

A SINGLE CASE STUDY ON EFFECT OF TARPANA IN TIMIRA W.S.R MYOPIA

Dr. Sushmita and Dr. Parveen Kumar*

PG Scholar, Department of Panchkarma, Dayanand Ayurvedic College, Jalandhar (Pb.)

*Associate Professor, Department of Panchkarma, Dayanand Ayurvedic College, Jalandhar
(Pb.)

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*Corresponding Author

Dr. Parveen Kumar

Associate Professor,
Department of Panchkarma,
Dayanand Ayurvedic
College, Jalandhar (Pb.)

ABSTRACT

Panchakarma is a branch of *Ayurveda*, which is widely used in every clinical department of *Ayurveda*. It focuses on the treatment of disorders of whole body, including those brain and the sensory organs. The *Netra* (eyeball) is an essential sensory organ. Even while contemporary ophthalmology has made significant strides, there are still certain restrictions. For few specific eye issues, modern medicine lacks a conclusive solution. The traditional medical system of *Ayurveda* offers helpful guidelines for preventive and curative therapy. One local therapeutic method which when employed quickly, demonstrates measurable proof of outstanding results is *Netratarpana Kriya*. *Netra Tarpana* is often used as a *Kriya* in the nourishing *Netra*

Chikitsa. It is also frequently referred to as *Akshitarpana* or *Netra Basti*. In this digital era, eyes are under a significant stress as a result of high screen usage. So, it is now more important than ever to protect and preserve your eyes against refractive problems. In this case study, effectiveness of *Mahatriphladya Ghrita Akshitarpana* in Timira w.s.r. to myopia is discussed.

KEYWORDS: *Panchkarma*, Myopia, Refractive Errors, *Ayurveda*, *Timira*, *Akshi Tarpana*.

INTRODUCTION

One of the vital sense organs connected to the brain is the eye, which works in unison with the other sense organs and the intellect. It is a sensory organ that is mostly used for interacting with the outside environment. The phrase "*Sarvendriyanam Nayanam Pradhanam*" from an old *Ayurvedic* literature states that the eye is the main sense organ.

Among all the senses, it is believed to be the source of *Pratyaksha Gyana*. *Acharya Sushrut* has outlined 76 *Netravyadhis*, of which vision-related illnesses are investigated under the general category of "*Drushtigatarogas*".^[1] There are 12 *Drushtigataroga* that *Acharya Sushrut* and 27 that *Acharya Vagbhata* describe.^[2,3] One of them, *Timira*, was brought on by the four *Abhyntar Patala* diseases. It is referred to as "*Paramdarunvyadhi*" because it progresses, is irreversible, and might cause full or partial blindness if untreated.^[4] Refractive error and the *Patalgat Timira* symptoms are connected. Around 1.3 billion individuals worldwide are thought to have some sort of visual impairment.

Although modern medical science has made remarkable progress & advances in the field of ophthalmology, but there is no non-invasive medical treatment available for refractive error, while on other side in *Ayurvedic* text *Timira* is said to be *Ayushadhi Sadhya* i.e. medically curable if treated in early stage.^[5] In modern medical science, simple myopia is treated with spectacles, contact lenses and high myopia is dealt with refractive surgeries, but all these treatments are not pocket friendly for patients and have their own hazards like dry eyes, corneal ulcer due to contact lenses wear. Spectacles are cosmetically unaesthetic and refractive surgeries are very costly & had some complications like night glare, regression, dry eye, corneal ectasia and persistence corneal haziness etc.^[6] Instead, there are other forms of preventative and curative care that are described, such as *Chaksushyadravya*, *Rasayana yoga*, *Netrakarma* (eye exercises), and local therapeutic treatments (*Kriyakalpa*). Among *Kriyakalpa*, *Akshitarpana* has its own importance in preventive and curative measures of *Drushtigatarogas*.^[7] It is beneficial for preserving visual acuity and preventing vision loss. In this case study, effectiveness of *Mahatriphladya Ghrita Akshitarpana* in *Timira* w.s.r. to Myopia is discussed.

CASE

A 25yrs female patient, residing at Jawala Nagar, Jalandhar came to the *Panchkarma OPD*, *Dayanand Ayurvedic College, Jalandhar* with complaints of diminution of distant vision in both eyes since 8 yrs.

OPD NO- 2226249

Date of OPD visit- 25/04/2023

Chief complaints – Blurring of distant vision x 8 years

Associated headache x 5 months

Eyestrain, watering of eyes and burning sensation of eyes 2 months

History of Present Illness

Patient was apparently asymptomatic before 8 years, later she developed gradual blurring of distant vision B/L Eyes. After consulting an ophthalmologist at private hospital, she was diagnosed with myopia B/L eyes and was advised for spectacles. She was having a stable corrective power lens for 8 years but from last 5 month while on spectacles she has developed irregular attacks of headache. From 1 month she has developed eyestrain, watering of eyes and burning sensation of eyes So, she came to *Panchkarma OPD, Dayanand Ayurvedic College, Jalandhar*. Ayurvedic treatment was started after detail assessment of her visual acuity and history. She was not on any medication and there was no relevant past history of any co morbid illness. Her family has no relevant medical illness history. Her appetite, sleep, bowel habit as well as micturition habit is normal. After detailed history taking and visual acuity examination *Ayurvedic* treatment was started.

