



CONCEPT OF *KRIYAKALPA* AND ITS THERAPEUTIC IMPORTANCE IN *SHALAKYA TANTRA* W.S.R. TO EYE PROBLEMS

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ABSTRACT

The science of health management gives prime importance to all sense organs and ayurveda also emphasizes importance of eye (*Netra*) as prime sense organs. *Shalakyatantra* is branch of ayurveda which deals with health issues of sense organs and this branch paid huge attention for enhancing or restoring visual activity. In this regards ayurveda elaborated various concepts for taking care of *Netra*. *Kriyakalpa* is one such aspect which not only maintains health status of eye but also prevents pathogenesis of many *Netra roga*. *Seka*, *Tarpana*, *Putpaka*, *Aaschyotana* and *Anjana* are major approaches of *Kriyakalpa* utilizes for maintaining normal functioning of eye. *Kriyakalpa* help in various pathological conditions like conjunctivitis, watery eyes, burning sensation, itching, dryness of eye and photophobia, etc. Considering significance of *Kriyakalpa* present article described types, indications, mode of action and advantages of *Kriyakalpa* in *Netra roga*.

KEYWORDS: *Ayurveda*, *Shalakyatantra*, *Kriyakalpa*, *Netra rogas*.

INTRODUCTION

Ayurveda the system of disease prevention not only described treatment of diseases but also enlighten way of healthy living. Ayurveda considered eye as main sense organ amongst other. *Shalakyatantra* is specific branch of Ayurveda which takes care of sense organs including eye. Ancient ayurveda texts presented many approaches for managing health of sense organs and *Kriyakalpa* is one of them which used for ophthalmology in *Shalakyatantra*.

The word *Kriyakalpa* is composed of two words *Kriya* and *Kalpa*, *Kriya* means procedures and *Kalpa* means prescribed rule or specific formulations or methods. *Kriyakalpa* explained as therapeutic procedures utilizes for specific purposes. *Kriyakalpa* is considered as main therapeutic approach for ophthalmology under the branch of *Shalakyatantra*. The principle of *Kriyakalpa* advises specific formulations and procedures for

ophthalmic purpose. *Acharya Sushruta* mentioned various modalities of *Kriya kalpa* including *Seka*, *Tarpana*, *Putpaka*, *Aaschyotana* and *Anjana*. **Table 1** mentioned different *Kriya kalpas* as per ancient *Acharyas*. The specific approaches or procedures of *Kriya kalpas* offer many health benefits in eye problems which are as follows:

- ✚ Prevent lens's senile opacity
- ✚ Restore eye ball unctuousness
- ✚ Helps to treat conditions like conjunctivitis, corneal ulcer and dry eye
- ✚ Strengthen muscles thus improve vision
- ✚ Treat unusual or frequent blink of eyes
- ✚ Maintain general hygienic thus prevent eye infections
- ✚ Relax eye muscles and imparts calmness thus induces good sleep, etc.
- ✚ Delay ageing related degenerative effect on eye vision

Table 1: *Kriya kalpas* as per ancient *Acharyas*.

S. No.	<i>Kriya kalpas</i>	Presentation of Different <i>Acharyas</i>		
		<i>Sharangadhara</i>	<i>Vagbhatta</i>	<i>Sushruta</i>
1	<i>Tarpana</i>	✓	✓	✓
2	<i>Putapaka</i>	✓	✓	✓
3	<i>Ashchyotana</i>	✓	✓	✓
4	<i>Parisheka</i>	✓	✓	✓
5	<i>Anjana</i>	✓	✓	✓
6	<i>Pindi</i>	✓	×	×
7	<i>Bidalaka/ Vidalaka</i>	✓	✓	×

Tarpana Karma in eye problems

Ghrita, Kashmarya, Kumuda, Madhuk, Utpala, Kushtha, Tamala, Brihati, Prapaundarika, Sariva and Kasheru may be used as *Tarpana Dravya* along with milk. *Tarpana* nourishes eye, pacify *Vata* predominant diseases and prevent dryness of eye.

