

## A REVIEW ARTICLE ON ROLE OF TARPANA IN DRY EYES

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### ABSTRACT

In today's era peoples are more depending upon the machines and computers in all sectors of life. These causes some sort of heat and radiations which certainly causes some ill effect on eyes .environmental changes, pollution, industrialization and work stress become major issues which play an important role in health of eyes. Life style changes play an important role in the management of dry eye. Ayurvedic management specially Tarpan with ghruta can play key role in the management of dry eye syndrome.

**KEYWORDS:** Dry eye, shuskashipak, Tarpan.

### INTRODUCTION

Ayurveda is essential science of life it embraces due to perfect principles for leading healthy life and cure a disease of physically ill person. Acharya Vagbhat says that if there is desire for living, so long efforts should be made always by men to protect the eyes; because for the blind man, night and day are the same: all the things of their world are useless without vision through he might have plenty of money.<sup>[1]</sup> Sushrutacharya refers this vyadhi asone of the the vatata sarvagat aoushada sadhyanetraroga. Almost all the acharyas described shushkakshipaka as an independent disease. The word shushkakashipaka composed from main three words Shushka (dry): It is derived from word shush dhatu which means useless or dried up. -Akshi (Eye): It is synonym for eyes which means the structure that holds or to which Ashru remains adhered. -Paka (Inflammation)<sup>[2]</sup>. It indicates by ghana bhava (solidity) which is commonly used to describe cooking burning or inflammation or suppuration. Paribhasha<sup>[3]</sup> According to madhav nidhan it is defined as paka of netra which develops as a result of shushkta or adravta. In present work, the most common problem of the eye - Dry Eye Syndrome was dealt. It is usually caused by an abnormality with the quality/quantity of the tear film that lubricates the eyes. If the condition is left untreated it can damage eye tissues and can cause scar formation on the cornea leading to visual impairment. According to modern science Dry eye is an umbrella term used to describe a heterogeneous group of

diseases resulting from inadequate wetting of the cornea and conjunctiva by the pre-corneal tear film. Millions of people worldwide suffer from dry eye. Most of the patients have symptoms that are mild to moderate in severity. Although these patients suffer with discomfort of dry eye, frequently they fail to receive adequate attention and treatment.<sup>[4]</sup>

In Ayurvedic samhitas different types of advices and procedures are suggested, also eye care medicaments are prescribed to preserve the vision and power of eyes and to cure the eye diseases known as 'Chakshyushya'. Netra Tarpana is a method in which warm medicated ghee is made to hold in eye tarpan yantra or mould-frame on the eyes for specific time. The technique in Netra Tarpana relies heavily on medicinal ghee with nourishing characteristics. In the eyes, ocular muscles, and soft tissues, Netra Tarpana soothes discomfort, stiffness, and oedema caused by Vata, Pitta, and Kapha, and brings lightness and a sense of health.

Etiological factors as per Ayurveda: Sushruta has described the etiological factors common for all ocular disorders. Out of these particularly prasakta, sanrodan, kopa, shoka and Bashpagrahat. Which are responsible for vitiation of vata and pitta dosha. Usnabhitaptasya may aggravate pitta causing dryness. Anatomically eye is composed of following panchabhautik elements but Teja mahabhut is predominant different parts of the Netra are formed by different mahabhutas.

In the pathogenesis of dry eye "Ativishuskata" and "Rukshata" are caused by disturbance in the vayu, Jala And Akasha mahabhutas which may cause chronic inflammatory changes in the Shweta, Akashabhaga and Krunabhaga means cornea and conjunctiva. Etiological factors as per modern science.

