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“REVIEW ARTICLE ON IMPORTANCE OF TARPANA CHIKITSA IN THE MANAGEMENT OF LIFESTYLE DISORDER IN OPHTHALMOLOGY”

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Abstract:

Lifestyle disorder defined as disease linked with the way people live their life. Out of all the life-style diseases poor visual health is most common arising factor which is generally neglected. Eyes are the very important organ for vision & Vision problem are more common once we grow older, hence preventive measures should be taken right from they ounge. Today whole world is looking towards Ayurveda for better treatment. Ayurveda emphasizes both on prevention and as well as cure. To combat these situations *Ayurveda* can also of for man management skills one among them is Akshi Tarpana (Eye Care Treatment) that is put forth in this article.

Key Words: Lifestyle Disorder, *Akshi Tarpana*, Ayurveda, Vision Problem

INTRODUCTION:

Lifestyle disorder can be defined as diseases that are consequences to the ways a person leads his life. This is commonly caused by alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy dietary habits. These life style exposures are significantly associated with risk of several different diseases which may lead to different ophthalmological conditions & most commonly defected Vision.

Shalakyia is an important branch of Ayurveda which deals with disease manifesting above the clavicular region. Acharya Nimi is considered as the supreme authority in Shalakyia tantra, but it was Acharya Sushruta who explained the subject in a systematic manner in Uttaratantra of Sushruta samhitha. Today whole world is looking towards Ayurveda for better treatment. Ayurveda emphasizes both on prevention and as well as cure.

Tarpana Chikitsa also known as Akshi Tarpana or Netra Tarpana or Netra Basti which is an excellent soothing, relaxing eye treatment for prevention and as well as for cure. Akshi Tarpana splits into two words “Akshi” means eye and “Tarpana” means nourishment, in healthy people Eye Care Treatment is carried out to protect the eyes from

degeneration due to ageing process and to improve the eye sight. The therapeutic effect is advocated for patients suffering from diseases of eye. Thus Akshi Tarpana is an excellent soothing, relaxing eye treatment to rejuvenate eyes and surrounding tissues.

METHODOLOGY

This review article is based on the conceptual study of different materials from sources like classical Ayurvedic texts, ophthalmological texts, internet websites, etc.

Ocular Disease as an Impact of Metabolic Lifestyle disobedience:

The components of metabolic syndrome include obesity, diabetes, hypertension & dyslipidemia. The association of diabetes and hypertension with retinopathy, cataract and raised intra ocular pressure is well known. Person with metabolic syndrome are known to bear risk of developing large vessels atherosclerotic disease.

Ocular Disease as an Impact of Obesity:

Overweight or obese persons are at increased risk of diabetic retinopathy, age related macular degeneration and glaucoma. Other conditions such as retinal vein occlusions, floppy eye lid syndrome, stroke causing visual loss and thyroid related eye diseases have also been linked to obesity.

Ocular Disease as an Impact of Diabetes

Mellitus:

Diabetes mellitus is a metabolic disorder which can be characterized by high levels of blood glucose. Prolonged exposure in patients suffering from chronic uncontrolled hyperglycemia can lead to various complications in the eye like blepharitis, orbital cellulitis, recurrent styes, xanthelasma, dry eye, keratopathy, neovascularisation, uveitis, cataracts, endophthalmitis, retinopathy, macular oedema, diabetic papillopathy, optic neuropathy, glaucoma, cranial nerve palsies and stroke induced vision loss.

Ocular Disease as an Impact of

Hypertension :Hypertension can cause damage to the vessels in the retina, the area at back of the eye. This eye disease is known as hypertensive retinopathy. Hypertensive occurs as a result of choroidal ischaemia. Hypertensive optic neuropathy results from severely elevated blood pressure.

Emerging trends of Ophthalmological Diseases related to lifestyle factors:

Dry Eye: Dry is a multifactorial disease of the tear and ocular surface that result in symptoms of discomfort, visual disturbance and tear film instability with potential damage to ocular surface. This disease is developed due to prolonged use of VDTs (Video Display Terminals) and heat exposure.