Putapaka in eye problems

The *Putapaka* is similar to *Tarpana* in which oily substances used to rejuvenate eye, there are three types of *Putapaka* i.e; *Snehana, Ropana* and *Lekhana*. *Putapaka* provide strength of eye thus improves vision. Help to relax exhausted eye and improves muscular strength of eye.

Seka in eye problems

Seka involve pouring of medicated solution in the form of thin stream on closed eye. This technique provides relief in itching of eyes, treats watery eyes & conjunctivitis, cure dryness and photophobia.

Aschyotana in eye problems

The procedure involves instillation of medicated *Ghee* on eyes. *Triphala Kwath* mainly employed in this technique as medicine. This technique is indicated for myopia, dry eyes, allergic disorders, redness of eye, itching and eye congestion.

Aanjan in eye problems

In this technique medicated ointment employed for eye related ailments, *Anjana* are three types; *Lekhana, Ropana* and *Prasadana Anjanas*. *Kapha* predominant diseases of eye mainly handled with *Lekhana Anjana*, *Pitta* related diseases treated with *Ropana Anjanas* and *Prasadana anjanas* used for *Vataja vikaras*.

Pindi in eye problems

Pindi means bandaging (medicated bolus) which used over closed eye especially for *Abhishyandha* & *Adhimanth*. Medicated cotton kept over eyelids to relieve *Netrabhishyanda, Shotha* and *Netrakandu*, etc.

Bidalaka in eye problems

Bidalaka involves uses of medicated paste on external surface of eye, on the basis of intensity *Bidalaka* are three types; *Uttama, Madhyama* and *Heena*. *Bidalaka* relieves discharge, swelling, redness, pain and itching, etc.

KRIYA KALPA MODE OF ACTION

Tarpana involves uses of *Ghee* or oil as suspension so that more drugs absorbed with high contact time, suspension particles does not leave eye easily and more drugs absorbed for long time. The lipophilic property helps to cross corneal epithelium barrier thus provide better penetration.

Putpaka provide more absorption than *Tarpana* since medicine prepared by *Swarasa Putpaka Vidhi*. Possess

lipophilic as well as hydrophilic properties thus penetrate cornea easily.

Seka involves pouring of medicine to pacify specific *Dosha*, this process helps to absorb drug through skin of lids. The continuous streaming provide long term effect without accumulating drug.

Aschyotana means uses of drops of medicated decoctions, this technique reduces contact time so diluted drugs drained out easily with tears without causing any harms.

Anjana means uses of medicine from *Kaneenika Sandi* to *Apanga Sandhi* with *Shalaka*, this techniques enhances bioavailability, improves tissue contact time and offers localized effects therefore offer better pharmacological effects.

Pindi means use of medicated paste on eye through thin cloth, this method boost absorption through skin of lid and facilitate local vasodilatation thus enhances drug penetration.

Bidalaka involves uses of medicated paste to eye lids; medicine absorbed through skin while mechanical pressure facilitates vasodilatation and drainage.

Advantages of Kriyakalpa in eye problems

- ✓ It not only treats disease but also prevent their pathogenesis.
- ✓ It offers advantages of accurate dosing.
- ✓ Possess less chances of side effect.
- ✓ Methods of *Kriyakalpa* achieve optimum ocular bioavailability of medicine.
- ✓ *Kriyakalpa* increases corneal contact time of drug.
- ✓ Target specific drug delivery.
- ✓ Patient compliances and easy to conduct.
- ✓ Economic and acceptable.

CONCLUSION

Kriyakalpa helps to achieve effective concentration at site of drug action, it release drug for stipulated time period. *Kriyakalpa* highly inefficient methods provide controlled and target specific release of medicine in eye. *Kriyakalpa* is safe, economic and effective drug delivery techniques for many eye disorders.

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