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“ RANDOMIZED CONTROL STUDY ON THE EFFICACY OF MAHATRIPHALA GHRITA AKSHITARPAN AND SAPTAMRITA LOHA IN TIMIRA”

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Abstract

Myopia is a major problem pertaining to eye that entails social, personal, educational and economical impact. Various surveys in India have found the prevalence of Myopia ranging from 6.9% to 19.7%. Myopia progression is irreversible and methods of correction of myopia are not without complications. Myopia closely resembles *Timira* involving first and second *patala* in terms of symptoms, anatomical structures involved and pathogenesis of the disease.

The study is aimed at evaluating the efficacy of *Akshi-Tarpana* procedure with *Mahatriphala Ghrita* in fresh and old myopes. Detailed study on total 60 patients which divided into two group. i.e. Group A - 30 Patient treated with *Saptamrita Loha*. Group B - 30 Patient treated with *Mahatriphala Ghrita* and *Saptamrita Loha*. The procedure was done in 30 sittings of 5 days each with an equal interval 5 days between each sitting. There were no drop outs. Follow up taken on 0th, 10st, 20th, 30th and 45th day. *Pathy – Apathya* explained to patients. Discussion was done on basis of age, *prakruti* and assessment criteria. Summary gives idea of all work. Conclusion has been drawn on the basis of observation and result and discussion.

Keywords: *Timira*, Myopia, *Saptamrita Loha*, *Mahatriphala Ghrita*, *Tarpan*.

Hypothesis

H₀ – Mahatriphala Ghrita along with SaptamritaLoha&SaptamritaLoha in Timira have no effect.

H₁- MahatriphalaGhrita along with SaptamritaLoha will be more effective than SaptamritaLoha in timira.

INTRODUCTION

Ayurveda deals with the study of eye diseases and their management. The eye is lamp of the body. As affected this organ there is loss of vision that is day and night are same. And blindness is more distractive in ocular disease. The ophthalmological disease Timira is defined to be most important disease because timira causes difficult in vision. In modern science “Timira” called as “myopia” In the present era use of technology to develop instrument for better knowledge but in ancient era there was no technology to developed well instrument. A recent population-based cross-sectional study Myopia prevalence was 36.8% and was found to be more common in female (46.0%) than in males (29.7%). the prevalence increased in student with myopic parents and myopic siblings. It was also found that myopia correlates strongly with Nearwork and school

performance. But in the age group of 21 to 40 in the myopia is 19%.¹

In OPD more than 30% of the cases are presenting with Myopia. There is no effective conservative treatment for Myopia so this dissertation work try to explore it. To compare effect of SaptamritaLohaAbhyantaraSevana and MahatriphalaGhrita in the treatment of Simple myopia. The response of the medications can be easily assessed with the help of modern science.

AIMS

To Study the Effect Mahatriphala Ghrita Akshi Tarpana and Saptamrita Loha in Timira

OBJECTIVES:

1. To study with the Timiraroga according to Ayurveda.
2. To study the Myopia according to the modern science
3. To Study effect of MahatriphalaGhritaAkshitarpan along withSaptamritaLoha clinical trials.

Disease review:

- ▶ The disease Timira Nidana, Samprapti and Lakshana are explained in, Susrutha Samhitha - uttaratantra.²
- ▶ Timira is one such eye disease, which starts from Avyaktadarshana (blurred vision) and ends in

complete loss of vision. The main symptoms Affliction of different patals is blurring vision . the other co-existing symptoms like distant object appear nearer and vice versa inability to thread a needle and a person is seen as if without ear, nose, eyes etc. are caused either due to index myopia , hypermetropia or astigmatism, which are again secondary to lenticular change. But relaying only upon the three symptoms,onecan not say that Timir can be compared with refractive error.So clinical features based on involvement of Patalas& vitiation of Doshas. So the treatment of the Timira depends upon the stage and dominance of particular Doshas. For which Local & systemic management has described by of Acharyas stand the etiopathogenesis & management of Timira in this context.³

Drug Review

Mahatriphala Ghrita

The formulation of Mahatriphala Ghrita is explained in AstangHridhayamUttarsthana^{4,5}



Saptamrita Loha:

The formulation of Saptamrita Loha is explained in Ras Kamdhenu ⁶

MATERIALS & METHOD:

MATERIAL:-

Drug:-

Group A = SaptamritaLoha (GMP approve)

Group B = MahatriphalaGhritaAkshitarpana and SaptamritaLoha orally. (GMP approve)

Patients:

Total 60 known case of Timira patient were selected for study.

