

A SINGLE CASE STUDY ON THE EFFECT OF AYURVEDIC MANAGEMENT IN TIMIRA W.S.R. TO MYOPIA – A CASE STUDY

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ABSTRACT

Introduction - Myopia is the most common Refractive error of the eye seen in children and young adults and it has become more prevalent in recent years and is a cause of concern the world over. Myopia commonly referred to as near or shortsightedness. Some of the clinical features of *Vataja Timira* can be correlated with Myopia. *Timira* is counted under the *Drishtigata Rogas*^[1] described by *Sushruta*. *Timira* involving first and second *patala* in terms of symptoms, anatomical structures involved and the pathogenesis of the disease. *Timira* begins with the blurring of vision gradually leading to the deterioration of eyesight. *Shastrokta lakshanas* of *Vatika Timira* such as *bhramantiva sa pashyati, aavil darshan, vyaavidha darshan, aruna darshan*^[2]. **Materials and Methods** - A 20-year-old male, came to Shalaky Tantra OPD in National Institute of Ayurveda, deemed to be University Jaipur (R.J.), with chief complaints of defective vision for distance in both eyes, pain in both eyes and watering from both eyes since 4 months. He was treated with *Nasya, Netra Pariseka*, one sitting of *Tarpana, Triphala guggulu, Patoladi* eyedrops and *Netramritam* eyedrops. **Result** - At the end of the study, improvement in the visual acuity in both eyes, improvement in pain in both eyes and watering from both eyes have reduced. **Conclusion** - Thus, it can be concluded that *Ayurvedic* treatments are helpful to control Myopia.

Keywords: Myopia, *Nasya, Tarpana, Netra pariseka, Timira, Triphala Guggulu.*

INTRODUCTION

Ayurveda is an eternal science and deep ocean of knowledge that help to achieve longevity. Its main aim is to protect the health of the healthy person and cure the disease of the diseased. Myopia is a major public health problem about the eye that entails substantial societal, educational, personal and economic impact. Myopia is a type of refractive error in which rays of light coming from infinity are focused in front of the retina when accommodation is at rest^[3]. Grading of Myopia:

- 1) Low Myopia - error is equal or less than -3D
- 2) Moderate Myopia – error is between -3D to -6D
- 3) High Myopia – error is equal and more than -6D^[4]

Myopia is highly prevalent in our society, affecting at least 25% of the adult population in the United States. Various surveys in India have found myopia prevalence ranging from 6.9 to 19.7%. Furthermore, its prevalence may be increasing over time as suggested by some studies in various countries. Due to the significance of myopia as a global public health concern, it was chosen as a priority for vision 2020, the World Health Organisation global initiative for the elimination of avoidable blindness by the year 2020. Recent studies and W.H.O. reports indicate that refractive errors are the first cause of visual impairment and the second cause of visual loss worldwide as 43 per cent of visual impairments are attributed to refractive errors. In modern science, the treatment options of myopia include spectacles, contact lenses, and Lasik surgery which are very expensive^[5]. Hence to provide an efficient and better cure by the cost-effective method through *Ayurveda*, this study is planned which incorporates *Kriya Kalpa* procedure, an oral drug to tackle it efficiently. *Snehana* is the best treatment for *Vataja* disorders hence *Tarpana* is selected in the present disease. *Tarpana* is topical therapy in which medicated ghee is retained in the eyes by a retention wall

made from *Urada dal* flour which has been recommended in improving the *Drishtibala* of the eyes as it has *Roga Nivruti* and *Vyadhi Vinashakar* properties.

In *Ayurveda*, the clinical features related to visual disturbance are seen in *Drishtigata Rogas*. Hence, all cases of visual disturbance can be included under the broad heading of *Timira-Kanch-Linganasha* group. Clinical features of *Timira* (First and Second *Patala*) can be correlated with the most important refractive error, which is, myopia. In the *Ayurvedic* classics, we find the concept of *Chakchusya* and many drugs, and the therapeutic procedures explained which increases visual acuity as well as improve the health of the eye. *Nasya Karma* is one among the procedures of *Panchkarma* that is specifically desired in *Urdhwajatrugata* (supraclavicular) diseases. All the efforts should be made to strengthen by procedures like *Nasya*, *Netra pariseka* and *Tarpana* and so on. The nose is the gateway of drug administration in the case of *Urdhwajatrugata Rogas* and *Nasya* is the only procedure that directly affects all the *Indriyas*.

