

STANDARD OPERATIVE PROCEDURE OF TARPANA – A KRIYAKALPA

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INTRODUCTION

Tarpana is a therapeutic procedure applied for eye disorders related to vision and ocular movements. Nowadays Tarpana as a Kriyakalpa is widely used as an ocular therapeutics by Ayurvedic physicians in India. Dragmastic results and practical feasibility has drawn more attention of society towards this procedure. But variability of procedure adopted by regional practice has not maintained uniformity of standard procedure given in ancient texts of Ayurvedic Science. So, here an attempt has been made by author for standardization of Tarpana procedure according to ancient literature.

• Etymology

The word 'Tarpana' is derived from the root 'Trup' by adding the 'Lyut' Pratyaya. The literary meaning of the Tarpana is satisfaction to the eye by fatty materials.

• Indications^[1]

The patient seeing darkness in front of eyes, eyes deficient in lacrimation, dry eyes, hard lids with falling eyelashes, dirty eyes, squinting eyes and eyes badly affected with disease, these are the conditions where eye gains energy from Tarpana. Vagbhatta has further added a list of disease specifically selected for Tarpana. They are Kricchronmilana, Sirotkata, Siraharsha, Arjuna, Shukra, Timira, Abhishyanda, Adhimantha, Anyatovata, Vataparyaya and inflammatory conditions of the eyes, Vatika and Paitika diseases of eyes as well as injured eyes due to Abhigata.^[2]

• Contraindications

Tarpana should not be used on a cloudy (or) very hot (or) cold days and it should not also be done in persons suffering from anxiety, tiredness, giddiness and in the eyes where complications have not abated.

• Standard Operative Procedure



Tarpana should be administered only after Samshodhana of Shira and Kaya. Mridu Virechana with Erandabhrishta Haritaki and Nasya with Anutaila are sufficient. Tarpana can be done either in early morning or evening; only after the digestion of any food taken previously.

The patient is asked to lie down on his back, in a chamber free from direct sun rays, wind and dust, and is given mild fomentation with a cotton soaked in lukewarm water, then the eyes are encircled with firm, compact wall made up of paste of powdered Masha pulse (black gram). The height of this wall should be 2 Angula. The patient is asked to close the eyes and over the closed eyes, liquefied Ghritamanda is poured very slowly till the entire eyelashes are under the liquefied Ghrita. Patient is instructed to close and open his/her eyes (unmesha & nimesha). After retaining for the stipulated time, the liquid is drained out through the hole made near the outer canthus and the eye is irrigated by lukewarm water fomentation.^[3]

Vagbhatta differs from Sushruta in certain aspects. According to him, instead of Ghritamanda, Vasa should be used for the diseases Naktandhya, Vatajanya Timira and Kricchronmilana.

• Modification in Procedure of Tarpana

Nowadays, time is money and patients don't have so much time to undergo this traditional procedure. So, a new technique was developed. A swimming goggle was taken and its upper glasses were removed for pouring medicine. There is no chance of leaking of the medicine in this method. This gives best results and more comfort to the patient in less time.



says that the procedure should be carried out daily in *Vatika* diseases, alternatively in *Paittika* and *Raktaja* diseases, with interruption of two days in healthy eye and *Sannipataja* diseases and with the interruption of three days in *Kapha* diseases. According to *Jejjata*, the duration of treatment in mild, moderate and severely aggravated Doshas is of one, three and five days respectively. *Vagbhatta* is in agreement with *Videha*, except for *Kapha* diseases where he advises an interruption of two days.

• Course of Procedure

Sushruta, without clarifying the condition of the eye, simply asks to perform the procedure for one day, three days and five days.^[4] *Dalhana* in his commentary quotes the view of *Gayadasa*, *Jejjata* and *Videha*. According to *Gayadasa*, this duration is given in accordance to *Vatika*, *Paittika* and *Slaishmika* eye disease respectively. *Videha*

• Period of Retention

Tarpana should be retained for a period, which is taken for counting the number of syllables mentioned according to the healthiness or unhealthiness of the eye. It can be summarized as below.^[5]

Table: 4 Table Showing Period of Retention of Tarpana

Condition of The Eye	Time taken for the counting of number of syllables found in					In Minutes
	Su. Sam.	As. Sam.	As. Hri.	Bhav Pra.	Sar. Sam.	API Vol. VII ⁷ Acc. to Su. Sa.
Healthy	500	500	500	500	500	12.70 Min.
<i>Kapha</i> predominant	600	500	500	500	500	15.24 Min.
<i>Pitta</i> predominant	800	600	600	600	-----	20.32 Min.
<i>Vata</i> predominant	1000	1000	1000	1000	1000	25.40 Min.
Site of lesion in eye diseases						
<i>Sandhigata</i>	300	300	300	500	500	7.62 Min.
<i>Vartmagata</i>	100	100	100	100	100	2.54 Min.
<i>Shuklagata</i>	500	500	500	---	600	12.7 Min.
<i>Krishnagata</i>	700	700	700	700	700	17.78 Min.
<i>Drishtigata</i>	800/1000	800	800	800	800	20.32/25.4 Min.
<i>Adhimantha</i>	1000	1000	1000	1000	1000	25.4 Min.

Su. Sam. = *Sushruta Samhita* **As. Sam.** = *Ashtanga Sangraha*

As. Hri. = *Ashtanga Hridaya* **Bhav.Pra.** = *Bhavaprakasha*

Sar. Sam. = *Sharangadhara Samhita*

• Features of Proper Tarpana

Sound sleep, Blissful awakening, Cessation of secretion, Clearness of vision, Discernment of individual colors, Agreeable sensation, Lightness of the eye and proper functioning of eye, Ability of the eye to tolerate sunlight are the features of properly conducted Tarpana.^[6]

• Features of over and under lubrication

Features of heaviness, indistinct vision, excessive oiliness, lacrimation, itching, stickiness and aggravation of *doshas* especially *Kapha dosha* results from excessive *Tarpana*.

Dryness, indistinct vision, excessive lacrimation, intolerance to light and aggravation of the disease are the features of insufficient *Tarpana*.

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