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A REVIEW OF BIDALAKA: ACTION AND IMPORTANCE

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ABSTRACT

Eye is an important sense organ of our body without which one cannot see the universe. *Aacharya Charak* as well as *Aacharya Vagbhata* is particularly in not favor of *KaphaDosh* for eyes, as the eyes are *Tejpradhan*. Thus eyes can be distorted due to *KaphVruddhi* / *KaphaDosh*. And hence for healthy eyes have various *Netrakalpana* for *kaphanashan*. As the therapeutics can be divided into systemic therapeutics ('*SarvadaihiChikitsa*') and Local therapeutics (*Sthanik Chikitsa*). In *Shalakyatantra* along with *SarvadaihiChikitsa*, Various '*Krigakalpana*' are mentioned as *Sthanik Chikitsa* which is important feature of *Shalakyatantra*. As the topical application of medicines have several advantages over oral administration for providing more time for bio availability. The other branches also accept these methods and considered as efficient method drug delivery. *Aacharyasushrut* described five types of *Kriyakalpa* named –*Tarpan*, *Putpaka*, *Aashchotan*, *Sek- Parisechan*, and *Anjan*. Later on, In *Sharangadhara* era *Bidalaka* & *Pindika*, these two *Kriyakalpana* are added.

Keywords – *Bidalaka*, *Kriyakalpa*, *Lepa*

INTRODUCTION

Kriyakalpa the word is made up of two words ' *Kriya* ' & ' *Kalpa* ' which means various methods of using medicinal preparation. *Aacharya Charak* as well as *Aacharya Vagbhata* is particularly in not favor of *Kapha Dosha* for eyes, as the eyes are *Tejpradhan*¹. The action of *Kriyakalpa* can be correlated with the *Panchakarma* which mainly deals with detoxification of the body and maintaining equilibrium of *Tridosha*. With the same principle the *kriyakalpas* act locally. It settles *Dosha* and improves the health of eyes.

Aacharya Sushrut described five types of *Kriyakalpa* named –*Tarpan*, *Putpaka*, *Aashchotan*, *Sek- Parisechan*, and *Anjan*².

In *Sharangadhara* era *Bidalaka* & *Pindika*, these two *Kriyakalpana* are added³. As the various *Kriyakalpas* are mentioned are mentioned by various *Aacharyas*, The *Bidalaka* - action and importance are discussed here.

Bidalaka is nothing but the modified form of ' *Lep Kalpana* ' and firstly introduced by ' *Sharangadhara* ' ⁴.

AIMS AND OBJECTIVES

Detailed literature study of *Bidalaka*.

MATERIAL AND METHODS –

Various literatures about *Kriyakalpa* from various *Samhitas* and published material.

BIDALAKA

Definition

In Sanskrit *Bidal* means cat.

In this *Kriyakalpa* the *Lepais* applied over eyelids and periorbital area except the eyelashes. So the eyes look like cat's eye⁵.

Matra / praman⁶

It is described same as *Mukhalepa*

- 1) *Kanishta* -1/4 th *Angul*
- 2) *Madhyam* -1/3rd *Angul*
- 3) *Uttam* -1/2 *Angul*

Kala⁷

Bidalaka should be removed before it gets dried .Unless if it is dried it loses its properties and makes skin dull.

Bidalaka can be applied anytime during day except night time⁸.

Indication⁹

It can be used in acute stage of eye diseases which is called as *Aamavastha* or *Tarunavastha* .

Especially in *Abhishyanda*, *Bidalaka* is really useful as the *Anjankarma* is contraindicated.

Also in Burning sensation, Discharge, Lacrimation, edema, congestion etc, *Bidalaka* can be used.

Contraindication

At night¹⁰ and after applying *Bidalaka* - Speaking, laughing, crying, day sleeping, exposure to sunlight - rain - wind is contraindicated.

Procedure**Purvakarma¹¹**

Before all *kriyakalpas*, whole body detoxification should be done (Sarvadaihi shodhan - *Vamanadi*)

The medicinal paste should be neither too thick nor too thin. It should be semisolid. For application - Patient should be comfortably lying down in supine position or in sitting position.

Mrudu Snehan – Swedan should be done as it relaxes the patient and increases local vasodilatation for better drug absorption.

Pradhankarma

The paste used for *Bidalaka* should be lukewarm. (*Sukoshna*). Patient is asked to close the eyes.

Then the paste is applied over closed eye in circular manner avoiding eyelashes¹². Caution should be taken that the paste should not get into the eyes.

Patient is asked to close the eyes throughout the procedure.

The thickness of *Bidalaka* should be according to the stage severity of disease and aggravation of *Doshas*.

Paschatkarma

As soon as the *Bidalaka* starts to get dry it should be wiped out with cotton and luke warm water.

Factors affecting the absorption:

Various biological, physiochemical factors affects the absorption rate.

a) Biological factors

1) Skin Condition- Diseased skin affects penetration as the intact skin is barrier through various layers of skins are not equally permeable.

2) Skin age- Skin age inversely proportional to the absorption.

3) Blood Supply – *Mrudu Snehan Swedan* favors the absorption as it causes local vasodilatation and results in increased circulation, helps in absorption.

b) Physiochemical factors

1) Skin hydration- as it increases skin permeability favors absorption.

2) Temperature- Permeability increase ten times with the increase in temperature.

3) Drug concentration - By Absorption is directly proportional to the concentration.

4) Tissue contact time - is directly proportional to absorption rate in response to concentration of drug.

DISCUSSION

As the *Bidalaka* is external application of medicated paste / *Lepa*. Over the eyelids periorbital area mode of action follows the transdermal pathway for absorption.

Various factors affecting the absorption are discussed above. Also according to Ayurveda these drugs are acts according to the *Ras - Veerya - Vipaka- Guna- Prabhav* of the drug used to prepare the paste.

So the drugs taken systemically undergo metabolism where the local administration of medicines skips these

root and directly acts on the targeted organ.

CONCLUSION

As the local administration of *Bidalaka*, it is considered as an efficient and easiest way for absorption of medicine. To the eye mainly for anterior segment during the acute stage (*Aamavastha / Tarunavastha*) of any eye disease .

By controlling the various factors affecting the absorption, one can achieve favorable results in various eye diseases, as it is easiest to perform and cost effective, one can perform it at home also. It has no or less side effects if proper precautions are taken during the application.

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