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“ EFFICACY OF TRIPHALA GHRIT TARPAN IN THE MANAGMET OF SHUSHKASHIPAKA(DRY EYE SYNDROME) – A SINGLE CASE STUDY ”

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Abstract -

Shushkakshipaka, an etymological and clinically similar to Dry Eye Syndrome, is defined in Ayurveda as the disease affecting all parts of eye characterized by Paka (inflammation) due to shuskata (Dryness) caused by altered coherence of Ashru with ocular surface or due to lack of Ashru.

Dry eye syndrome (DES) is a chronic ocular condition characterized by reduced tear production or increased tear evaporation, leading to discomfort, visual disturbances, and potential damage to the ocular surface. Conventional treatments like artificial tears provide temporary relief without addressing the underlying causes.

This article explores the potential of Ayurvedic interventions in managing DES by drawing parallels with "Shushkashipaka," an Ayurvedic ocular surface disease with similar manifestations. Ayurveda offers various Kriyakalpa procedures such as Tarpanakarma. research and clinical studies are needed to validate the efficacy and safety of Ayurvedic interventions in managing Shushkakshipaka (Dry Eye Syndrome)

Key Words - Ayurveda, shushkakshipaka, Dry Eye Syndrome, TriphalaGhrith, Tarpana.

INTRODUCTION-

Shushkakshipaka⁽¹⁾ is one of the Sarvagata Netra Roga⁽²⁾ mentioned by Sushruta as well as Vagbhata under eye disease, caused by Vata and Pitta and characterized of Gharsha (gritty feeling), Toda (pricking type of pain), Upadeha (membrane formation), Krichronmeelan (difficulty in blinking), Vishushkata (dryness), RukshaDarunaVartma (rough eyelids) etc.⁽¹⁾

Dry eye syndrome is a spectrum of disorders ranging from mild eye strain to foreign-body sensation, pain, burning and sight-threatening complications.⁽³⁾ Patients suffer considerable discomfort due to it, which interfere with daily routine activities.

Tarpan⁽⁴⁾ is one of the important ocular therapeutic (Kriyakalpa) which nourishes the eyes and cures the Vata Pitta diseases^(5,6) It may be useful in the management of Shushkakshipaka due to its oleation (Snehana) and Vata and Pitta pacifying actions.

Triphalaghrita confers anti-inflammatory activity and stops T-cells from generating cytokines (mainly interleukin-6) that instigate the inflammatory component in dry eye syndrome.

In addition, thanks to its antibacterial activity, Triphalaghrita decreases

inflammation and enhances lipid production in dry eye syndrome⁽⁷⁾.

Tarpana is one of the important ocular therapeutic (Kriyakalpa) which nourishes the eyes and cures the Vata Pitta disease.⁽⁶⁾

Triphala is a tridoshicRasayana, which means its energetics are suitable for Vata, Pitta, and Kapha. Rasayanas, according to Charak, have the attributes of promoting strength and immunity⁽⁷⁾.

AIM :

- To evaluate the efficacy of TriphalaGhritaTarpana in the management of Shushkakshipaka (Dry Eye Syndrome).

OBJECTIVE:

- To assess the clinical efficacy of TriphalaGhritaTarpan in the management of Shushkakshipaka (Dry Eye Syndrome).

MATERIALS & METHODS :-

A Single Case Study-A 28yr male patient having classical signs and symptoms of Shushkakshipakain both eye like -

- Toda (pricking type of pain),
- Daha (Burning sensation)
- Krichronmeelan (difficulty in blinking),
- Vishushkata (dryness),
- RukshaDarunaVartma (rough eyelids)

came to OPD of Shalakyia Tantra Department. History and examination lead to the diagnosis of dry eye. So, the patient was treated by Tarpana therapy by using TriphalaGhrita.

Visual Acuity -

Distance		Near	
Vision		Vision	
Right Eye	Left Eye	Right Eye	Left Eye
6/9	6/9	N5	N6

Local Examination –

	Right Eye	Left Eye
Lid	Normal	Normal
Conjunctiva	Normal	Normal
Sclera	Normal	Normal
Cornea	Clear	Clear
Ac	Maintain	Maintain
Iris	Normal	Normal
Pupil	RRR	RRR

Management Purvakarma-

- Snehan with til tail and aardraswed was given at mukh and manyapradesh to each patient before Netra-tarpan.
- Dough was prepared using flour of Udad dal, which was used to prepare Pali around eye for Netra-tarpan.

Pradhankarma-

- AkshiTarpana 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.