Study divided in to 2 groups

Equipments:- a) AutoRefractometer
b) Snellen's Chart

METHODOLOGY

Group –A: -

SaptamritaLoha :- 30 patients of this group were selected in opd and studied

Dose :- 1 guti (250 mg) BD

Duration :- 45 Day

Follow up :- 0th 10th 20th 30th 45th day

Route of Drug Administration :- Orally

Anupan :- Madhu⁷ & Ghrita^{8,9}

Group B-

MahatriphalaGhrita and SaptamritaLoha:-
30 patients of this group were selected in opd and studied

Dose :- Till the entire eyelashes are under the liquefied Mahatriphala Ghrita.

Duration :- (45 Days) one setting the Tarpan dose of filling up to the eyelashes once a day for 5 days continuously and 5 day rest. The treatment was given in total 3 sittings and Saptamritaloha 1 guti (250 mg) BD per day for 45 days

Route Of Drug Administration :- Local AkshiTarpana and orally.

The Tarpana for 5 day with regular and 5 day interval

1 st to 5 th day	1 st Tarpan
6 to 10 th day	No Tarpan
10 th day	1 st Tarpan
11 th to 15 th day	2 nd Tarpan
16 th to 20 th day	No Tarpan
20 th day	2 nd tarpan

21 th to 25 th day	3 rd Tarpan
26 th to 30 th day	No Tarpan
30 th day	3 rd Follow up
45 th day s	4 th Follow up

Follow-up:- Follow up were done on 0th 10th 20th 30th 45th day and observation recorded.

SELECTION OF THE PATIENT

All patient selected in opd by Randomised controlled method.

Inclusion Criteria :-

- The age group of 21 to 41 years were selected for proposed.
- Irrespective of sex and religion and socio economic status.
- Patient having symptoms of timira were selected.
- Patient With spherical refractive error.
- Refractive error up to 3D.

Exclusion Criteria;-

- Patient with pathological myopia.
- Patient using any other systemic drug.
- Patient having major ocular disease.

- Patients after surgeries like, photo refractive keratectomy, Redial keratectomy, LASIK etc.

Criteria for Assessment:-

Subjective Parameters:-

- ▶ Avyakta Darshan
- ▶ Blurring Time
- ▶ Headache

Objective Parameters: - Clinical

Refraction By

- ▶ A) Vision

Before treatment

After treatment

OBSERVATION AND RESULTS:

Prakruti wise distribution of patients

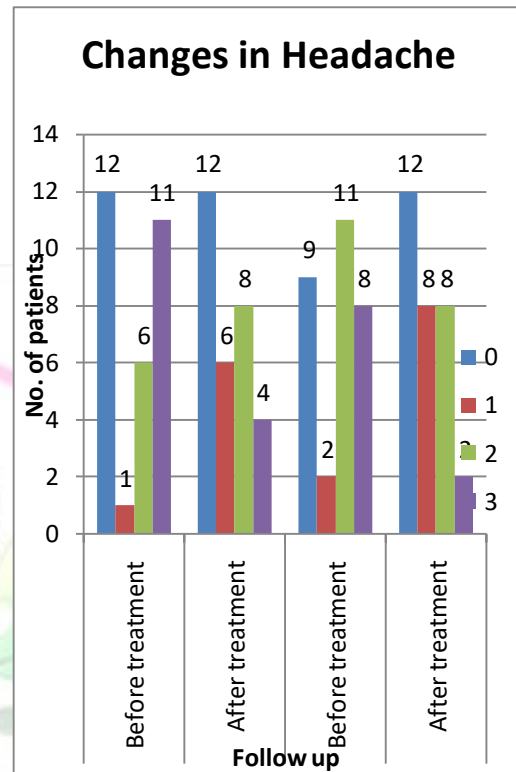
Groups		Group A		Group B		Total	
Sr. No.	Prakruti	Count	Percentage	Count	Percentage	Count	Percentage
1	Va - pitta	13	43.33%	14	46.67%	27	45.00%
2	Pit - ka	9	30.00%	8	26.67%	17	28.33%
3	Ka - ph	8	26.67%	8	26.67%	16	26.67%

	a - Va ta				%	6	%
Total	30	100.00%	30	100.00%	100.00%	60	100.00%

Distribution according to Avyaktadarshana

Avyaktadarshana	0		1		2		3		
	No.	%	No.	%	No.	%	No.	%	
Group A	BT	0	0%	7	23.33%	10	33.33%	13	43.33%
	AT	4	13.33%	7	23.33%	4	13.33%	5	16.67%
Group B	BT	0	0%	6	20.00%	10	33.33%	14	46.67%
	AT	6	20.00%	8	26.67%	10	33.33%	6	20.00%

