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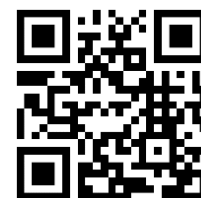


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NETRA TARPANA: LITERATURE REVIEW

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ABSTRACT:

Netra (eye ball) is an important sense organ. In spite of remarkable progress and advances in the field of modern ophthalmology, there are some limitations. Modern medicine doesn't have any definite treatment for the particular problem of the eye. Most of the inflammatory eye diseases are managed well in the western system of medicine. However, neurological diseases of the eye as well as degenerative conditions of the eye are resistant to even advanced new generation procedures. Thousands of patients in India alone are affected by neurological and degenerative conditions of the eye. Although modern medical science has made tremendous and remarkable progress and advance in the field of ophthalmology in recent times, the importance of ayurvedic treatment in the diseases of eyes cannot be ignored. Ayurveda, the ancient system of medicine gives valuable guide lines not only in treatment aspects but also in preventive line. There is a great need to find out an ocular procedure for prevention and treatment of eye diseases having no or least adverse effect. Tarpana karma is one of the local therapeutic procedures which if promptly used shows objective evidences of excellent responses. In this article there is a review on netra tarpana karma, their indications, contraindications and possible mode of action is discussed.

KEYWORDS: Ayurvedic eye treatment, Degenerative eye conditions, Medicinal ghee, Neurological eye issues, Netra Tarpana Karma, Ocular therapy, Preventive eye care, Therapeutic procedure, Eye diseases, Eye rejuvenation

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INTRODUCTION:

Tarpana is usually practiced *Kriya* in *Netra Chikitsa* which is *Brimhana* (nourishing) in nature. It is also commonly known as *Netra Basti* or *Akshitarpana*. *Netra* refers to eyes and *Basti* stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated ghee. The literary meaning of *Tarpana* is to nourish the eye by fatty materials. *Netra Tarpana* is a procedure in which comfortably warm medicated ghee is kept over the eyes for a certain period of time with the help of a specially formed frame ring prepared from black gram powder or similar material that help to retain medicated ghee for certain duration. *Tarpana* is useful both in healthy as well as diseased persons. In healthy persons it is carried out to protect the eyes from degeneration due to aging process and to improve the eyesight. *Tarpana* is a *Snigdha Kriya* indicated in *Vata Dusta* ophthalmic conditions mainly in *Dristigata Rogas*. It is commonly indicated in macular degeneration, computer eye strain, degenerative conditions, 7th-6th nerve palsies, myasthenia gravis, drooping of eyelid. This Review study was performed with the aim to study the concept of *Netra Tarpana*, understand the standard procedure of *Netra Tarpana* and its efficacy.

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
- Vagbhatta* has further added a list of diseases specifically selected for *tarpan karma*.

They are *Kricchramilana* (difficulty in opening eyes), *Siraharsha* (congestion of conjunctival blood vessel), *Sirotpata* (episcleritis), *Tama* (blackout), *Arjuna* (subconjunctival haemorrhage), *Syanda* (conjunctivitis), *Adhimantha* (glaucoma)

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.

MATERIALS AND METHODS

References regarding *Netra Tarpana* were collected from various classical and *Ayurveda* published works, published research papers from Pub Med, Google Scholar, previous work done and compilation was done. Concept of *Tarpana* in *Netra roga Chikitsa* was studied in detail.

DISCUSSION:

Pre procedure: Collection of materials required for procedure is done. The patient is thoroughly examined. The *Prakriti* (basic constitution) and *Vikriti* (details of morbidity) are documented in detail. Patient is advised to pass natural urges of urine stool if present. *Susruta Samhita & Astanga Sangraha* have mentioned that previously taken meals should be well digested before the procedure which signifies that procedure should be carried out before taking meals and when previous meal is digested. Normal season (*Sadharana Kala*) is mentioned in *Astanga Hridaya* Commentator *Arundatta* describes *Sadharana Kala* as *Basantadaya*, meaning thereby procedure should not be performed in extreme climatic conditions. Procedure

