

AYURVEDIC MANAGEMENT OF TIMIRA W.S.R TO MYOPIA- A CASE STUDY

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ABSTRACT

Myopia is very common ophthalmic disease that entails substantial, societal, personal, educational & economic impact. Myopia commonly referred to as shortsightedness condition of the eye where the light that comes in does not directly focus on the retina but in front of it.^[1] Some of the clinical features of *timira* can be correlated with myopia involving first and second *patala* in terms of symptoms, anatomical structure involved and the pathogenesis of the disease. *Timira* is counted under the *drishtigatarogas* described by *Sushruta*.^[2] A case study was conducted to evaluate the role of ayurvedic treatment modalities in the management of *timira*. He was treated with *netra tarpan*, *netra pariseka*, *saptamritloha*, *triphala guggulu*, isotine eye drop. After enrollment of the patient in the study, the cardinal sign &

symptoms of myopia that is visual acuity, clinical refraction were evaluated before and after the treatment. Comparatively significant improvement in the sign & symptoms and visual acuity in both eye were found after treatment. Thus, it can be concluded that ayurvedic management are helpful to treat myopia.

KEYWORDS: Myopia, *Tarpana*, *Timira*, *Patala*, *Netrapariseka*, *Triphalaguggulu*, *Saptamritloha*.

INTRODUCTION

Visual disturbance is represented as one of the most complex problem in the field of ophthalmology and has been of great interest ever since the dawn of human life. Now a day's myopia is most common refractive error of the eye seen in the children and young adult. Myopia commonly referred to as shortsightedness. Various surveys in India have found

myopia prevalence ranging from 6.9 to 19.7% .furthermore its prevalence may be increasing over the 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 priority for the vision 2020, the world health organization global initiative for the elimination of avoidable blindness by the year 2020^[3]. 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% of visual impairment are attributed to refractive error. Though the modern counterpart has made tremendous and remarkable progress in the field of ophthalmology but no satisfactory and universally accepted treatment for myopia is available. Refractive surgeries for treatment of myopia are both costly and unsuitable for children eyes and do not change axial elongation which is commonest source of myopia.^[4] Hence the *ayurvedic* management can be explored to find a better alternative to manage this condition. This study is planned which incorporate *kriyakalpas* and an oral drug to tackle it efficiently, *tarpana* is topical therapy in which medicated ghee is retained in the eyes by retention wall made from *urad dal* flour which has been recommended in improving the *drishti bala* of eyes as it has *roganivrutti* and *vyadhinivashkar* properties. In *ayurveda* some of clinical feature of *timira* can be correlated with myopia. *Timira* is counted under the *drishtigatarogas* described by *sushruta*. *Timira* involving first & second *patala* in terms of vision gradually leading to the impairment of eyesight. Shastrokta *lakshanas* of *timira* such as *bhramantivasapashyati*, *aavildarshan*, *vyaavidha darshan aruna darshan*.

In *ayurvedic* classics we find the concept of *chakshusya rasayana* and *tridosha* pacifying properties. *Ghrita* is one among the best *rasayana* and *jivanti* is one among the best *chakshushya* drugs, *jeevantiyadi ghrita* have *tridosha* pacifying action similarly *ayurvedic* drugs like *saptamrithalauha*, *triphala guggulu* and *triphala* and *yashtimadhu* having *rasayana chakshusya tridosha* pacifying properties keeping these views into consideration present case study was planned.

CASE STUDY

A fully conscious oriented male age 20 year has visited *shalakyatantra* OPD Prakash institute of *ayurvedic* medical sciences and research & hospital jhajhar bulandshahr on 18 march 2021 with chief complains of defective vision for distance in both eyes, eye strain, watering & burning sensation in the both eye for 3 month.

History – 5 to 6 hour work in front of computer.

Family history – No significant family history was found.

Personal history - The patient is vegetarian, having normal appetite, bowel history regular, normal micturition and sleep is sound.

Ashtavidha pareeksha

Table 1

Sr. No.	Sthan	Lakshan
1	Nadi	78/min
2	Mutra	Samyak
3	Mala	Samyak
4	Jihwa	Niram
5	Shabda	Prakrut
6	Sparsha	Samshitoshna
7	druk	Aprakrut
8	Akruti	Madhyam

On eye examination: By Torchlight and Slit lamp we found

Table 2

Eye Part	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 3: Visual acuity.

	Right Eye	Left Eye
	Before Treatment	Before Treatment
DV unaided	6/36	6/36
BCVA	6/12	6/12
PH	6/9	6/9
NV unaided	N/6	N/6

Spectacle correction for distance Vision

Right eye- -1.00DS, Left eye- -0.75DS

Treatment: The patient was treated with following *chikitsa* explained in classics as *chakshysya*, *rasayana* and *Tridosha* pacifying treatment were given to the patient.