Visual Acuity B/L Eyes (BEFORE TREATMENT ON 25.04.2023)

Table 1: Visual Acuity B/L Eyes (BEFORE TREATMENT)

	RIGHT EYE	LEFT EYE
DV UNAIDED	6/9	6/9
BCVA	6/6	6/6

SUBJECTIVE ASSESMENT

Parameters for Subjective Assessment

The patients was subjectively assessed on the basis of grading parameter of the symptoms, those are *Avyakta Darshana* (Indistinct vision) (**Table 2**), *Vihwala Darshana* (Blurred vision) (**Table 3**), *Dwidha Darshana* (Diplopia) (**Table 4**), *Shirobhitapa* (Headache) (**Table 5**), *Netrasrava* (Watering) (**Table 6**), *Netrayasa* (Eye strain) (**Table 7**), and *Netradaha* (Burning sensation) (**Table 8**).

Table 2: Grading of *Awyakta Darshna*.

<i>Awyakta Darshna</i> (Indistinct vision)	SCORE
No feeling of blurring of the vision	0
Occasional blurring of the vision	1
Routine blurring which affects routine work	2
Regular blurring disturbing routine work	3
Complete darkness in front of eyes	4

Table 3: Grading of Vihwala Darshana.

VihwalaDarshan/(blurredvision) MAkashikadi Abhuta Dravya Darshan /Visualization of non-existing objects like flies, gnats, hairs, webs, circles, flags, mirage and ear rings.	SCORE
No such problem	0
Occasional visualization of such objects	1
Irregular visualization of the above-mentioned objects	2
Regular visualization of the above objects	3

Table 4: Grading of Dwidha Darshna.

Dwidha Darshana (Diplopia)	SCORE
No diplopia	0
Occasional diplopia	1
Regular diplopia without disturbing routine work	2
Regular diplopia disturbing routine work	3

Table 5: Grading of Shirobhitapa.

Shirobhitapa (Headache) Scored on the frequency of attacks	SCORE
No headache	0
Occasional headache	1
Irregular attacks of frequent headache	2
Regular attacks of headache	3

Table 6: Grading of Netrasrava.

Netrasrava(Watering)	SCORE
No Watering	0
Occasional Watering	1
Regular Watering without disturbing routine work	2
Regular Watering disturbing routine work	3

Table 7: Grading of Netrayasa.

Netrayasa (EyeStrain) It will be recorded on the basis of minimum time taken to produce eye strain after near work.	SCORE
More than 6 hrs of near work	0
After 4-6 hrs of near work	1
After 2-4 hrs of near work	2
Before 2 hrs of near work	3

Table 8: Grading of Netradaha.

Netradaha (Burning sensation)	SCORE
No Burning sensation	0
Occasional Burning sensation	1
Regular Burning sensation without disturbing routine work	2
Regular Burning sensation disturbing routine work	3

OBJECTIVE ASSESSMENT

Objective diagnostic criteria is made using grading of Snellen's Score (**Table 9**)

Table 9: Snellen's Score Grading Assessment in Case of Myopia.

SNELLEN'S SCORE	SCORE
6/6	0
6/9	1
6/12	2
6/18	3
6/24	4
6/36	5
6/60	6

TREATMENT

Akshi Tarpana was done with *Mahatriphladya Ghrita* from 18.11.2022. Three sittings of 5 days were given with gap of 5 days in between each sitting (**Table 10**). No other intervention was adopted during the treatment.

Table 10: Treatment Protocol for Akshi Tarpana.

Treatment Protocol	Dates
1 st Sitting of <i>Akshi Tarpana</i>	18.11.2022 to 22.11.2022
Gap	23.11.2022 to 27.11.2022
2 nd Sitting of <i>Akshi Tarpana</i>	28.11.2022 to 02.12.2022
Gap	03.12.2022 to 07.12.2022
3 rd Sitting of <i>Akshi Tarpana</i>	08.12.2022 to 13.12.2022

Visual Acuity B/L Eyes (AFTER TREATMENT ON 19.05.2023) (Table 11)

Table 11: Visual Acuity B/L Eyes (AFTER TREATMENT)

	RIGHT EYE	LEFT EYE
DV UNAIDED	6/6	6/6
BCVA	6/6	6/6

SUBJECTIVE AND OBJECTIVE ASSESSMENT (BEFORE V/S AFTER TREATMENT) (TABLE 12)

Table 12: Subjective and Objective Assessment (Before V/S After Treatment)

CRITERIA	SCORE BEFORE TREATMENT 25.04.2023	SCORE AFTER TREATMENT 19.05.2023
SUBJECTIVE ASSESSMENT		
<i>Awyakta Darshna</i> (Indistinct vision)	3	0
<i>Dwidha Darshana</i> (Diplopia)	0	0
<i>Netrayasa</i> (EyeStrain)	3	0
<i>Shirobhitapa</i> (Headache)	3	0

Netradaha (Burning sensation)	3	0
Netrastrava (Watering)	3	0
VihwalaDarshan/(blurredvision)	0	0
OBJECTIVE ASSESSMENT		
SNELLES'S SCORE Right Eye	1 (6/9)	0(6/6)
Left Eye	1(6/9)	0(6/6)

RESULT

There was significant improvement in visual acuity of both eyes.

CONCLUSION

In the reduction of the Snellen's Score in Myopia and enhancement of visual acuity, *Mahatriphlada Ghrita* has shown good results. The duration of this treatment is not for long term; hence, for arriving at any conclusion, further long-duration studies are needed. So, keeping in view the encouraging results of the treatment it is recommended that the study should be carried out on a large number of patients with longer duration to evaluate and analyse the results.

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