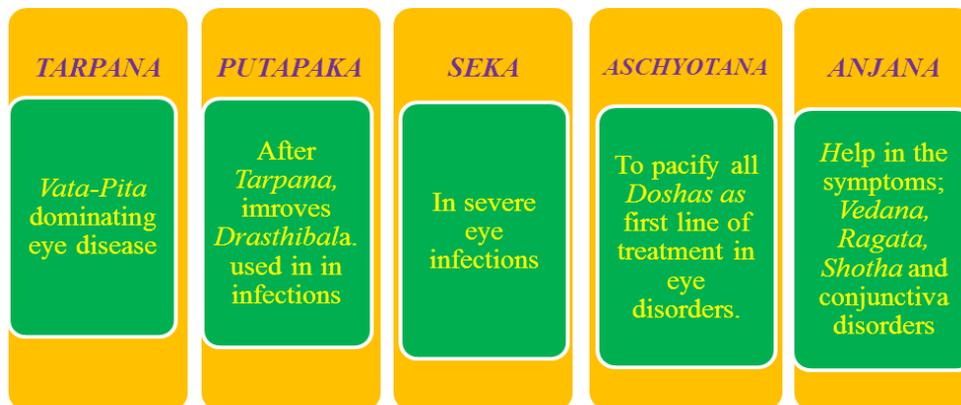


Figure 1. Clinical indications of various approaches of *Kriyakalpa*.

#### Others health benefits of *Kriya Kalpa*

- It induces good sleep.
- It reduces unnecessary discharge.
- Improves vision.
- Reduces adverse effects of climatic change on eye.
- Improve tolerability of eye towards sunlight.

- Reduction in dryness and stress of eye which may occur due to the over exposure to the computer and television.

#### Precautions need to be taken while performing of *KriyaKalpa*

- The procedure should be performed in day time; sleeping hours need to be avoided.

- The quantity of medicaments must be used within prescribed limit.
- Eye should not be stressed after the *KriyaKalpa* process.
- Exposure to the heavy light source or bright objects must be avoided.
- One should not look towards Sun or sky for longer time after the *Kriya Kalpa*.<sup>[5-10]</sup>

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