CASE HISTORY

A fully conscious oriented male aged 20 years, has visited *Shalaky tantra* OPD, National Institute of Ayurveda Deemed to be University, Jaipur with chief complaints of defective vision for distance in both eyes, pain in both eyes and watering from both eyes for 4 months.

History - have no relevant history was found.

Family history - have no family history was found.

Personal History - the patient was Vegetarian, normal Appetite, Bowel history Regular, Normal Micturition and sleeps is sound sleep.

On eye examinations - by Torchlight and Slit lamp, we found.

Table 1:

EYE PARTS	OD	OS
Lids, Lashes	Normal	Normal
Conjunctiva	Normal	Normal
Cornea	Normal	Normal
Pupil	Normal Reaction	Normal Reaction
Anterior Chamber	Normal	Normal
Lens	No significant changes	No significant changes

Table 2: Visual acuity:

	Right Eye	Left Eye
	Before Treatment	Before Treatment
DVunaided	6/24	6/24
BCVA	6/12	6/12
PH	6/9	6/9
NV unaided	N/6	N/6

TREATMENT— *Shodhana* and *Shamana* both treatments were given to the patient. **Treatment Protocol:** Internal medicine - 30 days, *Nasya* - 7 days, *Netra pariseka* - 7 days, *Tarpana* - 7 days

Netramritam and *Patoladi ghrita* Eyedrops - 30 days
 ❖ Spectacle correction for Distance vision
 Right eye – -0.75DS, Left eye – -0.50DS

Table 3: Therapeutics intervention adopted.

PROCEDURE	DRUGS	DURATION	DOSAGE
Internal Medicine	<i>Triphala guggulu</i>	30 days	700 mg after meal BID
Eyedrops	<i>Netramritam</i> Eyedrop	30 days	1-1 drop BID
	<i>Patoladi Ghrita</i> Eyedrop	30 days	1-1 drop at night-time
<i>Nasya</i>	<i>Shadbindu taila</i>	7 days	6-6 drops each nostril
<i>Netra pariseka</i>	<i>Triphala</i> – 2 gm <i>Yashathi</i> - 2 gm	7 days	As required
<i>Tarpana</i>	<i>Patoladi Ghrita</i>	7 days	As required

Nasya was done with *Shadbindu taila*. Six drops of oil were instilled in each nostril in the morning time for seven days. *Netra pariseka* was done with *Triphala churna* and *Yashthi churna* along with *Nasya karma* for seven days in the morning time. *Tarpana* was done with *Patoladi ghrita* in the morning time for seven

days. *Triphala guggulu* 700 mg was started from the first day and was continued for 30 days with lukewarm water after meal. *Netramritam* eyedrop and *Patoladi* eyedrop were started from the first day and was continued for 30 days.

Table 4: Ingredients of Drugs

Patoladi Ghrita ^[6]	
S.No.	Drugs
1	<i>Nimba</i>
2	<i>Patola</i>
3	<i>Kutaki</i>
4	<i>Daruharidra</i>
5	<i>Ushira</i>
6	<i>Haritaki</i>
7	<i>Vibhitaki</i>
8	<i>Aamalaki</i>
9	<i>Vasa</i>
10	<i>Dhanvayas</i>
11	<i>Parpataka</i>
12	<i>Trayanti</i>
13	<i>Mustaka</i>
14	<i>Bhunimba</i>
15	<i>Yashthimadhu</i>
16	<i>Kutaja</i>
17	<i>Udichya</i>
18	<i>Chandana</i>
19	<i>Pippali</i>
20	<i>Ghrita</i>

Table 5:

Shadbindu Taila ^[7]	
S.No.	Drugs
1	<i>Tila Taila</i>
2	<i>Aja ksheera</i>
3	<i>Bhringraj</i>
4	<i>Eranda</i>
5	<i>Tagara</i>
6	<i>Shatapushpa</i>
7	<i>Jivanti</i>
8	<i>Rasna</i>
9	<i>Saindhava</i>
10	<i>Vidanga</i>
11	<i>Yashthi</i>
12	<i>Shunthi</i>
13	<i>Dalchini</i>

Table 6:

Triphala Guggulu ^[8]	
S.No.	Drugs
1	Haritaki
2	Vibhitaki
3	Aamalaki
4	Pippali
5	Guggulu

Table 7:

Netramritam Eyedrop ^[9]	
S.No.	Drugs
1	Lodhra
2	Camphor
3	Padmaka
4	Sevyam
5	Sasi
6	Himambu

The Ingredients of Patoladi Ghrita eyedrop is similar to that of patoladi ghrita.

