

A REVIEW OF LITERATURE OF TARPANA WITH SPECIAL REFERENCE TO
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INTRODUCTION

Ayurveda is a science with a very rich legacy which describes various physiotherapeutic procedures in many clinical conditions. Akshi Tarpana is also one such procedure which is widely indicated in many ophthalmic conditions. It is found to be effective on anecdotal and clinical experience grounds. It is the foremost treatment procedure mentioned in Sushruta Samhita for eye disorders. But even then, neither proper acceptance nor precise scientific reasoning for the procedure is established. There are lots of discrepancies found in the whole process. Drug absorption and mode of action are also big riddles to understand & explain to modern as well as Ayurvedic physicians, so that its acceptance and significance could be understood by the masses. The word 'Tarpana' is derived from the root 'Trup' by adding the 'Lyut' Pratyaya. The literary meaning of the Tarpana is to give nourishment of the eye through Ghrita, Ghritamanda, medicated Ghritas, Vasa, Majja (bone marrow) etc. According to modern science The human eye is the organ which gives us the sense of sight, allowing us to observe and learn more about the surrounding world than we do with any of the other four senses. We use our eyes in almost every activity we perform, whether reading, working, watching television, writing a letter, driving a car, and in countless other ways. Most people probably would agree that sight is the sense they value more than all the rest. The eye allows us to see and interpret the shapes, colors, and dimensions of objects in the world by processing the light they reflect or emit. The eye is able to detect bright light or dim light, but it cannot sense an object when light is absent. Myopia is the commonest eye defect affecting the young eyes & also called near- or short-sightedness. It is a refractive defect of the eye in which Parallel rays of light coming from infinity are focused in front of the retina when accommodation is at rest. Those with myopia see nearby objects clearly but distant objects appear blurred. A brief anatomical & physiological consideration of the eye is followed by the in depth exploration of the details of myopia in the forthcoming pages.

MATERIALS AND MEHODS

Conceptual Review

The word 'Tarpana' is derived from the root 'Trup' by adding the 'Lyut' Pratyaya.

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Indication for Tarpana Karma

ताम्यत्यतिविशुष्कं यदुक्षं यच्चातिदारुणम् ।

शीर्णपक्ष्माविलं जिह्वं रोगक्लिप्तं च यदभ्रुशम् ॥

तदक्षितर्पणादेव लभेतोर्जामसंशयम् ॥ (द. र. १८/१७-१८)

- When a patient sees darkness in front of eyes.
- In severe dryness of the eyes.
- Much roughness of the eyes.
- Stiffness of the eyelids.
- Falling of eye lashes / Madrosis

- Dirtiness of the eyes / Altered or lost luster of ocular surface.
- Deviated eye ball / Squint
- In extreme aggravation of the diseases of the eye.

Vagbhatta has further added a list of disease specifically selected for Tarpana. They are Kricchronmilana, Siraharsha, Sirotkata, Arjuna, Shukra, Timir, Abhishyanda, Adhimantha, Anyatovata, Vataparyaya and inflammatory conditions of the eyes Vatika and Paitika diseases of eyes as well as injured eyes due to Abhighata.

Contraindications for Tarpana karma

दुर्दिनात्युष्णशीतेषु चिन्तायासभ्रमेषु च ।

अशान्तोपद्रवे चाक्षिण तर्पणं न प्रशस्यते ॥ (द्व. र. १८/१८)

According to Acharya Sushruta, the various conditions where Tarpana is contraindicated are given below:

- Cloudy day.

- Excessive hot and cold season.
- Worry and Anxiety – Mental state
- In Exhaustion, Giddiness – Physical health state
- In the condition of acute pain, complication of ocular disease.

Procedure

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 leak proof wall made up of paste of powdered Masha pulse (black gram). The patient is asked to close the eyes and over the closed eyes, liquefied Ghrita 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 Ghrita is drained out through the hole made near the outer canthus and the eye is irrigated by lukewarm water fomentation (Su. U.18/6-10).

