



## A CLINICAL STUDY OF JIVANTYADI GHRITA NASYA IN THE MANAGEMENT OF TIMIR W.S.R TO MYOPIA

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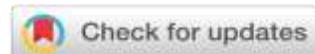
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## ABSTRACT

The part of clinical features of Timira (1st and 2nd Patalagata) can be correlated to myopia. Ayurvedic science can be explored to find a better alternative to manage this condition. Since it is described that Nasa is the gateway for Shir<sup>1</sup> as Dvaram hi Śirasō nasa<sup>2</sup>. Dvaram denotes door, which is used to facilitate entry or exit. Nasya is a non-invasive method that bypasses the blood-brain barrier and targets drugs to the central nervous system to treat neurodegenerative disorder<sup>3</sup> as the eye resides in the head, thus Nasya can be one of the prime procedures to treat eye health and eye disorder. So, I have been selecting nasya with Jivantyadi ghrita along with poorvakarma, Pradhan-karma, and Paschatkarma.

**Keywords:** Timira, Myopia, nasya

## INTRODUCTION

In Ayurveda, clinical features related to visual disturbances are generally seen in Drishtigata Rogas. Nasya Karma is the procedure of administration of the drug in any formation through the nostrils, which is the way to Urdhvanga, this therapeutic procedure

is called Nasya. In this medicated Sneha (oil and ghee) and another drug (Kwath, Swarasa, and Choorna) administered through the nose. Nasya karma is one of the panchkarma which is described in panchkarma. Nasya karma enhances the activity of

sense organ and prevent the disease of Urdhwanga. Sushrutacharya included netraroga in Shalakya tantra. The nasolacrimal duct connects the nose to the eye directly, i.e., infection of the nose or sinus can pass to the eye or excess lacrimation drain to the nose. Nasya is mentioned in many netra roga according to ayurveda eg. Abhishyanda, Adhimantha, pittavardhak Drushti, and Timir with different drugs.

#### Materials:

1. Literature review from Ayurvedic Classics.
2. Literature review from Modern Text.
3. Journals and websites.

#### Methods:

**Ocular Disease:** Nasya is mentioned in many ocular disorders according to ayurveda eg. Abhishyanda, Adhimantha, pittavardhak Drushti, and Timir with different drugs<sup>4</sup>

According to Ashtanga Sangraha, Nasya is indicated in the heaviness of Urdhvajatru, Kandru, Abhishyanda, Dadru kotha, Timir, Aptanak, Vyanga, Nilika, etc.

1. POORVA KARMA- For the poorvakarma of the procedure, the patient is asked to lie down in a supine position with a head low position, massage is given on the face, and after steam is given on the face by covering the eyes with a cotton swab.
2. PRADHANA KARMA
3. PASCHAATKARMA: Now when the medicated ghee comes into the throat of the patient which assures that nasolacrimal passage is clear then the patient is asked to gargle with lukewarm water.

#### INCLUSION CRITERIA:

1. Patients of either sex within the age group of 18 to 30 years.
2. Patients having simple myopia below -3D (Diopter)
3. Patients having symptoms of Timira (Bhutamtuyatnatnekshate) and myopia like diminished vision, Blurred vision, eyestrain

#### EXCLUSION CRITERIA:

1. The patient has any other ophthalmic diseases other than myopia.
2. Patient's below 18 years and above 30 years of

age will not be selected.

3. Patients having any systemic diseases like diabetes, Hypertension, Koch's patients, etc. will not be included.
4. All patients having myopia above -3D (Diopter)
5. All patients have pathological myopia.

**ASSESSMENT CRITERIA:** Selected patients will be treated with Triphala ghrita Nasya and Padabhyanga for 15 days grades of symptoms of Timira will be entered at each follow-up and compared with the initial value.

#### Mode of action of Nasya:

The intranasally administered therapeutic drug reaches the central nervous system via the olfactory and trigeminal neural pathways. Eg. the Drug is absorbed through the mucous membrane then the olfactory filament then the olfactory bulb and further to the forehead. Both the olfactory and trigeminal nerve innervates the nasal cavity providing a direct connection with the central nervous system. Nasya karma is good for urdhva jatrugata rogas because the drug administered through the nose as nasya reaches to brain and eliminates the morbid doshas responsible for producing disease. In the same way, in the nasal cavity, olfactory nerves are connected with the higher center of the brain i.e., the limbic system which contains the amygdaloid complex, hypothalamus, basal ganglia, etc. so the drug is administered. the nose stimulates the higher center of the brain which in turn effect the endocrine and nervous system function<sup>5</sup> Nasally administered drug reaches the brain also via the trigeminal nerve. So, it can also be useful in somatic and motor disorders of the trigeminal nerve i.e., trigeminal neuralgia.

## DISCUSSION

In the ayurvedic classical texts, Nasya Karma is a therapeutic procedure where drugs are administered through the nose in a specific manner to cure different disorders. Nasya is the gateway of Shiras<sup>1</sup> The drug administered through the nose as Nasya reaches the brain and eliminates only morbid Doshas responsible for producing a disease.

Nasya karma also nourishes the Panchagyanendriya.

## CONCLUSION

Jivantyadi ghrita nasya has a significant effect in pacify the symptoms of Myopia and the marked reduction in clinical symptoms was well appreciated with in nasya therapy. No adverse effect of the drug was observed during the course of the study after administration. The Jivantyadi ghrita nasya is proved to be a cost-effective, safe, and better drug than nasya for Myopia. Rasayana property of drugs helps in further degeneration of the tissue. Prathama and dwitiya Patalgata Timira are Drishtigata roga that can be correlated with modern science with Myopia. No adverse effects of the drug were observed during the course of study after administration. In this paper, an attempt has been made to review the nasya mentioned in Timir.

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