Treatment protocol: *Abhyantarachikitsa* for one month.

Table 4

Sr. No.	Drug	Dose	Anupaan	Duration
1	<i>Triphala Guggulu</i>	500mg/after meal BID	Water	30 days
2	<i>Saptamritha Loha</i>	250mg/after meal BID	Honey	30 days
3	<i>Triphala Ghrita</i>	5gm/after meal BID	Lukewarm water	30 days

Bahya Chikitsa for 7 days.

Table 5

Sr. No.	Procedure	Drug	Dose	Duration
1	<i>Netra pariseka</i>	<i>Triphala-2gm</i> <i>Yashtimadu -2gm</i>	As required	7 days
2	<i>Netra tarpana</i>	<i>Jiwantyadi</i> <i>ghritam</i>	As required	7 days
3	Eye drop	Isotone	1-1 drop at night time	30 days

Netra Pariseka was done with *triphala churna* and *yashtimadhu yavkut churna* along with *tarpana* was done with *jiwantyadhi ghritam* in the morning times for seven days. *Triphala guggulu*^[5] 500mg and *saptamritha loha* started from the first day was continued for 30 days with lukewarm water after meal isotone drop eye drop started from first day and was continued for 30 days

Composition of ISOTINE eye drops

- Palash (*Butea monosperma*) 0.3%
- Apamarg (*Achyranthus aspera*) 0.3%
- Punarvava (*Borreria diffusa*) 0.3%
- Yashed Bhasma (Purified) 0.06%
- Tankana Bhasma (Purified) 2.0%
- Alum(Purified) 0.4%
- TuthBhasma (Purified) 0.04%
- Satva Pudina (*Mentha piperita*) 0.015%
- Benzalkonium Chloride 0.01%
- Aqua 10ml

Results: Visual acuity

	Before Treatment	After Tarpana and Pariseka	After 1 month
Right eye			
DV	6/36	6/24	6/12
PH	6/9	6/9	6/6
BCVA	6/12	6/9	6/6
Left eye			
DV	6/36	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 significant improvement noted in his visual acuity in both eye. She was almost completely relieved in eye strain, headache & watering in both eye.

Spectacle correction after treatment

Right eye-0.25DS, Left eye-0.25DS

DISCUSSION

Just as sun is the most important celestial object so also eyes are the most important sensory organs. All out efforts should be made by man to protect the eye throughout life. In our classics *timira* is considered as *tridoshaja vyadhi* treated by *snehna*, *virechana*, *rasayana*, *raktamokshna*, *nasya*, *anjana*, *shirobasti*, *tarpana*, *lepa*, *seka*, that are to be followed repeatedly. among these *tarpana*, *netrapariseka* and internal medication followed in this case. *Netra pariseka* procedure with *triphalala* & *yashtimadhu* both are having *chakshusya* properties hence it is useful in destroying the *samprapti* of *timira* and also cooling effects to eyes. *Tarpana* was completed with *jewantyadighrita*. It is indicated in *chaksusya* which has been recommended in improving the *drishtibala* of the eye as it has *roganivruti* and *vyadhivinashakar* properties. Mode of action of *netra tarpana ghrita* has the quality of trespassing into minute channel of the body. Hence when applied in the eye its enter deeper layer of the *dhatu*s and cleanses every minute part of them. The lipophilic action of *ghrita* facilitates the transportation of the drug to the target organ and finally reaching the cells because the cell membrane also contains lipid. Various scientific research publication proves that efficacy of content of isotine eye drop in correcting the refractive error and restoration of visual acuity and also watering in eyes.^[6] *Saptamritloha* is classical ayurvedic herbo-mineral formulation. It chiefly aims at treating all sort of eye anomalies apart from the eye this medication proved as subsided associated symptom like *shirodhara*, *netradaha* and other *rakt vyapad vyadhi*. *Triphala* has also *chakshuya* properties *triphalaghrita* internal administration

was found to be more efficacious in *netradaha*, *netrashool*, and improving visual acuity. *Triphala* combination is *tridoshahara*, *Rasayana* and *Chakshushya* as well as good *kosthashodhaka*. It can be jolly well used in all *netravikara* for the purpose of *shodhana* (procedure by which excess accumulation of vitiated *dosha* from the body is removed). Cow milk in *triphalahrita* it mitigate the aggravated *pitta*.

CONCLUSION

Abhyantara and *bahyachikitsa* of *timira* has shown good improvement in visual acuity and other associated symptom like *durastha avyakta darshana*, *netrasrava*, *netradaha*, *shiroabhitapa*, *netrayasa* and decrease the spectacle power. This study show effectiveness of *Ayurveda* in *timira* the duration of the treatment was short hence for reaching at any definite conclusion. Further long duration studies are needed since the study has shown interesting result. It is recommended that the study should be carried out on a large number of patients with longer duration to evaluate and analyze the results.

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