Aqueous tear deficiency

- KCS keratoconjunctivitis
- Sjogren's syndrome- autoimmune disease occurring in women between 40 to 50
- Primary sjogren's syndrome combinations of kcs and xerostomia.
- Paralytic hyposecretion
- Idiopathic hyposecretion
- Congenital Alacrima- a familial dysautonomia, a genetic condition with lac of overflow tears during emotional crying. Mucin deficiency It occurs when goblet cells are damaged Hypovitaminosis- A(xerophthalmia) Conjunctival scarring disease as trachoma, chemical burn, Radiation Lipid deficiency It is rare in absence of meibomian glands, in chronic blepharitis, chronic meibomitis Impaired eye lid function Bell' palsy or damage to facial nerve, pterygium, Ectropion, Symblepharon Drug induced Wide variety of common medication can cause dry eye by reducing tear secretion. Diuretics Betablockers Antihistamines.

## 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 Shalakya Tantra "Netra-kriyakalpa" is also a unique and effective therapy for treating and preventing eye diseases. "Netra-tarpan" is one of them. Most of the symptoms of Dry eye/computer vision syndrome are due to dryness conjunctiva and cornea, contact of allergens to eye and vitamin A deficiency. 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. Supplementation of Vitamin A also treats its deficiency induced symptoms and helps to enhance healthy status of eyes.<sup>[5]</sup>

In Netra Tarpana medicated ghees having nourishing properties are the important ingredient of the procedure. Netra Tarpana relieves pain, stiffness and swelling associated with Vata, Pitta and Kapha and brings about lightness and a feeling of health in the eyes and ocular muscles and soft tissues. Most of the published works of Previous studies including few clinical studies have emphasized on the importance of Tarpana in disorders of eye. In a pilot study on clinical efficacy of Ayurvedic management in computer vision syndrome. Shatavaryaadi Churna (orally), Go-Ghrita Netra Tarpana (topically), and counseling was done and the study suggested the need of a systemic intervention rather than topical ocular medication only. The Clinical study on primary open-angle glaucoma with Ashchyotana, Tarpana and oral medication<sup>[6]</sup> concluded that Ayurvedic treatment protocol after Koshta Shodhana and Nasya, Tarpana and Ashchyotana was found to be effective in reducing the IOP and controlling the progression. A case report<sup>[7]</sup> on Ayurvedic management of Ulcerative Keratitis highlighted the potential of Ayurvedic management in nonresponding ulcerative keratitis where Jaloukavacharana, Snehapana, Virechana, Nasya, Anjana, Tarpana and Putapaka was done. Ayurveda has an important role to play in infective eye diseases which needs to be explored scientifically. A clinical study on the role of Akshi Tarpana with Jeevantyadi Ghrita in Timira (Myopia)<sup>[8]</sup> aimed at evaluating the efficacy of the Akshi-Tarpana procedure with Jeevantyadi Ghrita in fresh and old myopes and the study revealed significant results. In A clinical study on Akshitarpana and combination of Akshitarpana with Nasya therapy in Timira with special reference to myopia<sup>[9]</sup> was conducted to evaluate the role of Tarpana with and without Nasya in patients suffering from myopia. Tarpana with Mahatriphaladya Ghrita was administered. Comparatively, more relief in the signs and symptoms were found in the combined Tarpana and Nasya. In Netra Tarpana - Gladdening ocular therapeutics of Ayurveda – A review an attempt is made to understand the significance and scientific basis of Kriyakalpa and in specific Netra Tarpana through search engines. The review suggested that the ocular conditions like Dry Eye Syndrome, Computer Vision Syndrome, Myopia and other can be treated successfully with Netra Tarpana. The symptoms of dry eye can be correlated with Vataja Netraroga, Pittaja Netraroga and Shushka-Akshipaka, and at the same time various treatment modalities are described like Tarpana, Aschotana, as line of treatment. Shatavari Ghrita Netra Tarpana<sup>[10]</sup> was carried out in the management of dry eye syndrome. Role of netra tarpana with triphala ghrita in dry eye: a clinico-pathological evaluation.

## CONCLUSION

Netra Tarpana is most often recommended practice in Ayurveda Netra Roga Chikitsa. 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, and helps on improving eye sight.

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