- A wall is made of flour of udad dal around the eye socket (resembling a well) to a height of 2 fingers and breadth keeping the eye lids closed.
- TriphalaGhrit liquefied by hot water should be poured with spoon in the Netra pali from apang or kaninika sandhi (lateral canthus or medial canthus).
- Pouring of TriphalaGhrit directly on karnika (cornea) was strictly avoided.
- Triphalaghrit was poured till eye lash merge in Ghrit. Patient was asked to blink gently so that Triphalaghrit should reach every part of eye.
- Luke warmness of Triphala-ghrit was maintained by removing old and adding fresh luke warm Triphala-ghrit time to time as per season.

- After that Triphala-ghrit was removed from netrapali and pali was also removed

Pachatkarma-

- 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

Objective parameters	Grade 0	Grade 1	Grade 2	Grade 3
Schirmer's test -	Level of wetting of tear strip above 15 mm in 1 min	Level of wetting of tear strip above 10-15 mm in 1 min	Level of wetting of tear strip above 5- 10 mm in 1 min	Level of wetting of tear strip above 1-5 mm in 1 min

(Nasya), and fumigation (Dhoompana) with the Kaphasuppressive drugs.

- Patient is instructed to keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies.
- Patient was advised to use sun goggle to avoid contact of dust, air and pollution(8,9).

Duration of Therapy –

- Three months.
- Approximately 10-15 ml of TriphalaGhrita was used for Tarpana daily in the afternoon for consecutive 7 days for 1000 Matra Kala/30 Minutes.⁽¹⁰⁾

Observations -

Assessment of Therapy-The assessment of the therapies was done based on status of signs and symptoms before and after the completion of the treatment, The grading was done of objective parameters graded as per the Table –

Grading of objective parameters – Schirmer's Test Parameters-

Grading's of Subjective parameters–

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Toda (pricking type of pain),	Absence of pricking type pain	Mild tolerable and negligible pricking pain	Moderate constant and tolerable pricking pain	Severe - intolerable and constant pricking pain
Daha (Burning sensation)	No burning sensation in the eye	Occasional burning sensation in eyes	Regular burning sensation in eyes	Severe burning sensation in eyes
Krichromeelan (difficulty in blinking)	Absent	Mild tolerable blinking	Moderate tolerable blinking	Severe - intolerable blinking
Vishushkata	Absent	Occasional	Intermittent	Frequent

(dryness),		y present	ly present	y present
Ruksha DarunaVartma (rough eyelids)	Absent	Occasionally present	Intermittently present	Frequently present

RESULT –

- Dry eye includes a spectrum of disorders ranging from mild eye strain to foreign-body sensation, pain, burning sensation with sight threatening complications.
- Patients face considerable discomfort with this affliction which interferes with the daily routine functioning.
- In this study, patient of Shushkakshipaka (dry eye) were treated with TriphalaGhritaTarpana.
- The present clinical study has established that TriphalaGhritaTarpana is good result in Shushkakshipaka (dry eye Syndrome).

Discussion –

- In Ayurveda many exclusive therapies are described which can be combined with modern for synergetic effect for benefit the patient and give the better quality life.
- In Shalaky Tantra “Netra-kriyakalpa” is also a unique and effective therapy for treating and preventing eye diseases. “Netra-tarpan” is one of them.

•As TriphalaGhrita is best for its antibiotic activity, it reduces the inflammation and improves lipid production in dry eye syndrome.

•Netra-tarpan gives smoothening effect to eye, Thus useful in preventing dryness and inflammation which may be induced by allergen contact as well as friction due to dryness^(11,12).

•Tarpana also stimulates the lacrimal glands to produce tears.

•Mucin layer which is present in tear film allows the Ghrita to spread over the ocular surface. This approach provides long lasting relief to the patient with moderate-to-severe dry eye symptoms.

•Most of the symptoms of Shushkakshipaka (Dry eye) are due to dryness conjunctiva and cornea, contact of allergens to eye and vitamin A deficiency.

•Supplementation of Vitamin A also treats its deficiency induced symptoms and helps to enhance healthy status of eyes.

CONCLUSION -

The clinical study reveals that use of Netra-tarpan with Triphalaghrit in patient of Shushkakshipaka (Dry Eye Syndrome) helps to cure dryness also improves the health status of eyes⁽¹²⁾.

Tarpana forms an occlusive film over the surface of the eyeball and improves the composition of tear film by enhancing the mucin and aqueous layers. It prevents

frictional damage to the ocular surfaces secondary to lid movement or extra ocular movements.

It helps by retaining fluid and maintaining hydration of the ocular surface. It is effective in reducing evaporation rate and blinking rate in patients with Shushkakshipaka (dry eye syndrome).

According to this case report it can be concluded that Ayurvedic management of diabetic vitreous hemorrhage with Nasya, Tarpan, Viddhakarma and the systemic medications offers good result.

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