RESULTS-

Table 8: Visual acuity

	BT	After Nasya and Netra pariseka	After Tarpana
Right Eye			
DV	6/24	6/24	6/12
PH	6/9	6/9	6/6
BCVA	6/12	6/9	6/6
Left Eye			
DV	6/24	6/24	6/12
PH	6/9	6/9	6/6
BCVA	6/12	6/9	6/6

No adverse events were reported during the study. There was an improvement in his visual acuity in both eyes and watering from both eyes and pain in both eyes. Spectacle correction after treatment: Distance Vision

Right Eye – -0.25DS, Left Eye – -0.25DS

DISCUSSION

Timira is treated by Snehana, Virechana, Raktamokshana, Nasya, Anjana, Shirobasti, Tarpana, Lepa, Seka that are to be followed repeatedly. Among these Nasya, Seka, Tarpana followed in this case. Based on symptoms, Myopia can be correlated with Vatika Timira. Hence the line of management of Vatika Timira was adopted. Nasya was done with Shatbindu taila. Ingredients of shatbindu taila act as

vata and kapha dosha shamaka, hence it destroys the pathology of Timira. Nasya is one of the important karmas of Panchakarma which is used for all diseases of the Urdhwajatrugata. The procedure of nasya is that it can be used for Shaman as well as for Shodhan of Doshas. It can eliminate neurological and psychological problems when used independently or with any other Karmas. As stated, “dwaram hi shirso Nasa”^[10] according to this, nasya aaushadhi stimulates the Shringataka marma, brain and nervous system by going to the nostril and at the same time, the nasya is absorbed in the entire Urdhwaang and provides nutrition to the head, brain, nose, ears, eyes, mouth etc. Nasya karma of Ayurveda proves to be beneficial from the history of treatment and prevention measures given to the persons suffering from

Urdhwajatrugata disease. *Netra Pariseka* procedure, a thin stream of liquid is poured around the eyes from a height of about four inches^[11]. The lukewarm medicated liquid is needed throughout the procedure. In this study *Triphala* and *Yashthi churna* both are having *Chakshusya* properties hence it is useful in destroying the pathology of *Timira*. *Tarpana* was completed with *patoladi ghrita*. It is indicated in *Chakshu Rogas*. *Patoladi ghrita* appears to be predominantly *Vatashamaka* followed *Pitta* and *Kaphashamaka*. Thus, the overall effect of the drug is *Vata Pradhan Tridosha Shamaka* and hence it destroys the pathology of *Timira*^[12]. *Tarpana* is topical therapy in which medicated ghee is retained in the eyes by a retention wall made from *Urada dal* flour^[13] which has been recommended in improving the *Drishtibala* of the eyes as it has *Roga Nivruti* and *Vyadhi Vinashakar* properties. In the present study, *Patoladi Ghrita* is adopted as it has *Snehana* and *Ropana* properties which may help in improving the vision. *Netramritam* eyedrop gives a cooling effect to the eyes and it is also useful in watering eyes^[14]. *Patoladi ghrita* eyedrop is also having *snehana* properties hence it is extremely useful in *Vataja Timira*. *Triphala guggulu* has an anti-inflammatory effect. *Triphala* has also *Chakshusya* properties.

CONCLUSION

Netra Priseka, *Nasya* and *Tarpana* with Eyedrops and Internal Medicines had shown useful, improvement in Visual acuity and other symptoms and decrease the spectacle power. This study shows importance of *Ayurveda* in Myopia. Study on a larger number of patients and long duration to draw more significant conclusions. Awareness should be created for the effectiveness of *Ayurveda* in such types of diseases where modern medicine has a limited role. The study concludes that this line of treatment improves the quality of the vision area.

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