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An Ayurvedic Perspective of *Tarpana* Therapy

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Abstract: *Shalaky tantra* is a branch of ayurveda which deals with disease and treatment of organ situated above the *jatru* (clavicle). Under the *shalaky tanta kriya kalpa* play an important role during treatment. In *shalaky tantra* different acharyas mentioned about the *kriya kalpa* and how are we used this therapy in healthy and which eyes suffering from any type of disease. Acharya have explained various therapeutic procedures which are made by different types of drugs and admitted by different route. Being local therapy with fast action and penetration of drug through ocular tissue, the *tarpana* is the important therapy.

Keywords: *Netra roga, kriya kalpa, tarpana*

I. INTRODUCTION

Eye is the most significant sense organ of the human body than another organ. As long as there is a desire for living, so long all our efforts should be made always by men to protect the eye, because for the blind man, night and day are same, all the things for this world are useless. The word *kriya kalpa* itself consist of two distinct and separate words which are *kriya* and *kalpa*. *kriya* referred to the therapeutic procedure that are undertaken or carried out to cure the disease and the word *kalpa* refers to the specific medicine or formulation that is selected for use in that specific disease indication.

- 1) Acharya *Susruta*¹ explain the five types of *kriya kalpa* in *uttar tantra* which are: *tarpan, putpaka, seka, ashchyotana* and *anjana*.
- 2) In *Vagbhata*² *samhita* there are six types of *kriya kalpa* procedure, five same as *Susruta* with *vidalaka*.
- 3) *Sharangadhara*³ explain seven types of *kriya kalpa, seka, ashchyotana, pindi, vidalaka, parpana, putpaka, anjana*.
- a) Only *sharangdhara* explain sever type of *kriya kalpa* according to *aama* and *nirama awastha* of disease (*roga*). It explains first four procedures done in *amawastha* as well as acute condition and last three procedures done in *niramawsatha*.
- b) The *netra tarpana* is form *sanskrita* where *akshi* refers to eye and *tarpana* stand for nourishment. *netra tarpana* is foremost procedure for eye disorders. It acts as both preventive and curative therapy for maintaining normal healthy condition of eyes. It improves the power of eyes. The *tarpana* mainly used in *vataj* and *pittaj* predominant disease mostly

Tarpana kala, according to different parts of eye disease.

<i>Sthahana</i> of dosha	<i>Susruta</i> ⁴	<i>Ashanga hridaya</i> ⁵	<i>Sharangdhara</i> ⁶	<i>Bhav prakasha</i> ⁷
<i>Sandhigata roga</i>	300 <i>matra kala</i>	300	500	500
<i>Vartana gata roga</i>	100 <i>matra kala</i>	100	100	500
<i>Shukla gata roga</i>	500 <i>matra kala</i>	500	600	
<i>Krishna gata roga</i>	700 <i>matra kala</i>	700	700	700
<i>Drishtigata roga</i>	800/1000 <i>matra kala</i>	800	800	800
<i>Sarvagata</i>	1000 <i>matra kala</i>	1000	1000	1000
<i>Adhimantha roga</i>	1000 <i>matra kala</i>			

Tarpana kala according to *doshas* involvement

<i>Dosha</i>	<i>Susruta</i> ⁸	<i>Ashtang hridaya</i> ⁹	<i>Sharangdhara</i> ¹⁰	<i>Bhavprakash</i> ¹¹
In <i>swastha</i> person (heathy eye)	500 <i>matra kala</i>	500	500	500
<i>Vataj roga</i>	1000	1000	1000	1000
<i>Pittaja roga</i>	800	600		600
<i>Kapha roga</i>	600	500	500	500



A. Netra Tarpana Antaral¹²

In healthy eye- After two days

In *vataj roga* –Every day

In *pittaj/raktaja roga* –After one day

In *kphaja roga* – After two or three days

In *sanipataja roga* - After two days

B. Tarpana Yogya Rogas¹³

LAKSHANA	SU. S	A. S	A.H	SHA.S	BHA.P	Y.R
<i>Tamyati</i>	✓	✓	✓			
<i>Shushka</i>	✓	✓	✓	✓	✓	✓
<i>Ruksha</i>	✓	✓	✓	✓	✓	
<i>Sheenpaksam</i>	✓	✓	✓	✓	✓	✓
<i>Aavilam</i>	✓	✓		✓	✓	✓
<i>Klishta</i>	✓					
<i>Stabadha</i>		✓	✓			
<i>Nimna</i>		✓				
<i>Avnabadha</i>		✓				
<i>Krichounmiln</i>		✓	✓	✓	✓	✓
<i>Abhighataje</i>		✓				
<i>Shool</i>		✓				
<i>Raag</i>		✓				

Other Tarpana Yogya Rogas (DISEASE)

- *Siroutpata*
- *Abhimantha*
- *Siraharshaa*
- *Anyatovaat*
- *Arjuna*
- *Vatprayaya(vatvipryaya)*
- *Shukra roga*
- *Shushkakshipaka*
- *Timir*

