

## REVIEW ON THE TARPAN KRIYAKALPA

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**ABSTRACT**

The promotion of the visual activity was considered as one of the priorities in the branch of shalakya tantra and ayurveda sushruta, the father of ancient Indian surgery advocated kriyakalpa is the main therapeutic procedure for netra rogas, along with other forms of treatment. He has described this in a separate chapter in Uttartantra of Sushruta Samhita. Kriyakalpa means the procedures in which various drugs are applied in and around the eye ball as treatment modality.

'Netra Tarpana' is made up of 2 root words.

Netra- means eye.

Tarpana-means Nourishment.

Thus Netra Tarpana means 'Nourishment of Eye' or a treatment which nourishes the eye.

**KEYWORDS:** Ayurveda, Netra Rogas, Uttartantra, Tarpana Kriyakalpa, Eye diseases.

**INTRODUCTION**

Kriyakalpa is the basis of the ophthalmic disorders, as Panchkarma is the basis of Kayachikitsa. The eye being a very vital and sensitive part was of main focus while designing Kriyakalpas. Charaka Samhita deals with the diseases of the entire body on the medical lines without paying any special reference to the disorders of the eye, ear, nose and throat.<sup>[1]</sup> Acharya Sushruta mentioned five Kriyakalpas i.e. Seka, Aachyotana, Anjana, Tarpana and Putpaka.<sup>[2]</sup>

Ancient Indian philosophy is of opinion that all materials, living or non-living are made up of five fundamental elements called Panchmahabhutas and all parts of body also made up by the combination of these mahabhutas. In case of Netra there is dominance of tej mahabhuta, therefore netra organ has always a threat from kapha dosha all efforts should be made for the strength of eyes by resorting to nasya, anjana, tarpana etc. Once vision is lost the versatility of world will all become to one, of unified darkness.<sup>[3]</sup>

Kriyakalpas are unique procedures practiced in shalakya tantra having wide range of implications in the management of netra vikars. Kriyakalpas includes Seka, Aachyotana, Tarpana, Putpaka, Anjana, Bidalaka and Pindi.<sup>[4]</sup>

Among all Kriyakalpas netra tarpana is the foremost procedure for eye disorders. Netra Tarpana is one of the

specialized treatments for eye disorders. Netra tarpana acts as both preventive and curative therapy for maintain normal healthy condition of eyes. Netra tarpana is a procedure where in lukewarm medicated ghee is made to stay stagnant in the eyes for a speculated time in a specific formed frame. The therapy is quite beneficial for the relaxation of eyes and the treatment of various ailments related to eyes.

Netra tarpana has been used from the ancient times in ayurveda for improving the eyesight and is highly beneficial to people working late in night in front of the computers. It is the most revered Kriyakalpa extensively used in Netra practice. It nourishes the eyes improves and strengthens the drishti shakti. It is very effective, preventive and curative procedure in vataj and pittaj vikaras.

**Indication for Tarpan Karma**

- When a patient sees darkness in front of eyes.
- Dryness of the eyes.
- Falling of eyelashes.
- Dirtiness of the eyes.
- Deviated eyeball and squint.
- In extreme aggravation of the diseases of the eye.
- Injury/ Traumatic condition of eye.
- Vata-Pitta predominant diseases.<sup>[5]</sup>

Vagbhata has further added a list of diseases [Netra rogas] specially selected for tarpan karma they are kricchromilana (difficulty in opening eyes), siraharsha (congestion of conjunctival blood vessels), sirotkata (episcleritis), Tama (blackout), Arjuna (subconjunctival hemorrhage), syanda (conjunctivitis), Adhimanth (glaucoma), Anyatovata (referred pain in the eye), Avrana shukra (corneal opacity).<sup>[6]</sup>

### Contraindications for Tarpan Karma

According to Acharya sushruta tarpans is not indicated.<sup>[7]</sup>

- On a cloudy day.
- Extreme hot or cold seasons.
- In conditions of worries and anxiety.
- In conditions of tiredness and giddiness of eyes.
- In complications of eyes.
- In the condition of acute pain, inflammation, redness etc.