Modification In the Procedure of Tarpana Karma

Nowadays, time is money and patients don't have so much time to undergo this traditional procedure. So, a new technique is developed. A specially designed Tarpana goggle is taken and it is used for Tarpana Karma. 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.

Pashchat karma

After finishing the main procedure of Akshitarpana, Dhoompana i.e. medicated smoke is given to the patient.

Then patient is advised to avoid direct exposure to excessive cold, heat, wind, lustrous & shiny things.

Course of procedure

ऐकाहं वा त्र्यहंवाऽपि पंचाहं चेष्यते परम् । (द्व. १८/१२)

Sushruta, without clarifying the condition of the eye, simply asks to perform the procedure for one day, three days and five days or till the proper satiating features are attained. 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 Shlaishmika eye disease respectively.

According to **Jejjata**, the duration of treatment in mild, moderate and severely aggravated Doshas is of one, three and five days respectively.

Videha 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 disease and with the interruption of three days in Kapha diseases.

Vagbhatta is in agreement with Videha, except for Kapha diseases where he advises an interruption of two days.

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 (Su.Ut.18/8-10).

Condition of the Eye	Time taken for the counting of number of syllables found in				
	S.S	S.S	A.H.	B.P.	Sha. Sam.
Healthy	500	500	500	500	500
Kapha predominant	600	500	500	500	500
Pitta predominant	800	600	600	600	-
Vata predominant	1000	1000	1000	1000	1000
Site of lesion	In eye disease				
Sandhigata	300	300	300	500	500
Vartmagata	100	100	100	100	100
Shuklagata	500	500	500	-	600
Krishnagata	700	700	700	700	700
Drishtigata	800/1000	800	800	800	800
Adhimantha	1000	1000	1000	1000	1000

S.S. = Sushruta Samhita A.S. = Ashtanga Sangraha A. H. = Ashtanga Hridaya B.P = Bhavaprakasha Sha. Sam. = Sharangadhara Samhita

DISCUSSION AND CONCLUSION

Signs and symptoms of proper Tarpana

सुखस्वप्नावबोधत्वं वेश्मं वर्णषट्कम् । निर्वृति व्याधिविध्वंसः क्रियालाघवमेव च ॥ (द्व. र. १८/१३)

The features of properly conducted Tarpana i.e. sound sleep, Blissful awakening, cessation of secretion, clearness of vision, discernment of individual colours,

agreeable sensation, lightness of the eye and proper functioning of eye, ability of the eye to tolerate Sunlight.

Complications of excessive Tarpana

गुर्वाविलमतिस्निग्धमश्रुकण्डुपदेहवत् । द्येयं दोषसमुत्क्लिप्तं नेत्रमत्यर्थतर्पितम् ॥ (द्व. र. १८/१४)

Features of heaviness, indistinct vision, excessive oiliness, lacrimation, itching, stickiness and aggravation of Doshas especially Kapha Dosha results from excessive Tarpana.

Effect of inadequate Tarpana

रुक्षमाविलमस्त्राढयमसहं रूपदर्शने । व्याधिवृद्धिश्चतजद्येयंहीन
तर्पित मक्षिच ॥ (द्व र. १८/१५)

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

Treatment of inadequate and excessive Tarpana

अनयोर्दोषबाहुल्यात् प्रयतेत चिकित्सिते । धुमनस्यन्जने सेकेः रुक्षेः
स्निग्धेश्चयोगवित् ॥ (द्व र. १८/१६)

In these two conditions, treatment will be applied according to predominance of Doshas with Dhoompana, Nasya, Anjana and Seka either Snigdha or Ruksha are to be used for them. Snigdha in diseases of Vata, Ruksha in Kapha and Sheeta in Pitta. Various Acharyas have different opinions regarding the duration of Tarpana procedure. Taking consideration of previous research work, site and severity of the disease Tarpana procedure was done for 7 days in three settings with 7 days interval.

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