Diabetic retinopathy: Diabetic retinopathy the major reason of blindness in adults of 20-74 years of age is caused due to microangiopathy affecting all the small retinal vessels. It is characterized by increased vascular permeability, ocular hemorrhages, lipid exudates by vascular closure & also mediated due to the development of new vessels in the retina and the posterior vitreous surface. Studies suggest that the most consistent risk factors for the development and severity of retinopathy are duration of diabetes, diagnosed at a young age, high glycosylated haemoglobin levels and high systolic blood pressure.

Macular Degeneration: The macula of human eye progressively degenerates with age, more quickly in some people than in others. This degeneration involves the loss of photoreceptors in the macula of the eye. Several life style changes have been related to increase in rate of ARMD (Age related macular degeneration)

Retinal Vein Occlusion Disease: RVO is a common vascular disorder of the retina and one of the most common causes of vision loss worldwide. Specifically, it is the second most common cause of blindness from retinal vascular disease after diabetic retinopathy. Study shows that increasing age, systemic hypertension and hyperlipidemia are the three main factors which are associated with RVO.

Relation between lifestyle changes and ocular diseases:

Disease	Smoking	Alcohol	Diet & Supplement	Light Exposure	Physical activity							
Age-related Cataract	Increased risk of Nuclear cataract-9%	Increased risk of Nuclear sclerotic-34%	Deficiency of vitamin A & B	UV-Brays - cortic al	Physical activities decrease risk of cataract later in life.				ular	ct&		
Subcapsular cataract-5%	Nuclear cataract-37%	Cortical Opacity-37%	Cataract Riboflavin, Thiamin, Vitamin E- Nuclear density. 22%	Wearing glasses for refractive errors-22%					Nuclear opalescence	opacit y.		
Posterior subcapsular opacity-57%			Posterior nuclear subcapsular						Antioxidants-	cortic al		
						Age-related Macular Degeneration	Increased risk of Geographic atrophy-33%	Increased risk of Neovascular ARM D-25%	Increase of ARM by Dby	Bright sunlight&	Regular activity-70%	
									Saturated fat-40%	UV radiation	less likely to develop neovascular ARMD.	
									Antioxidant and zinc-25% reduction of ARM	may cause damage to retinal pigment	neovascular ARMD.	
									Omega-3	blocks epithelial	walked/	

		3fatty acid& lutein -30% reduction in neovascular ARMD &50% in geographic atrophy	lium day decreased theriskof exudative ARMD -30%		veness andtiss ue hypoxia, factors hypothesized tobeinvolved in the pathogenesis ofdiabetic retinopathy.	thy. Antioxi dant– prevent diabetic retinopa thy.		
Diabetic Retinopathy	Smoking leads to increased platelet aggregation and adhesi	Multivitamin protects against the progressionof diabetic retinopa	Decreased riskof proliferative diabetic retinopa					

Indications for Tarpana Karma:

- When a patient sees darkness in front of eyes,
- Dryness of the eyes,
- Roughness of the eyes,
- Stiffness of eyelids,
- Falling of eyelashes,
- Dirtiness of the eyes,
- Deviated eyeball or squint,
- In extreme aggravation of the diseases of the eye,
- Injury/traumatic condition of eye,

- Vata Pitta
- Predominant diseases.

Acharya Vagbhata has further added a list of diseases specifically selected for Tarpana Karma. They are Kricchronmilana (difficulty in opening eyes), Siraharsha (congestion of conjunctival blood vessel), Sirotpata (episcleritis), Tama (blackout), Arjuna (subconjunctival haemorrhage), Syanda (conjunctivitis), Adhimantha (glaucoma), Anyatovata (referred pain in the eye or sphenoidal sinusitis), Vataparyaya, Avrana Shukra (corneal opacity).

