

AYURVEDIC MANAGEMENT OF NASYA AND TARPANA ON SHUSHKAKSHIPAKA -  
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**ABSTRACT**

Dry eye occurs due to a persistent lack of adequate lubrication and moisture on the eye's surface, leading to tear film instability. The International Dry Eye Workshop (DEWS) defines dry eye as a multifactorial condition affecting the tears and ocular surface, causing symptoms such as discomfort, visual disturbances, and tear film instability, potentially harming the ocular surface. Shushkakshi-paka, categorized under Sarvagata Netra Rogas (diseases affecting the entire eye), can be symptomatically associated with dry eye. This is a case study of Shushkakshipaka (Dry Eye), treated with Ayurvedic methods. **Materials & Methods:** A 22-year-old male patient fully conscious normal oriented visited the Shalakya Tantra OPD at Yashwant Ayurvedic Hospital, PPAMC, Khutalwadi, Kolhapur on 20-02-2018. He reported burning, itching, and dryness in both eyes for two months. The patient was diagnosed with Dry Eye, with no significant past medical history. Treatment involved Deepana Pachana, Kosthashodhana, three sessions of Nasya using Anu Taila, and three sessions of Tarpana with Jivantyadi Ghrita. Additionally, Snehapana with Jivantyadi Ghrita was administered orally. **Results:** By the end of the treatment, improvements were noted in the patient's symptoms, including reduced burning, itching, and dryness. Schirmer's test, tear film breakup time, and fluorescein staining also showed positive changes.

**KEYWORDS:** Shushkakshipaka, Dry Eye, Ayurvedic Management, Nasya, Tarpana.**INTRODUCTION**

Dry eye syndrome is a prevalent condition that impacts a wide range of individuals, causing issues that can vary from mild discomfort to severe impairment. This syndrome refers to the condition of the eye's tear film, which normally maintains a stable layer of tears. This layer protects the cornea and conjunctiva from damage, especially for those frequently exposed to air, such as office workers. Additionally, the tear film plays a crucial role in the eye's focusing ability. When the tear film deteriorates, it can result in symptoms of irritation and fluctuating vision. Common symptoms of dry eye include a burning sensation, itching, tearing, a feeling of a foreign object in the eye, frequent blinking, redness, eye pain, fatigue, and blurred vision.<sup>[1]</sup>

In India, the prevalence of dry eye is estimated to be

29.25%, according to the Ocular Surface Disease Index (OSDI).<sup>[2]</sup> Modern medicine primarily addresses this condition with ocular lubricants and computer glasses. However, while lubricating drops can alleviate symptoms, their preservatives can be detrimental to the eyes. Dry eye is not explicitly mentioned in classical Ayurveda texts. Nevertheless, a similar condition known as Shushkakshipaka is described, which is characterized by symptoms such as a foreign body sensation, dry eyes, and difficulty in opening the eyes.<sup>[3]</sup> Ayurveda offers specific treatments for Shushkakshipaka, including the use of Ghee (a type of clarified butter), Tarpana (retention of ghee on the eyes), Jivaniya Ghrita (a type of medicinal ghee), Nasya (nasal medication) with Anu Taila, and Pariseka (ocular irrigation) with warm milk mixed with Saindhava (rock salt).<sup>[4]</sup>

**MATERIALS AND METHOD: CASE HISTORY**

A 22-year-old male patient, fully conscious and oriented, visited the outpatient department of Shalakya Tantra at Yashwant Ayurvedic Hospital, PPAMC, Khutalwadi, Kolhapur, on May 20, 2023. He reported experiencing burning, itching, and a sensation of dryness in both eyes for the past two months. He was diagnosed as a case of Shushkakshipaka.

**Clinical findings:** He was Afebrile. The pulse rate was 76/minute. Respiratory Rate was 14/minute and Blood Pressure was 110/80mmHg. Systemic examination was within normal limits.

**Ocular examination:** On torch light examination, cornea was clear in both eyes, anterior chamber was normal in both eyes; pupils were of normal size and normal in reaction. On slit lamp examination, both eyes show mild nasal interpalpebral conjunctival staining with fluorescein. IOP in both eyes was 14.6 mm Hg.

**Visual examination:** In both eyes distant visual acuity was 6/12. Best corrected visual acuity in both eyes was

6/6. Pin hole improvement in both eyes was 6/6.

**Dashavidha pareeksha:** He was Vatapitta Prakriti. Vikriti was found to be Vatapitta. He was in Yuvavastha. His Satwa, Sara, Samhanana, Aharashakti, Vyayamashakti, Pramana and Satmya were Madhyama.

