



RESEARCH ARTICLE

AKSHI TARPANA: A BLISS TO SIGHT

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Abstract

Akshi is the most crucial Gyan Indriya. In this digital era, the use of digital screens is quite common and resulting in various Akshi Rogas. Sushruta, the father of surgery, has recommended “Kriyakalpa” for the management of Akshi Rogas. Among all Kriyakalpas, Akshi Tarpana is the useful procedure in various Akshi Rogas, considering severity of Dosha Prakopa and Adhishtana of diseases. It acts as both preventive and curative therapy for maintaining normal healthy condition of eyes. According to modern pharmacology, the medicated Ghrita used for the Tarpana procedure is processed with decoction of medicine hence the drug may easily cross the corneal epithelium (being lipophilic) and endothelium (being hydrophilic). Finding an ocular method with no or minimal side effects is crucial for the prevention and treatment of eye illnesses. When applied quickly, one local therapeutic method called Tarpana Karma has good results, according to objective research. So, taking a look at the traditional Ayurvedic text a method of treatment used to treat is Akshi Tarpana. In this article the texts of Brihatrayas and Laghutrayas have been reviewed to extract the information about Akshi Tarpana Karma, its indications, contraindications and possible mode of action. This work has revealed that Akshi Tarpana is useful in most of the disorders caused due to vitiation of different Doshas as well as disorders of different parts (Adhishtana) of the eye. Its complications with Ati Yoga and Heena Yoga and their management is also been discussed.

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Introduction:-

Eye is one of the important sense organs situated in the head and it can coordinate with rest of the sense organ as well as mind. Similarly, In Shalakya Tantra, Kriyakalpa is considered as Vishisht Chikitsa for Netra Roga. It is a sensory organ that humans use to communicate primarily with the outside environment. Aside from the samanyachikitsa, each branch of Ayurveda has a Vishisht Chikitsa. For instance, in Kayachikitsa, Basti Chikitsa is regarded as Ardh Chikitsaⁱⁱⁱ. Similar to this, Kriyakalpa is regarded as Vishisht Chikitsa for Netra Roga in the Shalakya Tantra.

Kriyakalpa comprises of Tarpana, Putpaka, Seka, Aschyotana and Anjanaⁱⁱⁱ. Akshi Tarpana is a process to make sure that the eye's health status is preserved in both healthy and ill situations. In this treatment, specially formulated oil

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orghee is kept in the eyes for a predetermined amount of time. It refreshes, lubricates, and cools the eyes. As the pollutants were eliminated, it helped with eye clarity. This technique improves blood circulation and boosts eye sight^{iv}. According to contemporary pharmacology, the permeability of layers affects the entry of drugs. The cornea's endothelium and epithelium are both highly permeable to lipid content, however the stroma is solely permeable to water content. As a result, medications that are soluble in fat or water can easily pass through these layers^v. The medicines having the quality to get into minute channels of the body, when applied to the eyes enters deeper into the layers of dhatus.

Materials And Methods:-

References regarding Akashi Tarpana were collected from Bruhitrayi and Lagutrayi.

Indications For Tarpana Karma:

According to Brihatrayi and Lagutrayi, Tarpana is indicated in:

SUSHRUTA SAMHITA ^{vi}	ASHTANG HARIDYA ^{vii}	SHARANGDHARA ^{viii}	BHAVPARKASH ^{ix}
Tamyta	Kricchronmilana	Netra Rukshta	Netra Rukshta
Ativishushka	Siraharsha	Parishushkta	Parishushkta
Atidarun	Sirotpata	Kutil Neta	Kutil Neta
Shirnpaksham	Tama	Avilta	Avilta
Avila Netra	Arjuna	SheernPaksham	SheernPaksham
Rogaklishta Netra	Syanda	Shiro Utpaat	Shiro Utpaat
	Adhimantha	KrichhaUnmilan	KrichhaUnmilan
	Anayatovata	Timira	Timira
	Vata Viparyaya,	Arjuna	Arjuna
	Avranashukra	Abhishyanda	Abhishyanda
		Adhimantha	Adhimantha
		ShushkaAkashiPaka	ShushkaAkashiPaka
		Akshi Shotha	Akshi Shotha
		VaataViparyaya	Pawan Viparyaya

Table 1:- Indications of Tarpana Karma.