must be auspicious with good astral combinations (*subhe dine*). Morning and evening time has been advocated in *Susruta Samhita* and *Astanga Hridaya* but it has been further clarified in *Astanga Sangraha* that procedure should be done when eighth part of the day is over or eighth part is still left; meaning thereby approximately three hours after sunrise or three hours before sunset. Room should be free from direct air, Sunlight or dust as mentioned in *Susruta Samhita* and *Sarngadhara Samhita*. Commentator *Aadhmall* further states that it should be without smoke too. In *Astanga Sangraha*, it is mentioned that room should have curtains of blue, yellow or some other colour. Supine position for the procedure is mentioned in *Susruta Samhita* and *Sarngadhara Samhita*. Further, commentator *Adhmalla* explains this position as physically relaxed position with no movements and the subject should also be mentally relaxed, i.e. without anger or fear etc. *Swedana* has been mentioned before the procedure with cloth without anger or fear etc. *Swedana* has been mentioned before the procedure with cloth soaked in lukewarm water in *Susruta Samhita*. Preparation of Dough of Black gram powder is mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slablike structure. Then the eyes are encircled with firm, compact leak proof wall made up of rolled flat slab like structure of the dough. In *Astanga Hridaya* ring is made up of mixture of black gram and barley flour. Ring should be strong, without joint 2 Angula in height, circular, even boundary. Commentator *Adhmalla* - 2 Angula in height and 1/2 Angula in thickness. In *Susruta Samhita*, only *Ghruta Manda* is indicated. *Astanga Sangraha* has mentioned medicated milk, *Ghruta* and *Ghruta*

Manda,^[26] whereas *Astanga Hridaya* has mentioned medicated *Ghruta* in general and *Vasa* for certain specific conditions. The chosen medicated ghee is heated up to warmth over the water bath passively.

Pradhana Karma: *Netra tarpana* should be carried out in the forenoon or in the afternoon on an auspicious day after the food (taken by the patient) has been digested and after the head and the whole body of the patient have been treated with purification measures properly. Patient is made to lay supine position in a good lighted, ventilated room free from dust & smoke. Then the eyes are encircled with firm, compact leak proof *pali*(wall) made up of paste of powdered *masha*. According to *Vagbhata pali* is made upto a height of two *angulas*. The patient is asked to close the eyes and over the closed eyes, *ghrita* processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.

Paschata 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 *shirovirechan (nasya)*, and fumigation (*dhoompana*) with the *kapha*-suppressive drugs. Patient is instructed to keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies.

SNEHADHARANKALA OR PERIOD OF RETENTION OF GHRITA: *Snehadharanakala* is implemented considering *Adhishtana* of diseases & Severity of *dosha prakopa*.

Snehadharanakala according to dosha prakopa:

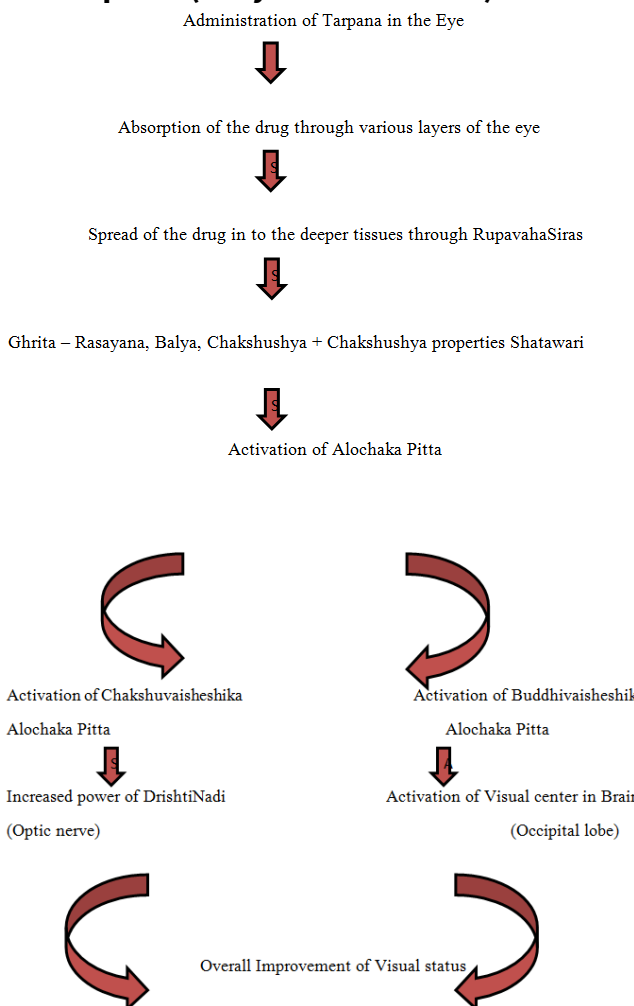
Doshabhed	Shushrut samhita	Ashtang Hridya	Sharangdhar samhita	Bhavprakash