**Ashtavidha pareeksha:** His Nadi, Mutra and Shabda were Sadharana. Mala was Abadha. Jihwa was Anupalepa. Sparsha was Anushnaseetha. Akriti was Madhyama and Drik was Samanaya.

**Sroto Pareeksha:** Rasa, Rakta and Majja Vaha Srotas were involved.

**Diagnostic assessment**

Schirmer- I test, Tear film break up time, Fluorescein staining, Rose Bengal staining was done before treatment to confirm the diagnosis of Dry Eye.

**Table 1: Diagnostic Criteria.**

Name of Test	Right Eye	Left Eye
Schirmer- I test	8 mm	9 mm
Tear film break up time	5 sec	6 sec
Fluorescein staining	Positive	Positive
Rose Bengal staining	Negative	Negative

**THERAPEUTIC INTERVENTION**

Deepana Pachana was done with Shivksara Pachana Churna.<sup>[5]</sup> Six gm of the medicine was given with hot water twice daily for three days. Koshtha Shodhana was done with Avipattikara churna.<sup>[6]</sup> Twenty gm of the medicine was given with hot water at six am in the morning. Nasya was done with Anu Taila.<sup>[7]</sup> Six drops of

the Anutaila was instilled in both nostrils for the next seven days at nine am. Then Tarpana was done in both the eyes with Jeevantyadi Ghrita<sup>[8]</sup> for five days. After a gap of one week a second sitting of Nasya and Tarpana was done. During this gap of seven days Jivantyadi Ghrita six gm was given orally at night. Total three sittings of Nasya and Tarpana were done.

**Table 2: Treatment adopted.**

Treatment Given	Drug Name	Duration	Dosage
Deepana Pachana	Shivksara Pachana Churna	3 days	6 gm
Kostha shodhana	Avipattikara Churna	1 day	20 gm
Nasya (3 sitting)	Anu Taila	7 days	6 drops each nostril
Tarpana (3 sitting)	Jivantyadi Ghrita	5days	30 gm
Shamana Snehapana (3 sittings)	Jivantyadi Ghrita	7days	6 gm

**RESULTS**

There was improvement in both signs & symptoms. Schirmer's-I test, Tear film breakup time and Fluorescein

staining showed marked improvement. No adverse or unanticipated events were reported during the study.

**Table 3: Improvement in diagnostic criteria.**

DIAGNOSTIC CRITERIA	RIGHT EYE		LEFT EYE	
	BT	AT	BT	AT
Schirmer- I test	8mm	18mm	9mm	16mm
Tear film break up time	5 sec	12 sec	6sec	13sec
Fluorescein staining	Positive	Negative	Positive	Negative
Rose Bengal staining	Negative	Negative	Negative	Negative

## DISCUSSION

The line of management in Shushkakshipaka includes Snehana, Nasya, Tarpana, and Seka. Prior to Snehana, Deepana Pachana is essential for proper assimilation of Sneha. Shivkshara Pachana Churna was used for this purpose. Prior to Nasya, Kaya shodhana is mandatory and hence Koshtashodhana was done with Avipattikara Churna as the Prakriti and Vikriti was Vatapitta. Medicines for Snehapana, Nasya and Tarpana were selected as per the classical reference.<sup>[9]</sup> Nasya was done with Anu Taila as it is indicated in Shushkakshipaka. Anu Taila is having Tridosahara properties. Nasa being the gateway to Shira, so the drug administered through nostrils reaches Shringataka (a Sira Marma by Nasa Srota), Spreads in the Murdha (brain) taking Marma of Netra (eye) scratches the morbid Doshas in supra clavicular region and expels them from Uttamanga. So, the effect of drug is Tridosahara, hence it breaks the pathology of Shushkakshipaka. Tarpana was done with Jivantyadi Ghrita as it is indicated in Shushkakshipaka. Considering the Dosha karma, Jivantyadi Ghrita appears to be predominantly Vata-Pitta Shamaka by virtue of its Snigdha Guna and Sheeta Virya. And it also gives the lubrication to the ocular surface and definitely helps to check the epithelial damage of conjunctiva and cornea. Shamana Snehapana was done with Jivantyadi Ghrita as Ghrita is Pittanilaharam<sup>[10]</sup> (Vata-Pitta Shamaka) so pacifying the Doshas (Vata-Pitta) involved in the Shushkakshi paka (Dry Eye). Hence it will break the pathology of Shushkakshipaka.

## CONCLUSION

Thus, it can be concluded that the Ayurvedic approach is helpful in the treatment of dry eyes. Nasya and Tarpana with Shamana Snehapana showed significant results in signs & symptoms of dry eye. This study emphasizes the importance of the classical approach of Ayurveda in dry eye without any side effects during treatment. Further study will be continued on the number of patients.

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