### Procedure

**Poorva Karma**- Appropriate shodhanakarma is carried out according to procedure. Later stanika abhyanga and mridu Swedan is done.

**Pradhana Karma**- Netra Tarpana should be carried out in the forenoon or in the afternoon on an auspicious day after the food (taken by the patient) has been digested and after the head and the whole body of the patient have been treated with the purification measures properly.

Patient is made to lay supine position in a good lighted, ventilated room free from dust and smoke. Then the eyes are encircled with firm, compact leak proof pali (wall) made up of paste of powdered masha. According to Vagbhata pali is made upto a height of two angulas. The patient is asked to close eyes and over the closed eyes, ghrita processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open and close the eye intermittently and steadily.

### Paschata Karma

After retaining of ghrita for a stipulated period, the ghrita is drained out through a hole in the bottom of dough wall, near the outer canthus of the eye and the eye is irrigated with lukewarm water fomentation. Patient is instructed to keep away from exposure to bright lights, wind, mirrors and luminous body.<sup>[8]</sup>

### Days of procedure

Acharya sushruta without clarifying the condition of the eyes simply asks to perform the procedure for one day, three days, or five days or till the Samyaka tarpita lakshana are seen.<sup>[9]</sup>

According to Acharya Vagbhata tarpan should be done daily in vitiation of vata, an alternate days in pitta, with an interval of two days in kapha and in swastha (healthy person) or till the eyes become fully satisfied.<sup>[10]</sup>

### Samyaka Tarpit Lakshana

- 1) Sukhaswapana – good sleep.
- 2) Avbodhatva – blissful awakening.
- 3) Vaishadhya – clearness of eyes.
- 4) Nivriti – feeling of comfort.
- 5) Vyadhividhvansa – cure of the disease.
- 6) Kriya laghvama – easiness in closing and opening the eyes.
- 7) Prakash kshamata – ability to withstand bright light.

### Ati Tarpita Lakshanas

- 1) Netragaurava – heaviness in eyes.
- 2) Avilta – indistinct vision.
- 3) Atisnigdhatva – excessive oiliness.
- 4) Ashru srava – lacrimation.
- 5) Kandhu – itching.
- 6) Upadeha – stickiness.
- 7) Dosh-samutklishta – aggravation of dosha.<sup>[11]</sup>

### Heena Tarpita lakshanas

- 1) Netrarukshata – dryness of eyes.
- 2) Avilta – indistinct vision.
- 3) Ashrusrava – lacrimation.
- 4) Vyadhivridhi – aggravation of disease.

### Formulations used for Tarpana

- 1) Triphala ghrita.
- 2) Mahatriphala ghrita.
- 3) Patoladi ghrita.
- 4) Jeevanti ghrita.<sup>[12/13]</sup>

### Prime indication of Tarpana

- 1) Computer vision syndrome.
- 2) Dry eye syndrome.
- 3) Non specific corneal disorders.
- 4) Allergic conjunctivitis.
- 5) All types of glaucoma.
- 6) Early cataract.
- 7) Degenerative disorders i.e. age related macular degeneration.
- 8) Refractive errors.
- 9) Diabetic retinopathy.
- 10) Hypertensive retinopathy.
- 11) Optic Neuritis.

### Role of Tarpan

According to modern pharmacology various drugs used in the form of eye drops or eye ointment, enter the eyeball by passing through cornea this penetration depend upon the permeability of various layers of cornea.

The epithelium and endothelium is highly permeable for lipid content as compared to stromal layer, however only water soluble drugs can penetrate the stromal layer. Thus for complete penetration of drug it should be lipophilic and hydrophilic so for Tarpan formulated ghrita is lipophilic as well as hydrophilic and hence it has got very good penetration through various layers of cornea.

**CONCLUSION**

As in Ayurveda, we are applying ophthalmic therapeutics either in the form of local therapy i.e. Kriyakalpa or in the form of systemic use i.e. oral chakshushya dravya. The main aim of any pharmacotherapeutics is the attainment of an effective concentration at the site of action for a sufficient period of time to elicit the response.

Netra Tarpana karma is one of the local therapeutic procedure which if promptly used shows objective evidences of excellent responses.

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