ROGI (PATIENT)	ROG (DISEASE)	KALA (TIME)
<i>Chinta yukta</i> (stressed)	<i>Updrava yukta netra</i> (Eye complications)	<i>Durdina</i> (cloudy day)
<i>Shrama yukta</i> (fatigue)		<i>Atyanta ushana</i> (summer season)
<i>Bhrama yukta</i> (dizziness)		<i>Atyanta sheeta</i> (winter season)
<i>Aatap-akasha –bashkar darshanani</i> (person exposed to bright light)		<i>Varsha ritu</i> (rainy day)
<i>Sneha nasya varjita</i> (contraindicated for <i>sneha nasya</i>)		



C. *Tarpana Ayogya*¹⁴ (Contraindicaton of *Tarpana*)

Samyaka tarpita lakshana^{15,16,17}

- *Sukhswapana* – (sound sleep)
- *Avbodhatavam* – (Blissful awakening)
- *Vaishadhyama* – (clearness of eye)
- *Vrnapatanam* – (distinguish different colours)
- *Nivriti* – (feeling of ease)
- *Vyadhividhvansi*- (disease cure)
- *Kriya laghvama* – (easiness in opening and closing of eye)
- *Prakash kshamata* – (ability to withstand bright light)
- *Kapha* –*vata vikara adishchyeta*- subsides *dosha vata* and *kapha*)
- *Laghu lochanam* – (easiness in eye movements)

D. *Atitarpit Lakshana*^{18,19}

- *Guruta* – (heaviness in eyes)
- *Aavilata* – (excessive dirt in eye)
- *Atisnigadhata* – (excessive lubrication of eye)
- *Ashruta*- (excessive lacrimation)
- *Kandu* –(itching)
- *Updehavata*- (stickiness of eyes)
- *Dosham utaklishtama*- (aggravation of *doshas*)
- *Kaphaj roga*- (*kaphaja* disease)
- *Ruja*- (pain in eyes)
- *Gharshana* – (foreign body sensation)
- *Toda* – (pricking pain)

E. *Heen Tarpit Lakshana*^{20,21}

- *Rukshata* – (dryness in eyes)
- *Aviama* – (excessive dirt in eyes)
- *Ashru shrava* – (excessive lacrimation)
- *Aroopadanshanam* – (difficulty in vision)
- *Vyadhi vridhi*- (aggravation of disease)
- *Vataj vikara*- (*vataja* diseases)
- *Sopha* – (swelling in eyes)
- *Raag* – (redness in eyes)

II. ODE OF ACTION OF *NETRA TARPANA*

In modern science the ocular therapeutic includes the medicines in the form of drops, ointment, gels and ousters. These are the modes of topical installations of medicines in the eye. Eye drops are the easiest and most convenient method of topical application. Aqueous solution and aqueous suspensions are the two forms of drug instillation in eye. In aqueous solutions from the drug is totally dissolved, so the drug is completely available for immediate action. But it gets quickly diluted by tear and drains through naso lacrimal duct. Hence, it causes low tissue contact time. Whereas in suspension from the drug is present as small particles suspended in aqueous medium and these do not leave the eye as early as solution. Hence it increases the tissue contact time. Ointment and gels have more bioavailability of drug which increase tissue contact time and prevent dilution and early absorption. The drug is delivered through a membrane. In cornea the epithelium and endothelium are lipid permeable i.e., lipophilic whereas stromal layer is hydrophilic. Hence the lipophilic and hydrophilic drugs are effectively delivered to cornea, whereas the drug permeability across the sclera depends upon the molecular size and weight of the drug. the drug used in Tarpan procedure is the combination of *Ghruta* and decoction of medicines, hence the drug can easily cross the cornea epithelium (being lipophilic) and endothelium (being

hydrophilic). Also due to more contact time the active component of drug used in *Tarpana* will be absorbed more to cure the disease. The *ghrita* with decoction of medicines

III. OTHER INDICATION OF *TARPANA*

- 1) In Second *patalshrita shukra roga* (corneal ulcer)- *vat nashaka tarpaa*
- 2) *Pittaj timir roga* (cataract)- *Madhuradi (kakolyadi gana) gana sidha kwatha*
- 3) *Kaphaj timir* (cataract)- *kshirivriksha kshaya tarpana*
- 4) *Abhishyanda*- (conjunctivitis)
- 5) *Adhimantha*- (glaucoma)
- 6) *Shushkakshipaka*- (dry eyes)
- 7) Squint
- 8) Refractive errors

IV. CONCLUSIONS

In this review article, information about *tarpana kriya* on different types of disease with duration, *samyaka lakshana*, *heena lakshana* and *atitarpit lakshana* are elaborated. The *tarpana kriya* is most useful therapy under *kriyakalpa* of *shalakya tantra*. As per *ayurveda*, various drugs can be selected according to the *doshas*, types of disease & can be used by various ways as *kriya kalpa*. If we selected proper drug with therapy in a disease, we cure it timely.

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