Contraindications For Tarpana Karma:

According to Brihutrayi and Lagutrayi, Tarpana is not indicated:

SUSHRUTA ^x	VAGBHATA ^{xi}	SHARANGDHARA ^{xii}	BHAVPARKASH ^{xiii}
Durdina	Tarpana should not be administered to those who are unfit for Nasya.	Durdina	Durdina
Atyaushana		Atyaushana	Atyaushana
Atyashitta		Atyashitta	Atyashitta
Chinta		Chinta	Chinta
Ayaas		Ayaas	Ayaas
Bharam		Bharam	Bharam
AshantUpdravya		AshantUpdravya	AshantUpdravya

Table 2:- Contraindications for Tarpana Karma.

Tarpana Vidhi

This procedure is divided into three parts^{xiv} (Fig.1)

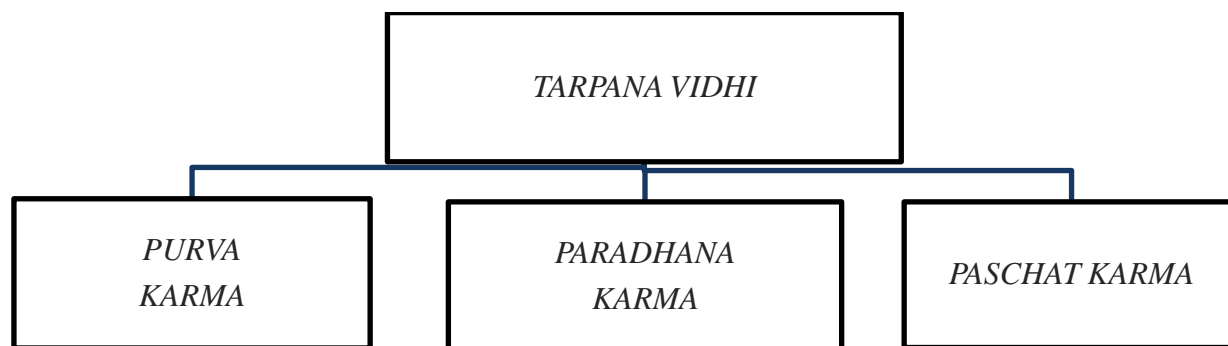


Fig.1:- Tarpana Vidhi.

a) Purvakarma

1. Before Tarpana, samyakakayikandshirashodhan to be done.
2. Netra swedana to be done with luke warm water.

b) Pradhanakarma

1. The patient is made to lie in the room which is Vata-Aataparahit.
2. A dough using gram four is made which is to be placed around the both eyes upto a height of two angula. Precaution to be taken so that the medicine should not spill from the dough.
3. The patient is asked to close the eyes and over the closed eyes, Ghrita processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.
4. This procedure is to be performed for 20-25 minutes (Approximately).

c) Paschatkarma

1. Sneha dravya is removed along with the dough, should be washed with ushnodaka and pottaliswedana is done.
2. After that kaphagnashirovirechana or Dhoompana is done for Kapha shodhana.

Tarpana Avadhi

1. Sushruta without clarifying the condition of the eyes simply asks to perform the procedure for one day, three days, or five days or till the samyakatarpita lakshanas are seen^{xv}.
2. According to Vagbhata Tarpana should be done daily in vitiation of vata, on alternate days in pitta, with an interval of two days in kapha and inswastha (healthy person) or till the eyes become fully satiated^{xvi}.

Sneha Dharan Kala:

Snehadharanakala is implemented considering Severity of Dosha Prakopa and Adhishtana of diseases.^{xvii,xviii,xix,xx}

Snehadharanakala According to Dosha Prakopa:

DOSHA BHEDHA	SUSHRUT SAMHITA	ASTHANG HRIDYA	SHARANGADHARA SAMHITA	BHAV PRAKASH
Swastha	500	500	500	500
Kapha-Predominance	600	500	500	500
Pitta-Predominance	800	600	-	600
Vatta-Predominance	1000	1000	1000	1000

Table 3:-Snehadharanakala According to Dosha Prakopa.