Contraindications for Tarpana Karma:

According to Acharya Sushruta, Tarpana is not indicated;

- 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:

PoorvaKarma

Tarpana therapy should be done to the patients who have been purified both in their head (by nasal medications) and the body (by emesis, purgation and enema therapies). Later Sthanika Abhyangam (Local Massage) and Mridu Swedana (Mild Sedation) is done.

Pradhan Karma

Akshi Tarpana is performed during temperature seasons, both in the morning or evening. Patient is made to lay in supine position with his face upwards, in a room devoid of wind, sun and dust. Yava (barley) A wall is made of flour of Masa around the eye socket (resembling a well) to a height of 2 fingers and breadth keeping the eye lids closed. Go Ghrita or any medicated oilliquefied by hot water should be poured in to the well up to the level of tips of eyelashes. The patient should then beasked to open his eyes slowly and retain the drug. Then Matrakala should be counted.

Sneha Dharana Kala according to Dosha Prakopa (Matrakala):

Dosh	Shushruta	Ashtangh	Sharanghdar	Bhavprakasha
Vata	1000	1000	1000	1000
Pitta	800	600	-	600
Kapha	600	500	500	500
Normal eye	500	500	500	500

Sneha Dharana Kala according to Adhithana of disease (Matrakala):

Adhithana	Shushruta	Ashtangh	Sharanghdar	Bhavprakasha
Sandhigata	300	300	500	500
Vartmaga	100	100	100	100

ta				
Shuklagat	500	500	600	-
a				
Krushnag	700	700	700	700
ata				
Drushtiga	800/1000	800	800	800
ta				
Sarvagata	1000	1000	1000	1000

Paschat Karma:

After retaining of Ghrita for a stipulated period, the Ghrita is drained out through a hole made at the bottom of dough wall, near the outer canthus of the eye and the eye is irrigated with lukewarm water fomentation. The Kapha which has already been stimulated by the potency of Ghrita, should be eliminated by Shirovirechana (Nasya), and fumigation (Dhoompana) with the Kapha suppressive drugs. Patientis instructed to keep away from exposure to brightlights, wind, sky ,mirrorsand luminous bodies.

Formulations used for Tarpana:

Triphala Ghrita, Mahatriphla Ghrita, Patoladi Ghrita, Jeevantiyadi Ghrita.

OBSERVATIONS:

Samyak Tarpita Lakshana

- Sukhaswapana- good(sound)sleep
- Avbodhatva- blissful awakening
- Vaishadhya- clearness of the eyes
- Varnapatava-discernment of individual colours

- Nivriti – feeling of comfort
- Vyadhi vidhvansa-cure of the disease
- Kriyalaghvama- easiness in closing and opening the eyes
- Prakashk shamta-ability to with stand bright light

Ati Tarpita Lakshanas

- Netragaurava- heaviness in eyes
- Avilta-indistinct vision
- Atisnig dhata- excessive oiliness
- AshruSrava- lacrimation
- Kandu- itching
- Upadeha- stickiness
- Dosha Samutklishta-aggravation of Dosha

Heena Tarpita Lakshanas

- Netrarukshata- dryness of eye
- Avilta-indistinct vision
- Ashrusrava - lacrimation
- Asahyam Roop darshan- difficulty invision
- Vyadhivridhi- aggravation of disease

CONCLUSION:

Netra Tarpana may help to nourish eyes, increase blood circulation to the affected area, gets rid of Dosha imbalances, strengthens the muscles in the area, helps on improving eye sight. Akshi Tarpana / Netra Tarpana / Netra Basti is an excellent soothing, relaxing eye

treatment to rejuvenate eyes and surrounding tissues. Larger clinical studies with uniformity in the procedure of Netra Tarpana may help to develop scientific evidences to classical indications.

RESULTS:

Netra Tarpana is most often recommended practice in Ayurveda Netra Roga Chikitsa. Most of the previous studies have emphasized on the importance of Tarpana in Netra roga Chikitsa; Though, there were limited clinical studies have been carried out on procedural effectiveness of Tarpana only, it can be surely practiced for prevention of lifestyle disorder in ophthalmology

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