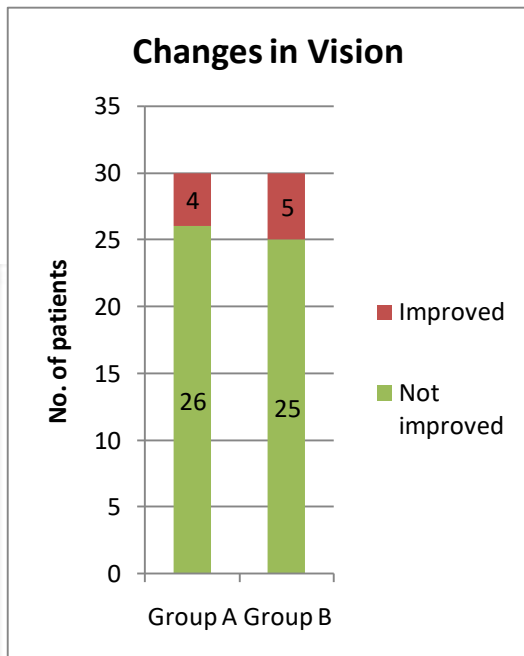
G r o u p A	B T	1 2	40. 00 %	1 3 3 %	3 6 0 0 %	6 2 0 0 %	2 1 4 1 3	1 1 6 7 %	3 6 %
	A T	1 2	40. 00 %	6 0 0 %	2 0 0 %	8 6 6 7 %	2 4 6 3 %	1 3 3 3 %	1 3 %
G r o u p B	B T	9	30. 00 %	2 6 7 %	6 1 1 6 %	1 3 8 2 %	3 6 7 %	8 6 7 %	2 6 %
	A T	1 2	40. 00 %	8 6 7 %	2 6 7 %	8 6 7 %	2 6 7 %	2 6 7 %	6 6 7 %



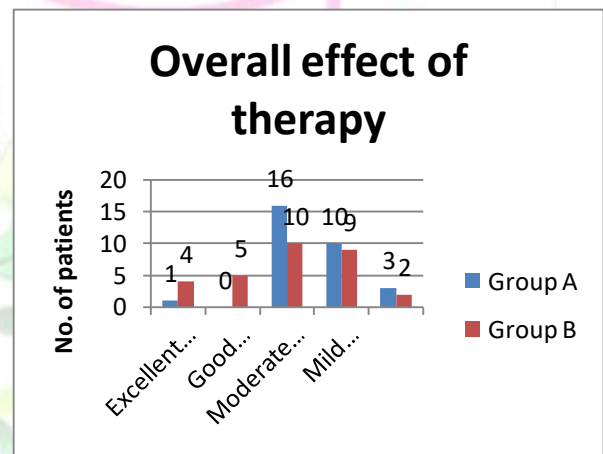
Distribution according to vision

Group	After treatment		Proportion of improved	Z statistic	p-value
	Improved	Not improved			
Group A	4	26	0.133	2.148	0.016
Group B	5	25	0.167	2.449	0.007

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No improvement	03	10.00%	02	06.67%
Total	30	100.00%	30	100.00%



Distribution of patients according to relief:

Overall Effect (patient wise)	No. of patients			
	Group A		Group B	
	Count	%	Count	%
Excellent improvement	01	3.33%	04	13.33%
Good improvement	00	0.00%	05	16.67%
Moderate improvement	16	53.33%	10	33.33%
Mild improvement	10	33.33%	09	30.00%

OVERALL EFFECT OF THERAPY

Distribution of patients according to relief:

Overall Effect (patient wise)	No. of patients			
	Group A		Group B	
	Count	%	Count	%
Excellent improvement	01	3.33%	04	13.33%

Good improvement	00	00.00%	05	16.67%
Moderate improvement	16	53.33%	10	33.33%
Mild improvement	10	33.33%	09	30.00%
No improvement	03	10.00%	02	06.67%
Total	30	100.00%	30	100.00%

DISCUSSION:

In group A, 1 patient (3%) was observed with excellent improvement. 16 patients (53%) were observed with moderate improvement. 10 patients (33%) were observed with mild improvement. While 3 patients (10%) were with no improvement. In group B, 26 4 patients (13%) was observed with excellent improvement, 5 patients (17%) were observed with good improvement, 10 patients (33%) were observed with moderate improvement, 9 patients (30%) were observed with mild improvement while 2 patients (7%) were with no improvement. Over all result show that

Statistically group B more effective than group A.

CONCLUSION:

Under the broad caption of Timira, more of symptoms are explained, a small fraction of which can be somewhat correlated to myopia. Both the groups showed almost equal potency in reducing the symptom of Headache as well as Eyestrain, while improvement in unaided visual acuity was better in Abhyantara sevana with Tarpana. In Reduction in refractive power Tarpana group showed slightly better results but not statistically significant. MahatriphalaGhrita can be beneficial in Myopia.

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