Snehadharanakala According to Adhishtana of the Disease:

ROGA ADHISHTANA	SUSHRUTA SAMHITA	ASTHANG HRIDYA	SHARANGADHARA SAMHITA	BHAV PRAKASH
Sandhigata	300	300	500	500
Vartamgata	100	100	100	100
Shuklagata	500	500	600	-
Krishnagata	700	700	700	700

Drushtigata	800	800	800	800
Sarvagata	1000	1000	1000	1000

Table 4:-Snehadharanakala According to Adhishtanaof the Disease.**SamyakaTarpitaLakshana**

According to BrihatrayiandLaghutrayi, SamyakaTarpitaLakshana are:

SUSHRUTA SAMHITA^{xxi}	ASTHANG HRIDYA^{xxii}	SHARANGDHARA SAMHITA^{xxiii}	BHAVPRAKASH^{xxiv}
Sukhaswapana	PrakashaKshamata	SukhSwapana	SukhSupta
Avbodhatva	Vaishadhya	SukhAvbhodhatva	SukhAvbhodhatva
Vaishadhya	Laghulochana	Vaishadhya	Vaishadhya
Varnapatava		DrushtiPatava	DrushtiPatava
Nivriti		Vayadhi Shanti	Vayadhi Shanti
Vyadhividhvansa		Kriya Laghavta	Kriya Laghavta
Kriya laghvama			

Table 5:-SamyakaTarpitaLakshana.**Ati- TarpitaLakshanas:**

According to BrihatrayiandLaghutrayi, AttiTarpitaLakshana are:

SUSHRUTA SAMHITA^{xxv}	ASHTANG HRIDYA^{xxvi}	SHARANGDHARA SAMHITA^{xxvii}	BHAVPARKASH^{xxviii}
Netraguruta	Appearance of disorders of Kapha imbalance is the symptom of Ati-Tarpana.	Netra Satrava	Netraguruta
Avilta		Netra Guruta	Avilta
Atisnigdhatva		Atisnigdhatva	Atisnigdhatva
Ashrusrava			Ashrusrava
Kandu			Kandu
Upadeha			Upadeha
Dosha-Samutklishta			

Table 6:-Ati-TarpitaLakshana.**HeenaTarpitaLakshanas:**

According to BrihatrayiandLaghutrayi:

SUSHRUTA SAMHITA^{xxix}	ASHTANG HRIDYA^{xxx}	SHARANGDHARA SAMHITA^{xxxi}	BHAVPARKASH^{xxxii}
Netrarukshata	Opposite of SamayakTrapanaare the symptoms of Heena Tarpana.	Netrarukshata	Netrarukshata
Avilta		Netra strava	Netra strava
Ashrusrava		Avilta	Avilta
Asahyamroopdarshan		Vyadhivridhi	Vyadhivridhi
Vyadhivridhi			

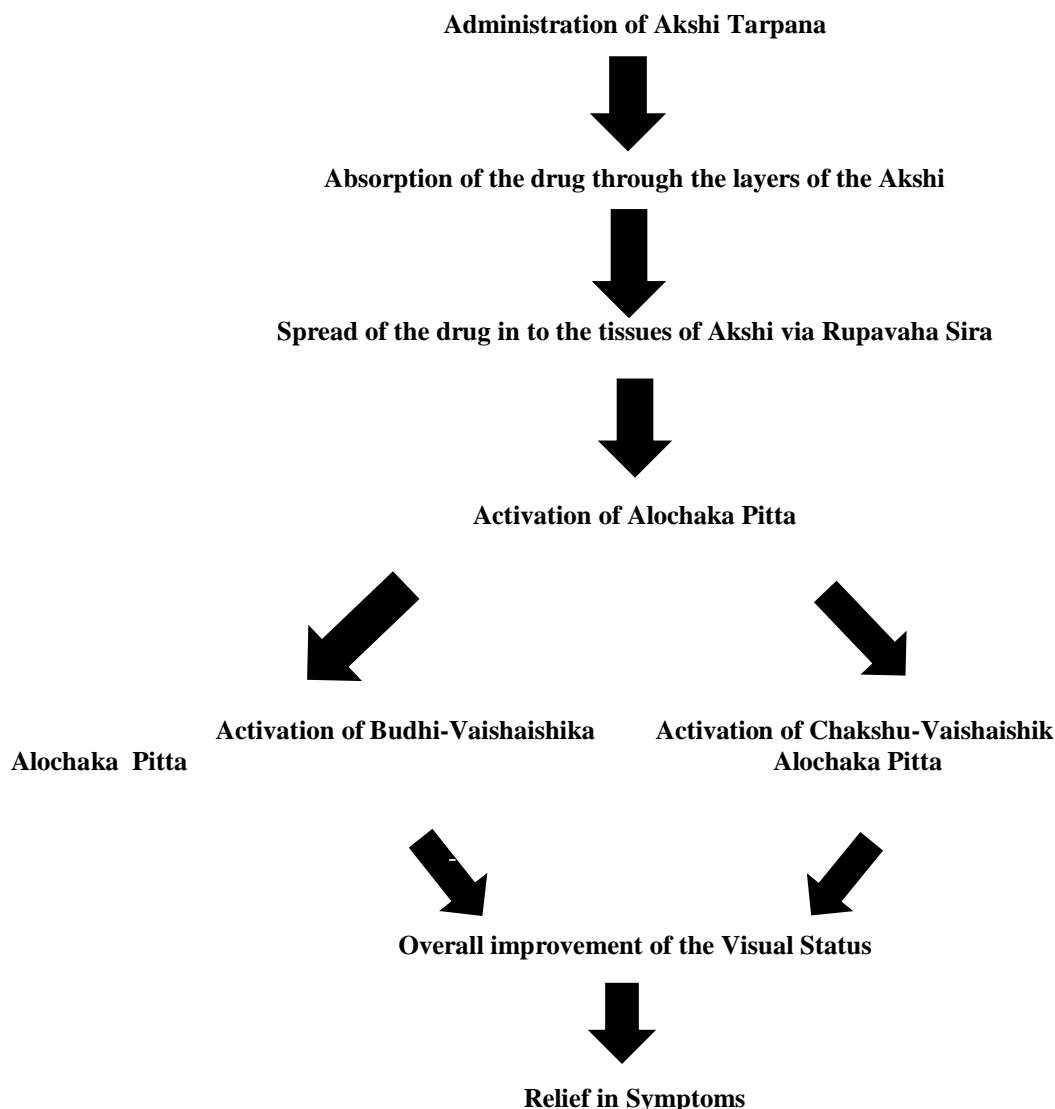
Table 7:-HeenaTarpitaLakshana.**Treatment OfHeena And Ati Tarpana^{xxxiii}**

