



Therapeutic use of eye soothing therapy (*Netra tarpana*) method from Ayurveda classics

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Abstract

In *Netra chikitsa*, *netra tarpana* is commonly practiced as a *kriyakalpa*. *Netra Basti* or *akshitarpana* are two other names for it. *Tarpana* is beneficial to both healthy and sick people. *Tarpana* is a *snigdha kriya* that is used to treat *vata dusta* ophthalmic problems, particularly *dristigata rogas*, degenerative disorders, myasthenia gravis, and drooping eyelids, computer eye strain, Macular degeneration are all prevalent indications of *netra tarpan*.

Materials& Methods: References for *netra tarpana* came from a variety of classical and Ayurvedic books, as well as published scientific publications.

Discussion: *Netra tarpana* is the most frequently recommended practice. Most prior studies have stressed the importance of *tarpana* in *netra roga chikitsa*; nevertheless, only a few clinical investigations on the procedural effectiveness of *tarpana* have been conducted.

Conclusion: *Netra tarpana* may assist to nourish the eyes, promote blood circulation to the problematic area, eliminate dosha imbalances, strengthen the muscles in the area, and aid in vision improvement. *Netra Tarpana* is a pleasant and relaxing eye therapy that helps to rejuvenate the eyes and surrounding tissues. Larger clinical research with standardized *netra tarpana* procedures could aid in the development of scientific evidence for traditional purposes.

Keywords: *Netra tarpan*, eye, *tarpana*, *kriyakalpa*, *netra basti*

Introduction

Tarpana is frequently done as a *kriya* in *netra chikitsa*, which is naturally nourishing in nature. *Basti* means to hold or retain something, in this case primarily therapeutic ghee and *netra* means eyes. *Tarpana* is frequently done as a *kriya* in *netra chikitsa*, which is naturally nourishing ^[1]. *Tarpana's* literary meaning is to nourish the sight with fatty nutrients ^[2]. *Netra Tarpana* is a method in which heated medicinal ghee is applied to the eyes for a set period of time with the use of a cloth. *Netra basti* or *akshitarpana* are two other names for it. *Netra Tarpana* is a process in which a specially designed frame ring made of black gram powder or similar material is used to keep comfortably warm medicated ghee over the eyes for a set period of time ^[3]. *Tarpana* is beneficial to both healthy and sick people. It is done in healthy people to prevent their eyes from deterioration due to the ageing process and to improve their vision. *Tarpana* is an unctuous procedure (*kriya*) that is used to treat *vata dusta* ophthalmic problems, particularly *dristigata rogas* ^[4]. Macular degeneration, computer eye strain, degenerative disorders, myasthenia gravis, and drooping eyelids are all prevalent indications. This Review study was performed with the aim to study the concept of *Netra Tarpana*, understand the standard procedure of *Netra Tarpana* and its efficacy.

Materials and Methods

References regarding *Netra Tarpana* were collected from various classical and *Ayurveda* published works, published research papers.

Review of Netra tarpana

The *Tarpana's* literary purpose is to provide eye sustenance with *ghrita*, *ghritamanda*, medicinal ghrilas, fats (*vasa*) and bone marrow (*majja*). When a patient experiences severe dryness of the eyes, roughness of the eyes, stiffness of the eyelids, falling of eye lashes, altered or lost lusture of the ocular surface, deviated eyeball / squint, and extreme aggravation of the diseases of the eye, then *Tarpana karma* is indicated [5]. *Tarpana karma* is suggested in difficulties in opening eyelids (*krichronmilana*), inflammatory disorders of the eyes, according to acharya vagbhata. Eye illnesses such as *Vatika* and *Paittika*, as well as injuries caused by *Abhighata* [6]. According to Acharya Susruta, the various conditions

Contraindication of Tarpan (Acharya Susruta) [7]

- Cloudy day,
- Excessive hot and cold season,
- Worry and anxiety-mental state,
- Exhaustion,
- Giddiness-physical health state,
- The conditions of acute pain and complications of ocular disease

Purvakarma of tarpan

The supplies needed for the process are gathered. The patient is checked thoroughly. All the factors including *dosha*, *prakriti*, *vikruti*, *kala* are meticulously documented. Astanga as per Ayurveda classics, it is stated that previous meals should be well digested before the procedure, implying that the procedure should be performed before meals and after the previous meal has been digested [8]. Astanga Hridaya mentions the normal season (*Sadharana Kala*). *Sadharana Kala* is described as *Basantadaya* by commentator *arundatta*, implying that it should not be performed under harsh weather conditions. The procedure must have favorable astral combinations (*subhe dine*) [9]. Morning and evening time has been advocated in *Susruta Samhita* [10]. Dough of black gram powder is made by combining it with enough water to produce a thick paste (dough). The material is then rolled into a slab-like form. Then the eyes are encircled with firm, compact leak proof wall made up of rolled flat slab like structure of the dough. In *Astanga Hridaya* preparation of dough of black gram powder is mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slab like structure. Then the eyes are encircled with firm, compact leak proof wall made up of rolled flat slab like structure of the dough. In *Astanga Hridaya* ring is made up of mixture of black gram and barley flour. Ring should be strong, 2 *angula* in height, circular, even boundary. The chosen medicated ghee is heated up to warmness over the water bath passively [11].