Healthy eye	500	500	500	500
Kaphaj	600	500	500	500
Pittaj	800	600	-	600
Vataj	1000	1000	1000	1000

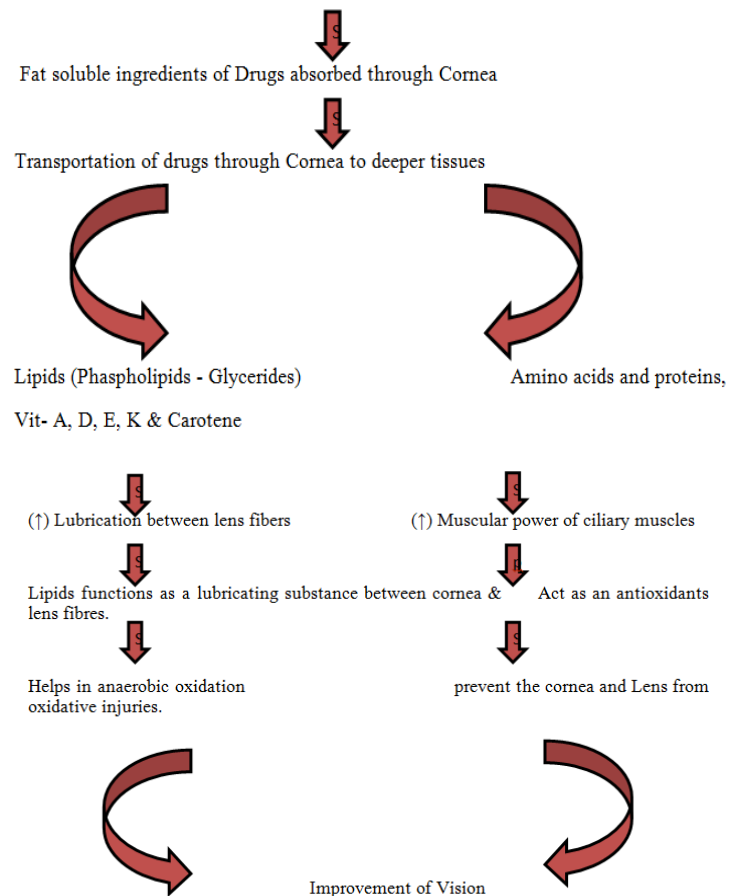
Snehadharanakala according to adhishtana of diseases:

Adhishtana	Shushrut samhita	Ashtang Hridaya	Sharangdhar samhita	Bhavprakash
Sandhigata	300	300	500	500
Vartmagata	100	100	100	100
Shukalagata	500	500	600	-
Krushnagata	700	700	700	700
Dristigata	800/1000	800	800	800
Sarwagata	1000	1000	1000	1000

Flow chart - Anticipated mode of action netratarpana: (In Ayurveda context)



Administration of Tarpana in the Eye



SAMYAKA TARPITA LAKSHANA

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

- ☒ *Vyadhidhvansa* -cure of the disease
- ☒ *Kriya laghvama* - easiness in closing and opening the eyes
- ☒ *Prakash kshamta* - ability to withstand bright light

CONCLUSIONS:

The Eye is the main sense organ gifted by God to human beings. An individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth, so sincere efforts should be made by every individual to preserve his / her vision till the last breath of life. In spite of remarkable progress and advances in the field of modern ophthalmology, there is some limitations. Ayurveda, the ancient system of medicine gives valuable guide lines not only in treatment aspects but also in preventive line. *Netra Tarpana* karma is one of the local therapeutic procedures which if promptly used shows objective evidences of excellent responses.

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