Dhoompana, Nasya, Anjana, Seka either rukshaorsnighdha are to be done for treating both heena and atitarpana conditions according to predominance of dosha.Snighdhaseka in disease ofvata predominance, rukshainkapha and sheetaseka in pitta predominance dosha.

Discussion:-**Probable Mode Of Action Of Akshi Tarpana^{xxxiv}**

Akshi Tarpana is a local therapeutic procedure. In this, Drug absorb through various layers of the eye and drugs spread in to the deeper tissues through RupavahaSiras. Sneha absorbed by eyes & perform the Action. Sneha reach all Saptadhatu in uttrottarmanner.Absorption is very high as drugs are lipid soluble; penetration of fat soluble substances is high regardless of molecular size. Highest and significant therapeutic deliberations are achieved. Ghrita is extreme in JangamaSneha and is Balavardhaka,Ojovardhaka, Vayasthapana, Agni deepanaandDhatuposhaka.Ghrita is having Rasayana, Balya&Chakshushyaproperties.While treating patients

suffering from Timira w.s.r to Myopia, Akashi Tarpana has shown significant enhancement in visual acuity^{xxxv,xxxvi}. Charaka in SutrasthanaSnehadhyaya described that, “SNEHOANILAM HANTI”^{xxxvii} which means that Snehana is the superlative treatment for VataDosha. According to Charaka, Ghrita is operative in subsiding Pittaja and Vataja disorders, and is overall booster for improving Ojas. By the Activation of Alochaka Pitta. Alochaka pitta is of two types ChakshuVaisheshika&BuddhiVaisheshika Alochaka Pitta. Chakshu-vaisheshika Alochaka Pitta Increased power of Drishti Nadi and Buddhi-Vaisheshika Alochaka Pitta Activate Visual centre in Brain (Optic nerve). So Tarpana improve overall Visual status. (Flow Chart: 1)



Flow chart 1:- Probable Mode of action Akshi Tarpana.

Conclusion:-

The Ayurvedic medical system offers practical recommendations for both treatment and prevention. Every individual should make considerable efforts to preserve their eyesight till death do them part since the eye is thought of as the most important and noble sense organ in the human body. Everyone agrees that prevention is better than therapy. One of the Kriyakalpa that functions as a preventative and therapeutic strategy is Akshi Tarpana. Since ancient times, it has been used in Ayurveda to improve eyesight and is very useful in maintaining normal, healthy eye condition; for Netraroga, it is the crowning achievement of Ayurveda. The process to rejuvenate the tissues

around the eyes is calming. Tarpana govern how well the eye can accommodate by replenishing not just the cornea but also the nerves and sphincter muscles that surround it. According to objective statistics, Akshi Tarpana Karma is one of the local therapeutic techniques that, when used rapidly, yields exceptional benefits.

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