Procedure

The patient is asked to close their eyes, then melted *Ghrila* is slowly poured over their closed eyelids until all of their eyelashes are covered. The patient is told to close and open eyes several times we called it as *Unmesa & nimesa*. *Ghrila* should be poured over closed eyelids until the lashes are completely immersed. It is only stated in *astanga sangraha* as a quantity required for filling up to the dipping of eye lashes and cilia of the eyebrows. The duration of *ghrita* retention varies according to the *dosha* involved and the location of the sickness [12]. *Akshi - Tarpana* should be kept,

which is used to count the number of syllables mentioned in relation to the health or unhealthiness of the eye, known as *Matra Kala*

It is mentioned in the *Sharnghdharma Samhita* to open the eyelids after pouring *ghrita* on closed eyes, however it is not explicitly stated to blink the eyes. Keep the ghee for 10-20 minutes. By reheating and refilling the heated ghee, a consistent temperature is maintained [13]. As per Acharya *shushruta*, treatment be performed for one day, three days, and five days, or until the proper satiating features are achieved, without specifying the condition of the eye [14].

Table 1: Duration of *netra tarpan* [15]

Sr.no	Duration	Types of disorders
1	Daily	<i>vatika</i> disorders
2	Alternately	<i>Paittika</i> and <i>Rakaja</i> diseases
3	A two-day break	in healthy eyes and <i>Sannipataja</i> disease
4	Three days	<i>Kapha</i> disorders

Tarpana should be kept for a length of time, which is used to count the number of syllables uttered in relation to the eye's health or unhealthiness. Healthy, *Kapha*, *Pitta*, and *Vata* Predominance have retention periods of 500, 600, 800, and 1000 *Matra Kala*, respectively [16]. *Sandhigata*, *Vartmagata*, *Suklagata*, *Krsnagata*, *Drstigata*, and *Adhimantha* have 300, 100, 500, 700, 800, and 1000 *Matra Kala* retention periods, depending on the desired site [17].

Effects of Tarpan [18]

Properly conducted *Tarpana* includes

- Sound sleep, pleasant awakening,
- Cessation of secretion,
- Clarity of vision,
- Identification of individual colours,
- Pleasing sensation,
- Lightness of the eye
- Appropriate eye functioning,
- Ability of the eye to bear sunlight.

Excess *netra tarpan* [19]

- Excessive oiliness,
- lacrimation,
- itching,
- stickiness, and
- Aggravation of *Doshas*, notably *Kapha Dosh*, are all symptoms of excessive oiliness.

Netra tarpan Ayoga [20]

Insufficient *Tarpana* is characterized by

- Dryness,
- Blurry vision,
- Excessive lacrimation,
- Light intolerance,
- Illness exacerbation.

In these two cases, treatment should be based on the predominance of *Doshas*, with *dhumpana*, *nasya*, *anjana*, and *seka* receiving either *snigdha* or *ruksha*. *Snigdha* is used to treat *vata* ailments, *ruksha* is used to treat *kaphaja* diseases, and *Sita* is used to treat *pittaja* diseases [21].

Precaution

- Excessive heating of the ghee should be avoided because it might cause burns and irritation.

- To reduce leakage and movement during the procedure, make sure the dough is well pasted.

Pashat karma: After completing the main operation of aksi-Tarpana,

- Dhumpana, which is medicated smoke,

Benefit- to calm the elevated Kapha.
Advice-avoid excessive cold exposure.

Discussion

The treatment in *netra tarpana* includes the use of medicinal *ghee* with nourishing characteristics. *Netra tarpana* relieves discomfort, stiffness, and edemas caused by *Vata*, *Pitta*, and *Kapha*, as well as bringing lightness and a sense of well-being to the eyes, ocular muscles, and soft tissues. The importance of tarpana in eye problems has been stressed in the majority of previous investigations, including a few clinical studies.

Conclusion

In Ayurveda, Netra Tarpana is the most frequently advised *practice*. Netra Tarpana may nourish the eyes, promote blood circulation to the affected area, eliminate Dosha imbalances, strengthen the muscles in the area, and aid in vision improvement. *Akshi Tarpana/ Netra Tarpana/ Netra Basti* is a pleasant and relaxing eye therapy that helps to rejuvenate the eyes and surrounding tissues. Larger clinical research with standardized *netra tarpana* procedures could aid in the development of scientific evidence for traditional purposes.

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